

FALL 2020

SWIM APEX

AQUATIC CLUB

www.swim Apex.com

☎: (905) 305-8108 ✉: info@swim Apex.com

Registration requests by email start on August 26, 2020

- One time (\$40) registration fee
- All prices include HST
- Earlybird prices end on September 7, 2020

Do you have a group of 4-8 swimmers in your social bubble?

Swim Apex can arrange small group swim sessions for the upcoming Fall term. Swim Apex provides a clean and safe environment, that is far beyond the standard of health and safety protocols given by the Government of Ontario, so your kids and their close family and friends can once again enjoy swimming and keeping up with exercising during this challenging period.

For details, please email your contact phone number to info@swim Apex.com and we would be happy to discuss the options available.

SWIMMING PODS

LEARN TO SWIM

The LTS program 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, on and around the water. Basic water skills, endurance, and proper stroke technique are all covered in the LTS program. Children with previous swimming experience should contact Swim Apex for an assessment to place them in the appropriate level.

LEVEL 1-3 Duration: 30 min Private/Semi-Private (for siblings or same social bubble) Location: Swim Apex @ Woodbine

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATE	EARLYBIRD/REGULAR
TUES / THURS	1:30p / 2p / 2:30p / 3p / 3:30p / 4p / 4:30p / 5p	SEPT 15-NOV 24 (x11)	-	Private: \$605 / \$660 Semi: \$440 / \$495
SAT / SUN	9a / 9:30a / 10a / 10:30a / 11a / 11:30a / 12p / 12:30p / 1p / 1:30p	SEPT 19-NOV 29 (x10)	OCT 10, 11	Private: \$550 / \$600 Semi: \$400 / \$450

LEVEL 4-10 Duration: 45 min Group/Private/Semi-Private (please arrange your partner) Location: Swim Apex @ Woodbine

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATE	EARLYBIRD/REGULAR
TUES / THURS	1:30p / 2:15p / 3p / 3:45p / 4:30p	SEPT 15-NOV 24 (x11)	-	Group: \$440 / \$495 Private: \$715 / \$770 Semi: \$550 / \$605
SAT / SUN	9a / 9:45a / 10:30a / 11:15a / 12p / 12:45p	SEPT 19-NOV 29 (x10)	OCT 10, 11	Group: \$400 / \$450 Private: \$650 / \$700 Semi: \$500 / \$550

SWIM FITNESS

Swimmers will swim together in a large group using the competitive training format. Workouts include speed-sprint training and aerobic practices. Swimmers will continue work on stroke correction, and learn to do competitive starts, including push-offs, underwater kick, turns, and dives. The objective of this program is to encourage swimmers to continue to exercise and improve their overall fitness. For swimmers 9 years+ who have completed the Learn to Swim Program. Duration: 60 minutes

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATE	EARLYBIRD/REGULAR
SAT	2-3p	SEPT 19-NOV 28 (x10)	OCT 10	\$420 / \$450
SUN	1-2p	SEPT 20-NOV 29 (x10)	OCT 11	\$420 / \$450

LIFESAVING BRONZE MEDALLION + CROSS COMBO + SFA

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

For swimmers age 13+ or completed Bronze Star

VIRTUAL SESSION	TUES + THURS 6-7:30p	SEPT 17-OCT 15 (9 classes)		\$540 / \$575
POOL SESSION	SUN 5-8p	SEPT 13-OCT 25 (5 classes)	No class on Sept 27 & Oct 11	(Not incl. textbook \$50)