



SUMMER 2019



www.swimapex.com
T: (905) 305-8108 E: info@swimapex.com

- One time (\$35) Registration fee applied on first enrollment
- All new swimmers automatically receive earlybird prices
- Full payment must be made within 7 days after reservation
- All prices include HST
- Current Swimmer registration starts: May 2, 2019
- New Swimmer registration starts: May 13, 2019
- Earlybird prices end on June 16, 2019

PRE-SCHOOL PROGRAM

LEVEL 1-4 AGES: 2.5-4 YRS DURATION: 30 MINUTES LOCATION: SWIM APEX POOL @ WOODBINE

In this semi-private class setting (ration 1:2), swimmers will learn to get their faces wet, blow bubbles underwater, work on front and back floats, and master a short swim or kick on their front and back.

DAY	TIME	DATES (# OF CLASSES)	EARLYBIRD/REGULAR
SATURDAY	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	JULY 6-AUGUST 24 (8 CLASSES)	\$224 / \$256
SUNDAY	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	JULY 7-AUGUST 25 (8 CLASSES)	\$224 / \$256

**Call or email to inquire about weekday pre-school programs

LEARN TO SWIM

LEVEL 1-10 AGES: 4-16 YRS DURATION: 60 MINUTES LOCATION: SWIM APEX POOL @ WOODBINE

This is a comprehensive system meant to take children who have no swimming experience and teaching them all four Olympic swim strokes and how to be safe in and around water. They will also learn basic water skills and endurance.

DAY	TIME	DATES (# OF CLASSES)	EARLYBIRD/REGULAR
TUESDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	JULY 2-AUGUST 20 (8 CLASSES)	\$312 / \$344
WEDNESDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	JULY 3-AUGUST 21 (8 CLASSES)	\$312 / \$344
THURSDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	JULY 4-AUGUST 22 (8 CLASSES)	\$312 / \$344
FRIDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	JULY 5-AUGUST 23 (8 CLASSES)	\$312 / \$344
SATURDAY	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM / 2-3PM	JULY 6-AUGUST 24 (8 CLASSES)	\$312 / \$344
SUNDAY	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM	JULY 7-AUGUST 25 (8 CLASSES)	\$312 / \$344

SUMMER AM INTENSIVE PROGRAM

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATES	EARLYBIRD/REGULAR
TUESDAY & THURSDAY	9:30-10:30AM / 10:30-11:30AM / 11:30-12:30PM	JULY 9-AUGUST 15 (12 CLASSES)		\$468 / \$516
MON & WED & FRI	9:30-10:30AM / 10:30-11:30AM / 11:30-12:30PM	(i) JULY 8-JULY 26 (9 CLASSES) (ii) JULY 29-AUGUST 16 (8 CLASSES)	AUG 5	\$351 / \$387 \$312 / \$344
MONDAY TO FRIDAY	9:30-10:30AM / 10:30-11:30AM / 11:30-12:30PM	(i) JULY 8-JULY 19 (10 CLASSES) (ii) JULY 22-AUGUST 2 (10 CLASSES) (iii) AUGUST 6-AUGUST 16 (9 CLASSES)		\$390 / \$430 \$390 / \$430 \$351 / \$387

SUMMER PM INTENSIVE PROGRAM

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATES	EARLYBIRD/REGULAR
TUESDAY & THURSDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	(i) JULY 2-JULY 25 (8 CLASSES) (ii) JULY 30-AUGUST 22 (8 CLASSES)		\$312 / \$344 \$312 / \$344
MON & WED & FRI	4-5PM / 5-6PM / 6-7PM / 7-8PM	(i) JULY 3-JULY 26 (11 CLASSES) (ii) JULY 29-AUGUST 23 (11 CLASSES)	AUG 5	\$429 / \$473 \$429 / \$473
MONDAY TO FRIDAY	4-5PM / 5-6PM / 6-7PM / 7-8PM	(i) JULY 2-JULY 12 (9 CLASSES) (ii) JULY 15-JULY 26 (10 CLASSES) (iii) JULY 29-AUGUST 9 (9 CLASSES) (iv) AUGUST 12-AUGUST 23 (10 CLASSES)	AUG 5	\$351 / \$387 \$390 / \$430 \$351 / \$387 \$390 / \$430

**Please call to enquire about Private Lessons for the Summer time.



AGES: 11 YRS + and completed Learn to Swim Program

DURATION: 90 MINUTES

Swimmers train using the competitive training format. Workouts include speed-sprint training and aerobic practices. Swimmers will continue to work on stroke correction. The objective is to encourage swimmers to continue to exercise and improve their overall fitness.

