



# SWIM APEX

AQUATIC CLUB

www.swim Apex.com

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

Registration requests by email start on November 9, 2020

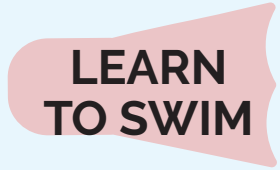
- One time (\$40) registration fee
- All prices include HST
- Earlybird prices end on November 29, 2020



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

Swim Apex can arrange small group swim sessions for the upcoming Winter 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.



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
Limited spots are available, please email your contact number to info@swim Apex.com and we will contact your for availability.				

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	3:15p / 4p / 4:45p		DEC 22-31	Group: \$440 / \$495 Private: \$715 / \$770 Semi: \$550 / \$605
MON/WED/FRI	3:45p / 4p	DEC 7-MAR 14 (x11)	JAN 1-7	
SAT / SUN	9a / 9:45a / 10:30a / 11:15a / 12p /		FEB 12-15	



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	1-2p / 2-3p	DEC 12-MAR 13 (x11)	DEC 26, JAN 2, FEB 13	\$462 / \$495
SUN	1-2p	DEC 13-MAR 14 (x11)	DEC 27, JAN 3, FEB 14	\$462 / \$495

### 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

Let's keep a distance this winter, our Lifesaving program will resume in Spring 2021.