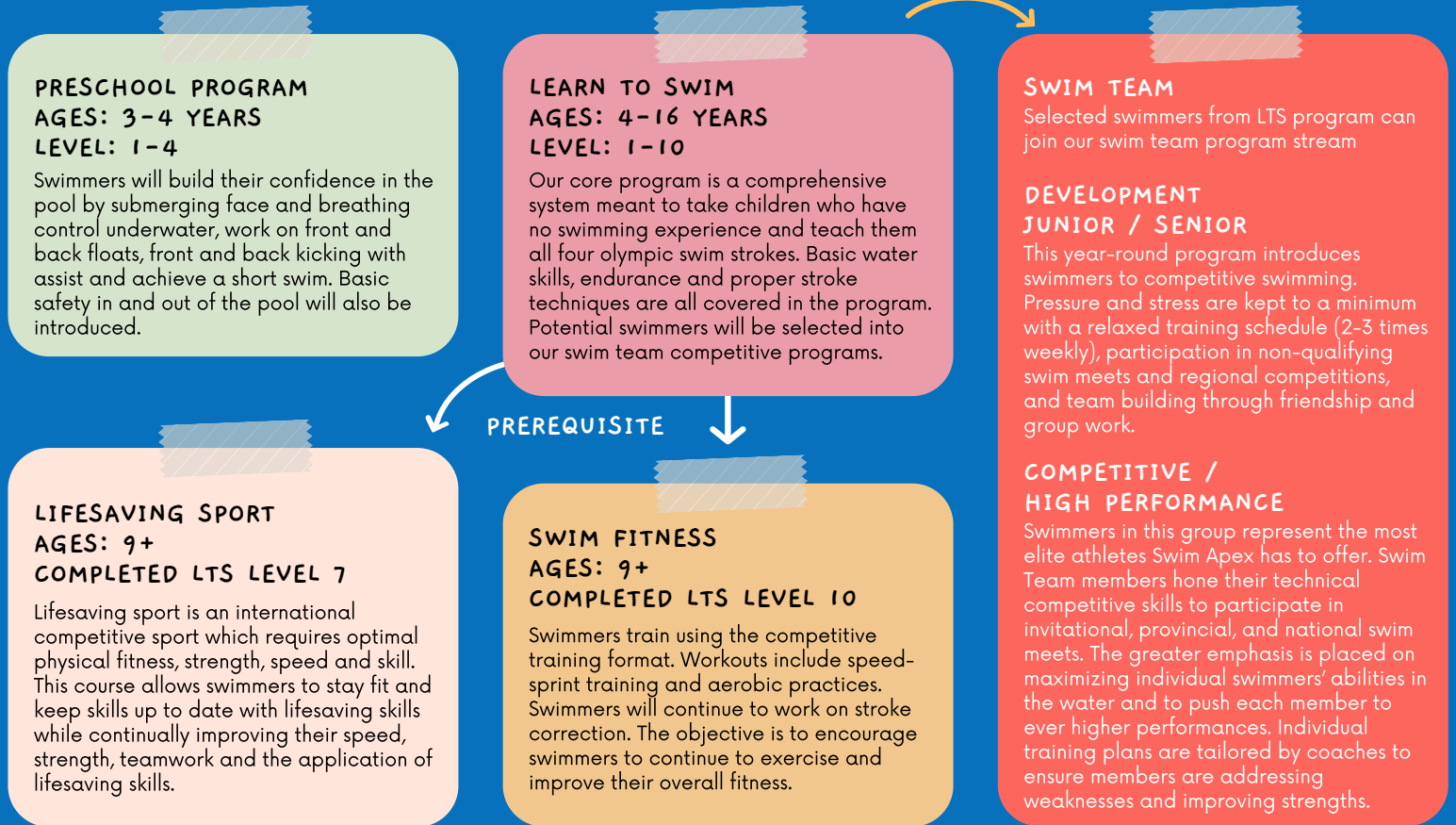


Swim Apex Aquatic Club is a premier swim school that has been family owned and operated since 2001. The high quality foundational elements have allowed Swim Apex to grow rapidly not only as a swim school but a swimming community consisting of pre school learners to high performance competitive swimmers.

Our instructor team, unique teaching methodology and the dedication to a fun but safe environment make it a swim club that caters to all swimmers. Whether you are learning for the first time, want to expand to a new stroke, or are looking to improve your technique, Swim Apex has a program that fits your needs and we welcome you to join us today!

## PROGRAM STREAM

### SELECTED SWIMMERS



**PRESCHOOL PROGRAM**  
**AGES: 3-4 YEARS**  
**LEVEL: 1-4**

Swimmers will build their confidence in the pool by submerging face and breathing control underwater, work on front and back floats, front and back kicking with assist and achieve a short swim. Basic safety in and out of the pool will also be introduced.

**LEARN TO SWIM**  
**AGES: 4-16 YEARS**  
**LEVEL: 1-10**

Our core program is a comprehensive system meant to take children who have no swimming experience and teach them all four olympic swim strokes. Basic water skills, endurance and proper stroke techniques are all covered in the program. Potential swimmers will be selected into our swim team competitive programs.

**SWIM TEAM**

Selected swimmers from LTS program can join our swim team program stream

**DEVELOPMENT JUNIOR / SENIOR**

This year-round program introduces swimmers to competitive swimming. Pressure and stress are kept to a minimum with a relaxed training schedule (2-3 times weekly), participation in non-qualifying swim meets and regional competitions, and team building through friendship and group work.

**COMPETITIVE / HIGH PERFORMANCE**

Swimmers in this group represent the most elite athletes Swim Apex has to offer. Swim Team members hone their technical competitive skills to participate in invitational, provincial, and national swim meets. The greater emphasis is placed on maximizing individual swimmers' abilities in the water and to push each member to ever higher performances. Individual training plans are tailored by coaches to ensure members are addressing weaknesses and improving strengths.

**LIFESAVING SPORT**  
**AGES: 9+**  
**COMPLETED LTS LEVEL 7**

Lifesaving sport is an international competitive sport which requires optimal physical fitness, strength, speed and skill. This course allows swimmers to stay fit and keep skills up to date with lifesaving skills while continually improving their speed, strength, teamwork and the application of lifesaving skills.

**PREREQUISITE**

**SWIM FITNESS**  
**AGES: 9+**  
**COMPLETED LTS LEVEL 10**

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.

**BRONZE MEDALLION + EMERGENCY FIRST AID, AGE 13+**  
**COMPLETED LTS LEVEL 7 OR BRONZE STAR**

Bronze Medallion is a course that challenges the swimmer mentally and physically. Swimmers acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water as a lifesaver. Prerequisite for Bronze Cross Program.



**BRONZE CROSS + STANDARD FIRST AID**

Bronze Cross is a course that transitions the swimmer from lifesaving to lifeguarding, and prepares swimmers for responsibilities as assistant lifeguards. This course will be expanding their lifesaving skills, and begin applying the principles and techniques of active surveillance in aquatic facilities. The course emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

**NATIONAL LIFEGUARD, AGE 15+**

National Lifeguard training is a 40-hour course that provides the swimmer with an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard's role in prevention and effective rescue response in emergencies including first aid treatment. Swimmers develop teamwork, leadership and communication skills. Fitness training required. The course must be renewed every 2 years.

**ADULT PROGRAM**

For swimmers who are aged 16 or older. The objective of this program is to assist older students in overcoming their fear of water. In advanced levels, swimmers will work on stroke correction and endurance. The most important goal is to improve their overall fitness level and promote the benefits of exercise.

**PRIVATE LESSON WITH OUR COMPETITIVE COACH**

This program is tailored to the strengths and areas of improvement identified for each individual. (Video analysis available)

Registration request by email starts on September 3

**EARLYBIRD ENDS  
ON SEPTEMBER 18!**

## LEARN TO SWIM LEVEL 4-10

	DAY	TIME	EARLYBIRD / REGULAR
<b>45 MINUTES GROUP LESSON (1 TO 4)</b>	Mon/Tues/Wed/Thurs	PM: 4 / 6 / 6:45 / 7:30	S504 / S540 (12 classes)
	Friday	PM: 4 / 4:45 / 5:30 / 6:15	
	Saturday/Sunday	AM: 9 / 9:45 / 10:30 / 11:15 PM: 1:15 / 2 / 2:45 / 3:30	S462 / S495 (11 classes)
<b>45 MINUTES PRIVATE / SEMI-PRIVATE</b>	Monday/Wednesday	PM: 6 / 6:45 / 7:30	Private: S816 / S840 (12 classes)
	Tuesday/Thursday	PM: 4 / 4:30 / 5:15 / 6 / 6:45 / 7:30	Semi: S648 / S672 (12 classes)
	Friday	PM: 4 / 4:45 / 5:30 / 6:15	
	Saturday/Sunday	AM: 9 / 9:45 / 10:30 / 11:15 PM: 1:15 / 2 / 2:45 / 3:30	Private: S748 / S770 (11 classes) Semi: S594 / S616 (11 classes)

## PRE-SCHOOL (LEVEL 1-4) OR LEARN TO SWIM (LEVEL 1-3)

	DAY	TIME	EARLYBIRD / REGULAR
<b>30 MINUTES PRIVATE / SEMI-PRIVATE</b>	Monday/Wednesday	PM: 6 / 6:30 / 7 / 7:30	Private: S672 / S708 (12 classes)
	Tuesday/Thursday	PM: 4 / 6 / 6:30 / 7 / 7:30	Semi: S504 / S540 (12 classes)
	Friday	PM: 4 / 4:30 / 5 / 5:30 / 6 / 6:30	
	Saturday/Sunday	AM: 9 / 9:30 / 10 / 10:30 / 11 / 11:30 PM: 1:15 / 1:45 / 2:15 / 2:45 / 3:15 / 3:45	Private: S616 / S649 (11 classes) Semi: S462 / S495 (11 classes)

## SWIM FITNESS + LIFESAVING SPORTS (NEW\* 2 COURSES IN 1)

	DAY	TIME	EARLYBIRD / REGULAR
<b>75 MINUTES GROUP LESSON</b>	Friday	7pm to 8:15pm	S540 / S576 (12 classes)
	Saturday	4:15pm to 5:30pm	S495 / S528 (11 classes)
	Sunday	12pm to 1:15pm / 4:15pm to 5:30pm	S495 / S528 (11 classes)



## BRONZE MEDALLION & EMERGENCY FIRST AID

**13 WEEKS PROGRAM**

Sept 24 to Dec 17  
Friday: 8:15pm to 9:45pm

Earlybird S546 / Regular S585  
(textbook is \$50 extra)

\*One-time \$45 registration fees for new students. All prices are tax included.