DAY	TIME / LOCATION	DATES (# OF CLASSES)	EARLYBIRD/REGULAR
SATURDAY	3:30-5PM @ THORNLEA POOL (8075 BAYVIEW AVE.)	JULY 6-AUGUST 24 (8 CLASSES)	\$304 / \$336
SUNDAY	2:30-4PM @ THORNLEA POOL (8075 BAYVIEW AVE.)	JULY 7-AUGUST 25 (8 CLASSES)	\$304 / \$336
SATURDAY & SUNDAY	(SEE ABOVE)	JULY 6-AUGUST 25 (16 CLASSES)	\$544 / \$680



AGES: 8-11 YRS and completed Learn to Swim Program

DURATION: 90 MINUTES

DAY	TIME / LOCATION	DATES (# OF CLASSES)	EARLYBIRD/REGULAR
WEDNESDAY	7-8:30PM @ SWIM APEX POOL	JULY 3-AUGUST 21 (8 CLASSES)	\$304 / \$336
FRIDAY	7-8:30PM @ SWIM APEX POOL	JULY 5-AUGUST 23 (8 CLASSES)	\$304 / \$336
WEDNESDAY & FRIDAY	(SEE ABOVE)	JULY 3-AUGUST 23 (16 CLASSES)	\$544 / \$680



AGES: 13 YRS OR COMPLETED BRONZE STAR

This course teaches general knowledge of first aid principles and basic water rescue techniques. Full attendance is required for examination.

DAY	TIME/LOCATION	DATE (# OF CLASSES)	EARLYBIRD/REGULAR
FRIDAY	6-8:30PM @ Swim Apex Pool	JULY 5-AUG 23 (8 CLASSES)	*EXAM DATE: AUG 24/25 (TBA) \$390/\$480 (NOT INCLUDING TEXTBOOK)



DEVELOPMENT GROUP

The goal of Apex Swim Team Development Group is to maximize each child's swimming potential and to emphasize the importance of good sportsmanship through a holistic training approach. This program will enhance the swimmer's technique, fitness level and self confidence. The coach will guide our swimmers to be physically and mentally ready for swim meets under a healthy and positive team environment. Swimmers will participate in non-qualifying swim meets and regional competitions.



AGES: 5-8 YRS

COMPLETED: SWIM APEX LEARN TO SWIM PROGRAM LEVEL 4 & UPON COACH'S APPROVAL

AVAILABLE TO SWIM 3X PER WEEK

LOCATION: SWIM APEX POOL

DAY	TIME	DATE	NO CLASS DATE	EARLYBIRD/REGULAR
MON & WED & FRI	4:45-6PM	JULY 3-AUG 21 (21 TRAININGS)	AUG 5	\$630 / \$672

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING. SUMMER MAKE UP DATE: 4:45-6PM FRI. AUG 23 @ SWIM APEX POOL.



AGES: 9-11 YRS

COMPLETED: SWIM APEX LEARN TO SWIM PROGRAM LEVEL 9 & UPON COACH'S APPROVAL

AVAILABLE TO SWIM 2X OR 3X PER WEEK

DAY	TIME & LOCATION	DATE	2X TRAINING PER WEEK EARLYBIRD/REGULAR	3X TRAINING PER WEEK EARLYBIRD/REGULAR
TUES	7-8:30PM @ SWIM APEX POOL	JULY 2-AUG 20 (8 CLASSES)	\$272 / \$304	\$256 / \$280
THURS	7-8:30PM @ SWIM APEX POOL	JULY 4-AUG 22 (8 CLASSES)	\$272 / \$304	\$256 / \$280
SAT	3:30-5PM @ THORNLEA (8075 BAYVIEW AVE.)	JULY 6-AUGUST 24 (8 CLASSES)	\$272 / \$304	\$256 / \$280
SUN	2:30-4PM @ THORNLEA (8075 BAYVIEW AVE.)	JULY 7-AUGUST 25 (8 CLASSES)	\$272 / \$304	\$256 / \$280

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING.