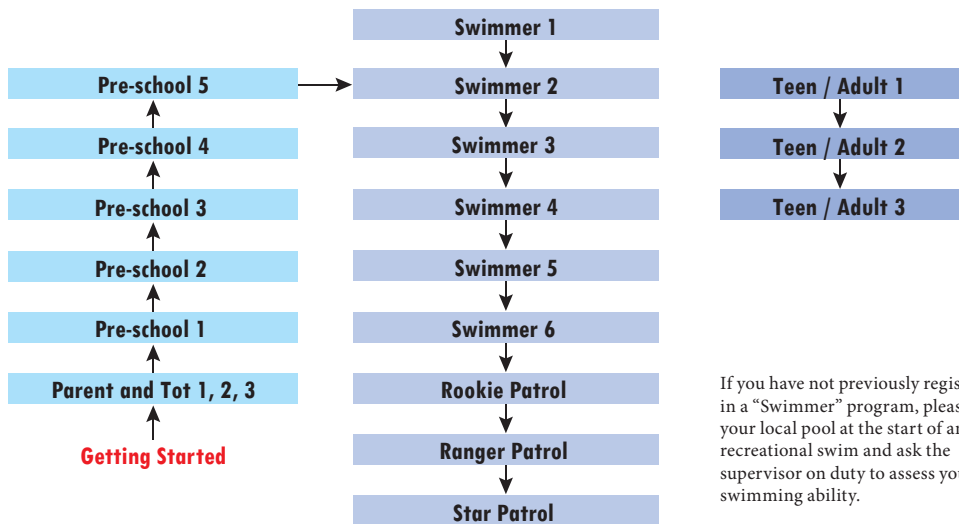
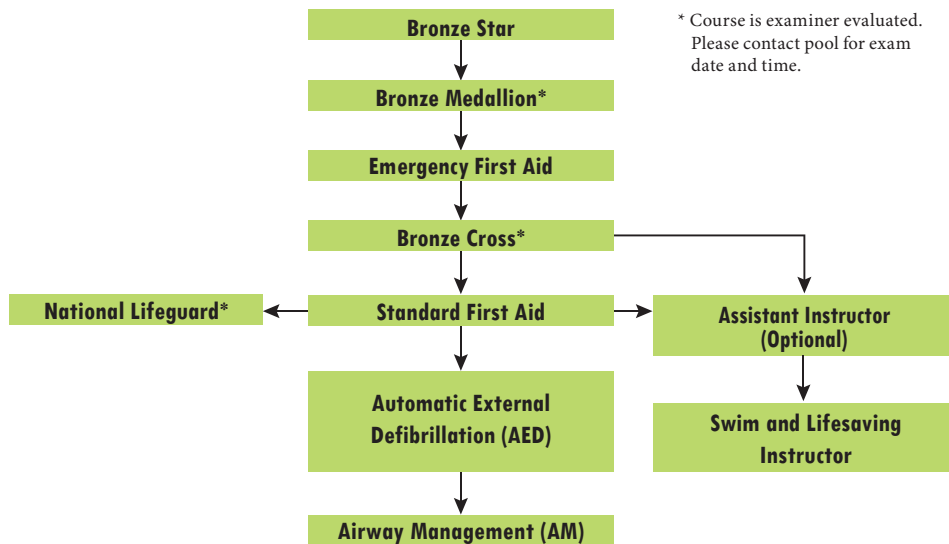


Lifesaving Society Swim Programs

Learn to Swim Programs



Become a Lifeguard and Swim Instructor



Aquatic Session Dates

Summer 2011

	Pool	Sessions	Start Date	Parent Day	End Date	Note
Daily Lessons	Angus Glen Pool	Session 1	Jun. 13	Jun. 17	Jun. 23	
		Session 2	Jun. 27	Jul. 04	Jul. 08	Cancelled on Jul. 1
		Session 3	Jul. 11	Jul. 15	Jul. 21	
		Session 4	Jul. 25	Jul. 29	Aug. 05	Cancelled on Aug. 1
		Session 5	Aug. 8	Aug. 12	Aug. 18	
		Session 6	Aug. 22	Aug. 26	Sep. 01	
	Centennial Pool	Session 1	Jul. 4	Jul. 8	Jul. 14	
		Session 2	Jul. 18	Jul. 22	Jul. 28	
		Session 3	Aug. 2	Aug. 8	Aug. 12	
		Session 4	Aug. 15	Aug. 19	Aug. 25	
	Milliken Mills Pool	Session 1	Jun. 14	Jun. 20	Jun. 24	
		Session 2	Jun. 27	Jul. 4	Jul. 8	Cancelled on Jul. 1
		Session 3	Jul. 11	Jul. 15	Jul. 21	
		Session 4	Jul. 25	Jul. 29	Aug. 5	Cancelled on Aug. 1
		Session 5	Aug. 8	Aug. 12	Aug. 18	
		Session 6	Aug. 22	Aug. 26	Sep. 1	
	Thornlea Pool	Session 1	Jun. 27	Jul. 4	Jul. 8	Cancelled on Jul. 1
		Session 2	Jul. 11	Jul. 15	Jul. 21	
		Session 3	Jul. 25	Jul. 29	Aug. 5	Cancelled on Aug. 1
		Session 4	Aug. 8	Aug. 12	Aug. 18	
	Thornhill Therapeutic Pool	Session 1	Jun. 27	Jul. 4	Jul. 8	Cancelled on Jul. 1
		Session 2	Jul. 11	Jul. 15	Jul. 21	
		Session 3	Jul. 25	Jul. 29	Aug. 5	Cancelled on Aug. 1
		Session 4	Aug. 8	Aug. 12	Aug. 18	
		Session 5	Aug. 22	Aug. 26	Sep. 1	
	Morgan Park Pool (outdoor pool)	Session 1	Jul. 4		Jul. 14	
		Session 2	Jul. 18		Jul. 28	
		Session 3	Aug. 2		Aug. 12	
Session 4		Aug. 15		Aug. 25		

Every summer, our pools offer some lessons that will run weekly, rather than daily (as most summer lessons do). The following chart notes the starts & end dates of these weekly lessons. **Weekly lessons are listed in Magenta colour and Bi-weekly in Blue Colour** in the following pages. For more information, call your local pool.

Weekly / Bi-weekly Lessons	Angus Glen Pool	Saturday	Jun. 18	Jul. 16	Aug. 13	
		Sunday	Jun. 19	Jul. 17	Aug. 14	
	Centennial Pool	Saturday	Jun. 25	Jul. 23	Aug. 20	
		Sunday	Jun. 26	Jul. 24	Aug. 21	
	Milliken Mills Pool	Saturday	Jun. 25	Jul. 23	Aug. 20	
		Sunday	Jun. 26	Jul. 24	Aug. 21	
		Monday	Jun. 20	Jul. 18	Aug. 22	
		Wednesday	Jun. 22	Jul. 20	Aug. 17	
		Friday	Jun. 24	Jul. 29	Aug. 26	
		Tue/Thu Set 1	Jul. 5	Jul. 19	Jul. 28	8 lessons only
		Tue/Thu Set 2	Aug. 2	Aug. 16	Aug. 25	8 lessons only
	Thornlea Pool	Saturday	Jun. 25	Jul. 23	Aug. 20	
		Sunday	Jun. 26	Jul. 24	Aug. 21	
	Thornhill Therapeutic Pool	Saturday	Jun. 25	Jul. 23	Aug. 20	
Sunday		Jun. 26	Jul. 24	Aug. 21		

Please note that cameras and video taping will **ONLY** be permitted on week #1 and Parents Day.
Swim Lessons WILL RUN on long weekends
 with the exception of a lesson falling on a Statutory Holiday.

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool		
				Date	Start	Code
Parent and Tot 1 Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 3- to 12-month-old to learn to enjoy the water with the parent.	12:1	\$70	3-12 mths. (30 min.) 9 Lessons	Mon. Jun. 13	10:30 a.m.	188530
				Mon. Jun. 13	6:30 p.m.	188531
				Mon. Jun. 27	9:30 a.m.	188532
				Mon. Jul. 11	6:00 p.m.	188534
				Mon. Jul. 25	9:30 a.m.	188533
				Mon. Aug. 8	5:30 p.m.	188535
				Sat. Jun. 18	9:00 a.m.	188527
				Sat. Jun. 18	10:30 a.m.	188528
				Sun. Jun. 19	10:00 a.m.	188529
				Parent and Tot 2 Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 12- to 24-month-old to learn to enjoy the water with the parent.	12:1	\$70
Mon. Jun. 13	5:00 p.m.	188542				
Mon. Jun. 27	6:00 p.m.	188543				
Mon. Jul. 11	9:30 a.m.	188544				
Mon. Jul. 25	5:00 p.m.	188545				
Mon. Aug. 8	11:00 a.m.	188546				
Sat. Jun. 18	9:30 a.m.	188536				
Sat. Jun. 18	11:00 a.m.	188537				
Sun. Jun. 19	9:00 a.m.	188538				
Sun. Jun. 19	11:00 a.m.	188539				
Parent and Tot 3 Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 2- to 3-year-old to learn to enjoy the water with the parent.	12:1	\$70	2-3 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	11:00 a.m.	188552
				Mon. Jun. 27	5:00 p.m.	188553
				Mon. Jul. 11	10:30 a.m.	188554
				Mon. Jul. 25	6:30 p.m.	188555
				Mon. Aug. 8	10:00 a.m.	188556
				Mon. Aug. 22	6:30 p.m.	188558
				Sat. Jun. 18	10:00 a.m.	188557
				Sat. Jun. 18	11:30 a.m.	188547
				Sat. Jun. 18	5:00 p.m.	188548
				Sun. Jun. 19	9:30 a.m.	188549
Preschool 1 We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll try floats on their front and back, and glides on their back while wearing a Personal Flotation Device. They'll learn to get their face wet and blow bubbles underwater. Prerequisite: 3-5 years old	4:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	10:00 a.m.	188580
				Mon. Jun. 13	11:00 a.m.	188581
				Mon. Jun. 13	5:00 p.m.	188583
				Mon. Jun. 13	5:30 p.m.	188582
				Mon. Jun. 13	6:00 p.m.	188584
				Mon. Jun. 13	7:00 p.m.	188585
				Mon. Jun. 27	9:00 a.m.	188586
				Mon. Jun. 27	10:00 a.m.	188587
				Mon. Jun. 27	10:30 a.m.	188588
				Mon. Jun. 27	11:00 a.m.	188589
		\$62.25 for 8 lessons		Mon. Jun. 13	6:00 p.m.	188584
				Mon. Jun. 13	7:00 p.m.	188585
				Mon. Jun. 27	9:00 a.m.	188586
				Mon. Jun. 27	10:00 a.m.	188587
				Mon. Jun. 27	10:30 a.m.	188588
				Mon. Jun. 27	11:00 a.m.	188589
				Mon. Jun. 27	5:00 p.m.	188590
				Mon. Jun. 27	5:30 p.m.	188591
				Mon. Jun. 27	6:30 p.m.	188592
				Mon. Jul. 11	9:00 a.m.	188593
				Mon. Jul. 11	9:30 a.m.	188594
				Mon. Jul. 11	10:00 a.m.	188595
				Mon. Jul. 11	10:30 a.m.	188596
				Mon. Jul. 11	11:00 a.m.	188597
				Mon. Jul. 11	5:00 p.m.	188598
				Mon. Jul. 11	6:30 p.m.	188599
				Mon. Jul. 11	7:00 p.m.	188600
				Mon. Jul. 25	9:00 a.m.	188601
				Mon. Jul. 25	9:30 a.m.	188602
				Mon. Jul. 25	10:30 a.m.	188603
				Mon. Jul. 25	11:00 a.m.	188604
				Mon. Jul. 25	5:00 p.m.	188605
				Mon. Jul. 25	5:30 p.m.	188606
				Mon. Jul. 25	6:00 p.m.	188607
				Mon. Jul. 25	6:30 p.m.	188608
				Mon. Jul. 25	7:00 p.m.	188609
				Mon. Aug. 8	9:00 a.m.	188610
				Mon. Aug. 8	10:00 a.m.	188611
				Mon. Aug. 8	10:30 a.m.	188612

Continued on next page

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
Sat. Jun. 25	9:00 a.m.	188199	Sat. Jun. 25	10:30 a.m.	187533				Mon. Jul. 11	6:30 p.m.	187287
Sun. Jun. 26	11:30 a.m.	188200	Sun. Jun. 26	11:30 a.m.	187531				Mon. Aug. 22	6:00 p.m.	187288
									Sat. Jun. 25	10:00 a.m.	187292
Sat. Jun. 25	10:00 a.m.	188202	Sat. Jun. 25	9:30 a.m.	187534				Mon. Aug. 8	6:00 p.m.	187293
Sun. Jun. 26	10:30 a.m.	188203	Sun. Jun. 26	10:30 a.m.	187536				Sat. Jun. 25	12:00 p.m.	187295
									Sun. Jun. 26	11:00 a.m.	187294
Sat. Jun. 25	11:00 a.m.	188206	Sat. Jun. 25	11:30 a.m.	187542				Mon. Jun. 27	6:00 p.m.	187301
Sun. Jun. 26	9:30 a.m.	188207	Sun. Jun. 26	12:30 p.m.	187543				Mon. Jul. 25	6:00 p.m.	187303
									Sat. Jun. 25	9:00 a.m.	187302
									Sun. Jun. 26	9:30 a.m.	187305
Mon. Jul. 4	4:30 p.m.	188230	Tue. Jun. 14	4:30 p.m.	187544				Mon. Jun. 27	5:00 p.m.	187307
Mon. Jul. 4	6:30 p.m.	188233	Tue. Jun. 14	5:00 p.m.	187545				Mon. Jul. 11	4:30 p.m.	187310
Mon. Jul. 18	4:30 p.m.	188259	Tue. Jun. 14	6:00 p.m.	187546				Mon. Jul. 25	6:30 p.m.	187311
Mon. Jul. 18	6:30 p.m.	188262	Mon. Jun. 27	4:30 p.m.	187547				Sat. Jun. 25	9:30 a.m.	187308
Tue. Aug. 2	4:30 p.m.	188260	Mon. Jun. 27	5:00 p.m.	187548				Sun. Jun. 26	10:30 a.m.	187309
Tue. Aug. 2	6:30 p.m.	188263	Mon. Jun. 27	6:00 p.m.	187549						
Mon. Aug. 15	4:30 p.m.	188261	Mon. Jun. 27	6:30 p.m.	187550						
Mon. Aug. 15	6:30 p.m.	188264	Mon. Jul. 11	9:00 a.m.	187551						
Sat. Jun. 25	9:00 a.m.	188239	Mon. Jul. 11	9:30 a.m.	187552						
Sat. Jun. 25	9:30 a.m.	188240	Mon. Jul. 11	4:00 p.m.	187553						
Sat. Jun. 25	11:30 a.m.	188241	Mon. Jul. 11	5:00 p.m.	187555						
Sun. Jun. 26	9:30 a.m.	188243	Mon. Jul. 11	6:00 p.m.	187554						
Sun. Jun. 26	10:30 a.m.	188244	Mon. Jul. 25	9:00 a.m.	187556						
Sun. Jun. 26	11:00 a.m.	188245	Mon. Jul. 25	10:30 a.m.	187557						
			Mon. Jul. 25	4:00 p.m.	187558						
			Mon. Jul. 25	6:00 p.m.	187559						
			Mon. Aug. 8	9:00 a.m.	187610						
			Mon. Aug. 8	10:30 a.m.	187611						
			Mon. Aug. 8	4:30 p.m.	187612						
			Mon. Aug. 8	5:30 p.m.	187560						
			Mon. Aug. 8	6:00 p.m.	187613						
			Mon. Aug. 22	9:00 a.m.	187614						
			Mon. Jun. 20	4:00 p.m.	187592						
			Mon. Jun. 20	5:30 p.m.	187593						
			Wed. Jun. 22	5:30 p.m.	187594						
			Fri. Jun. 24	4:30 p.m.	187595						
			Fri. Jun. 24	5:30 p.m.	187596						
			Fri. Jun. 24	7:00 p.m.	187597						
			Sat. Jun. 25	9:00 a.m.	187574						
			Sat. Jun. 25	10:00 a.m.	187575						
			Sat. Jun. 25	10:30 a.m.	187576						
			Sat. Jun. 25	11:00 a.m.	187577						
			Sat. Jun. 25	11:30 a.m.	187578						

Aquatic Schedule

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool				
				Date	Start	Code		
<p><i>Continued from previous page</i></p> <p>Preschool 1</p>	4:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Aug. 8	5:00 p.m.	188613		
				Mon. Aug. 8	5:30 p.m.	188614		
				Mon. Aug. 8	6:30 p.m.	188615		
				Mon. Aug. 8	7:00 p.m.	188616		
				\$62.25 for 8 lessons		Mon. Aug. 8	7:00 p.m.	189253
				Mon. Aug. 22	5:00 p.m.	188617		
				Mon. Aug. 22	5:30 p.m.	188618		
				Mon. Aug. 22	6:00 p.m.	188619		
				Mon. Aug. 22	6:30 p.m.	188621		
				Mon. Aug. 22	7:00 p.m.	188620		
				Sat. Jun. 18	9:00 a.m.	188559		
				Sat. Jun. 18	9:00 a.m.	188569		
				Sat. Jun. 18	9:30 a.m.	188560		
				Sat. Jun. 18	10:00 a.m.	188561		
				Sat. Jun. 18	10:30 a.m.	189251		
				Sat. Jun. 18	10:30 a.m.	189252		
				Sat. Jun. 18	11:00 a.m.	188562		
				Sat. Jun. 18	11:30 a.m.	188563		
				Sat. Jun. 18	5:30 p.m.	188564		
				Sat. Jun. 18	6:30 p.m.	188565		
				Sat. Jun. 18	7:00 p.m.	188566		
				Sun. Jun. 19	9:00 a.m.	188567		
				Sun. Jun. 19	9:00 a.m.	188622		
				Sun. Jun. 19	9:30 a.m.	188568		
				Sun. Jun. 19	10:00 a.m.	188570		
				Sun. Jun. 19	10:00 a.m.	188623		
				Sun. Jun. 19	10:30 a.m.	188571		
				Sun. Jun. 19	11:00 a.m.	188572		
				Sun. Jun. 19	11:00 a.m.	188573		
				Sun. Jun. 19	11:30 a.m.	188574		
				Sun. Jun. 19	11:30 a.m.	188575		
				Sun. Jun. 19	5:00 p.m.	188576		
				Sun. Jun. 19	5:30 p.m.	188577		
Sun. Jun. 19	6:00 p.m.	188578						
Sun. Jun. 19	6:30 p.m.	188579						
<p>Preschool 2</p> <p>These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a Personal Flotation Device. They'll submerge and exhale underwater. While wearing a Personal Flotation Device, they'll glide on their front and back.</p> <p>Prerequisite: 3-5 years old and completed Preschool 1 or A.</p> <p><i>Continued on next page</i></p>	4:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	10:30 a.m.	188644		
				Mon. Jun. 13	5:30 p.m.	188645		
				Mon. Jun. 13	6:00 p.m.	188647		
				Mon. Jun. 13	6:30 p.m.	188646		
				\$62.25 for 8 lessons		Mon. Jun. 27	9:00 a.m.	188648
				Mon. Jun. 27	9:30 a.m.	188649		
				Mon. Jun. 27	10:30 a.m.	188650		
				Mon. Jun. 27	5:30 p.m.	188651		
				Mon. Jun. 27	6:00 p.m.	188652		
				Mon. Jun. 27	7:00 p.m.	188653		
				Mon. Jul. 11	9:00 a.m.	188654		
				Mon. Jul. 11	10:00 a.m.	188655		
				Mon. Jul. 11	11:00 a.m.	188656		
				Mon. Jul. 11	5:00 p.m.	188657		
				Mon. Jul. 11	5:30 p.m.	188658		
				Mon. Jul. 11	6:30 p.m.	188659		
				Mon. Jul. 11	7:00 p.m.	188660		
				Mon. Jul. 25	9:00 a.m.	188661		
				Mon. Jul. 25	10:30 a.m.	188662		
				Mon. Jul. 25	11:00 a.m.	188663		
				Mon. Jul. 25	5:00 p.m.	188664		
				Mon. Jul. 25	5:30 p.m.	188665		
				Mon. Jul. 25	6:00 p.m.	188666		
				Mon. Aug. 8	9:00 a.m.	188668		
				Mon. Aug. 8	9:30 a.m.	188669		
				Mon. Aug. 8	10:30 a.m.	188670		
				Mon. Aug. 8	11:00 a.m.	188671		
				Mon. Aug. 8	5:00 p.m.	188672		
				Mon. Aug. 8	6:00 p.m.	188673		
				Mon. Aug. 8	7:30 p.m.	188674		

Pre-School Aquatic Schedule

Aquatics

Aquatic Schedule

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool									
				Date	Start	Code							
<p><i>Continued from previous page</i></p> <p>Preschool 2</p>	4:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Aug. 22	6:30 p.m.	188675							
				Mon. Aug. 22	7:30 p.m.	188676							
				Sat. Jun. 18	9:00 a.m.	188629							
				Sat. Jun. 18	9:30 a.m.	188630							
				\$62.25 for 8 lessons			Sat. Jun. 18	10:00 a.m.	188678				
				Sat. Jun. 18	10:30 a.m.	188631							
				Sat. Jun. 18	11:00 a.m.	188632							
				Sat. Jun. 18	11:30 a.m.	188635							
				Sat. Jun. 18	11:30 a.m.	188677							
				Sat. Jun. 18	6:30 p.m.	188633							
				Sat. Jun. 18	7:00 p.m.	188634							
				Sun. Jun. 19	9:00 a.m.	188636							
				Sun. Jun. 19	9:30 a.m.	188637							
				Sun. Jun. 19	10:00 a.m.	188638							
				Sun. Jun. 19	10:30 a.m.	188643							
				Sun. Jun. 19	11:00 a.m.	188639							
				Sun. Jun. 19	11:30 a.m.	188640							
				Sun. Jun. 19	6:00 p.m.	188641							
				Sun. Jun. 19	7:00 p.m.	188642							
				<p>Preschool 3</p> <p>These youngsters will try both jumping and a side roll into deep water while wearing a Personal Flotation Device. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.</p> <p>Prerequisite: 3-5 years old and completed Preschool 2 or B.</p>	5:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	10:30 a.m.	188691			
								Mon. Jun. 13	5:30 p.m.	188692			
								Mon. Jun. 13	6:00 p.m.	188693			
								Mon. Jun. 13	7:00 p.m.	188694			
								\$62.25 for 8 lessons			Mon. Jun. 13	7:30 p.m.	188695
								Mon. Jun. 27	9:00 a.m.	188696			
								Mon. Jun. 27	10:00 a.m.	188697			
								Mon. Jun. 27	11:00 a.m.	188766			
Mon. Jun. 27	5:30 p.m.	188699											
Mon. Jun. 27	7:00 p.m.	188700											
Mon. Jun. 27	7:30 p.m.	188701											
Mon. Jul. 11	10:00 a.m.	188702											
Mon. Jul. 11	11:00 a.m.	188703											
Mon. Jul. 11	6:30 p.m.	188704											
Mon. Jul. 11	7:30 p.m.	188705											
Mon. Jul. 25	9:00 a.m.	188706											
Mon. Jul. 25	10:00 a.m.	188707											
Mon. Jul. 25	10:30 a.m.	188708											
Mon. Jul. 25	5:30 p.m.	188709											
Mon. Jul. 25	6:00 p.m.	188767											
Mon. Jul. 25	6:30 p.m.	188710											
Mon. Jul. 25	7:00 p.m.	188711											
Mon. Jul. 25	7:30 p.m.	188712											
Mon. Aug. 8	9:00 a.m.	188713											
Mon. Aug. 8	9:30 a.m.	188714											
Mon. Aug. 8	10:30 a.m.	188715											
Mon. Aug. 8	5:00 p.m.	188716											
Mon. Aug. 8	5:30 p.m.	188717											
Mon. Aug. 8	6:30 p.m.	188718											
Mon. Aug. 8	7:30 p.m.	188719											
Mon. Aug. 22	5:00 p.m.	188720											
Mon. Aug. 22	6:00 p.m.	188721											
Mon. Aug. 22	7:30 p.m.	188722											
Sat. Jun. 18	9:30 a.m.	188680											
Sat. Jun. 18	10:00 a.m.	188681											
Sat. Jun. 18	11:00 a.m.	188682											
Sat. Jun. 18	11:30 a.m.	188683											
Sat. Jun. 18	6:00 p.m.	188684											
Sun. Jun. 19	9:00 a.m.	188685											
Sun. Jun. 19	9:30 a.m.	188686											
Sun. Jun. 19	10:00 a.m.	188687											
Sun. Jun. 19	11:00 a.m.	188688											
Sun. Jun. 19	11:30 a.m.	188689											
Sun. Jun. 19	5:00 p.m.	188690											

Pre-School Aquatic Schedule

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Sat. Jun. 25	10:30 a.m.	187646						
			Sat. Jun. 25	11:00 a.m.	187647						
			Sat. Jun. 25	11:30 a.m.	187648						
			Sat. Jun. 25	12:00 p.m.	187649						
			Sat. Jun. 25	12:30 p.m.	187650						
			Sat. Jun. 25	5:00 p.m.	187651						
			Sun. Jun. 26	9:30 a.m.	187653						
			Sun. Jun. 26	10:00 a.m.	187654						
			Sun. Jun. 26	11:00 a.m.	187655						
			Sun. Jun. 26	11:30 a.m.	187656						
			Sun. Jun. 26	12:00 p.m.	187657						
			Sun. Jun. 26	5:30 p.m.	187658						
			Tue. Jul. 5	6:30 p.m.	187667						
			Tue. Aug. 2	5:00 p.m.	187668						
			Tue. Aug. 2	6:00 p.m.	187669						
			Tue. Aug. 2	7:00 p.m.	187670						
Mon. Jul. 4	6:00 p.m.	188326	Tue. Jun. 14	5:30 p.m.	187696				Mon. Jun. 27	5:30 p.m.	187329
Mon. Jul. 18	6:00 p.m.	188336	Tue. Jun. 14	7:00 p.m.	187697				Mon. Jul. 11	5:30 p.m.	187330
Tue. Aug. 2	6:00 p.m.	188337	Mon. Jun. 27	4:30 p.m.	187698				Mon. Jul. 25	5:00 p.m.	187331
Mon. Aug. 15	6:00 p.m.	188338	Mon. Jun. 27	6:30 p.m.	187699				Mon. Aug. 8	5:30 p.m.	187336
Sat. Jun. 25	10:00 a.m.	188328	Mon. Jul. 11	9:00 a.m.	187700				Mon. Aug. 22	5:30 p.m.	187337
Sun. Jun. 26	10:00 a.m.	188329	Mon. Jul. 11	10:00 a.m.	187701				Sat. Jun. 25	10:30 a.m.	187332
			Mon. Jul. 11	4:30 p.m.	187723				Sun. Jun. 26	9:00 a.m.	187333
			Mon. Jul. 11	5:30 p.m.	187724						
			Mon. Jul. 25	9:00 a.m.	187725						
			Mon. Jul. 25	7:00 p.m.	187726						
			Mon. Aug. 8	10:00 a.m.	187727						
			Mon. Aug. 8	5:30 p.m.	187728						
			Mon. Jun. 20	5:30 p.m.	187714						
			Fri. Jun. 24	4:00 p.m.	187715						
			Fri. Jun. 24	6:30 p.m.	187716						
			Sat. Jun. 25	9:30 a.m.	187705						
			Sat. Jun. 25	11:00 a.m.	187706						
			Sat. Jun. 25	12:00 p.m.	187707						
			Sat. Jun. 25	12:30 p.m.	187708						
			Sat. Jun. 25	4:30 p.m.	187709						
			Sun. Jun. 26	9:00 a.m.	187710						
			Sun. Jun. 26	10:30 a.m.	187711						
			Sun. Jun. 26	11:30 a.m.	187712						
			Sun. Jun. 26	12:30 p.m.	187713						
			Tue. Jul. 5	4:30 p.m.	187717						
			Tue. Aug. 2	5:30 p.m.	187718						

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

	Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool											
					Date	Start	Code									
Pre-School Aquatic Schedule	<p>Preschool 4 Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side roll entries and open their eyes underwater. They'll master a short (3-5 m) swim on their front and gliding and kicking on their side. Prerequisite: 3-5 years old and completed Preschool 3 or C.</p>	6:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	11:00 a.m.	188729									
					Mon. Jun. 13	5:00 p.m.	188730									
					Mon. Jun. 13	6:30 p.m.	188731									
					Mon. Jun. 27	10:00 a.m.	188733									
								\$62.25 for 8 lessons	Mon. Jun. 27	11:00 a.m.	188732					
					Mon. Jun. 27	6:30 p.m.	188734									
					Mon. Jul. 11	9:00 a.m.	188735									
					Mon. Jul. 11	9:30 a.m.	188736									
					Mon. Jul. 11	6:00 p.m.	188737									
					Mon. Jul. 11	7:00 p.m.	188738									
					Mon. Jul. 25	9:30 a.m.	188739									
					Mon. Jul. 25	10:00 a.m.	188740									
					Mon. Jul. 25	6:00 p.m.	188741									
					Mon. Aug. 8	9:00 a.m.	188742									
					Mon. Aug. 8	10:00 a.m.	188743									
					Mon. Aug. 8	6:00 p.m.	188744									
					Mon. Aug. 8	7:00 p.m.	188745									
					Mon. Aug. 22	7:00 p.m.	188746									
					Sat. Jun. 18	9:30 a.m.	188723									
					Sat. Jun. 18	10:30 a.m.	188724									
					Sat. Jun. 18	11:00 a.m.	188725									
					Sat. Jun. 18	5:00 p.m.	188726									
					Sun. Jun. 19	10:30 a.m.	188727									
					Sun. Jun. 19	7:30 p.m.	188728									
					Children/Pre-Teen Aquatic Schedule	<p>Preschool 5 These youngsters get more adventuresome with a forward roll entry wearing a PFD and holding their breath underwater for up to 10 sec. They'll work on longer front and back crawl swims, interval training and get a giggle out of whip kick. Prerequisite: 3-5 years old and completed Preschool 4 or D.</p>	6:1	\$70	3-5 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	6:30 p.m.	188752				
										Mon. Jun. 13	7:00 p.m.	188753				
Mon. Jun. 27	9:30 a.m.	188754														
Mon. Jun. 27	10:30 a.m.	188755														
Mon. Jun. 27	7:30 p.m.	188756														
Mon. Jul. 11	10:30 a.m.	188757														
Mon. Jul. 11	5:30 p.m.	188758														
Mon. Jul. 11	7:00 p.m.	188759														
Mon. Jul. 25	9:30 a.m.	188760														
Mon. Jul. 25	7:30 p.m.	188761														
Mon. Aug. 8	9:30 a.m.	188762														
Mon. Aug. 8	5:00 p.m.	188763														
Mon. Aug. 22	5:00 p.m.	188764														
Mon. Aug. 22	7:00 p.m.	188765														
Sat. Jun. 18	9:00 a.m.	188748														
Sat. Jun. 18	10:00 a.m.	188749														
Sat. Jun. 18	5:30 p.m.	188750														
Sun. Jun. 19	10:30 a.m.	188751														
Children/Pre-Teen Aquatic Schedule	<p>Swimmer 1 These beginners will become comfortable jumping into water with and without a Personal Floatation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom. They'll work on floats and moving through the water on their front and back. Pre-requisite: 5 years, beginner, non swimmer, or Preschool levels 1-4 or A-D. <i>Continued on next page</i></p>	8:1	\$70	5-12 yrs. (30 min.) 9 Lessons						Mon. Jun. 13	10:00 a.m.	187507				
										Mon. Jun. 13	6:30 p.m.	187508				
										Mon. Jun. 13	7:30 p.m.	187509				
										Mon. Jun. 27	9:30 a.m.	187510				
													\$62.25 for 8 lessons	Mon. Jun. 27	11:00 a.m.	187511
										Mon. Jun. 27	6:30 p.m.	187512				
										Mon. Jun. 27	7:30 p.m.	187513				
										Mon. Jul. 11	9:00 a.m.	187514				
					Mon. Jul. 11	11:00 a.m.	187515									
					Mon. Jul. 11	5:00 p.m.	187516									
					Mon. Jul. 11	6:00 p.m.	187517									
					Mon. Jul. 25	9:30 a.m.	187519									
					Mon. Jul. 25	11:00 a.m.	187520									
					Mon. Jul. 25	5:00 p.m.	187521									
					Mon. Jul. 25	5:30 p.m.	187522									
					Mon. Aug. 8	10:30 a.m.	187526									
					Mon. Aug. 8	11:00 a.m.	187527									
					Mon. Aug. 8	6:30 p.m.	187529									
					Mon. Aug. 8	7:30 p.m.	187528									
					Mon. Aug. 22	5:00 p.m.	187523									
					Mon. Aug. 22	6:30 p.m.	187524									
					Sat. Jun. 18	9:30 a.m.	187518									
					Sat. Jun. 18	10:30 a.m.	187500									

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool					
				Date	Start	Code			
<p><i>Continued from previous page</i></p> <p>Swimmer 1</p>	8:1	\$70	5-12 yrs. (30 min.) 9 Lessons	Sat. Jun. 18	5:30 p.m.	187501			
				Sat. Jun. 18	6:30 p.m.	187502			
				Sun. Jun. 19	9:30 a.m.	187503			
				Sun. Jun. 19	10:30 a.m.	187505			
				Sun. Jun. 19	11:30 a.m.	187506			
				Sun. Jun. 19	5:30 p.m.	187525			
				Sun. Jun. 19	7:00 p.m.	187504			
				\$62.25 for 8 lessons					
<p>Swimmer 2</p> <p>These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick, and swim 15-25m on their front and back.</p> <p>Prerequisites: 5 years, Swimmer 1 or Preschool 5 or E.</p> <p><i>Continued on next page</i></p>	8:1	\$70	5-12 yrs. (30 min.) 9 Lessons	Mon. Jun. 13	10:00 a.m.	187793			
				Mon. Jun. 13	7:00 p.m.	187794			
				Mon. Jun. 13	7:30 p.m.	187795			
				Mon. Jun. 27	9:00 a.m.	187796			
				Mon. Jun. 27	10:30 a.m.	187797			
				Mon. Jun. 27	5:00 p.m.	187798			
				Mon. Jun. 27	7:00 p.m.	187799			
				Mon. Jul. 11	9:00 a.m.	187800			
				Mon. Jul. 11	9:30 a.m.	187801			
				Mon. Jul. 11	10:30 a.m.	187802			
				Mon. Jul. 11	5:30 p.m.	187803			
				Mon. Jul. 11	7:30 p.m.	187804			
				Mon. Jul. 11	7:30 p.m.	187817			
				Mon. Jul. 25	9:00 a.m.	187805			
				Mon. Jul. 25	10:00 a.m.	187806			
				Mon. Jul. 25	5:30 p.m.	187807			
				Mon. Jul. 25	7:00 p.m.	187808			
				Mon. Jul. 25	7:30 p.m.	187809			
				Mon. Aug. 8	10:30 a.m.	187815			
				Mon. Aug. 8	11:00 a.m.	187816			
				Mon. Aug. 8	5:30 p.m.	187814			
				Mon. Aug. 8	7:00 p.m.	187818			
				Mon. Aug. 22	5:30 p.m.	187810			
				Mon. Aug. 22	7:30 p.m.	187811			
				Sat. Jun. 18	9:00 a.m.	187785			
				Sat. Jun. 18	10:00 a.m.	187812			
				Sat. Jun. 18	5:00 p.m.	187786			
				Sat. Jun. 18	6:00 p.m.	187787			
				Sun. Jun. 19	9:00 a.m.	187788			
				Sun. Jun. 19	9:30 a.m.	187789			
				Sun. Jun. 19	10:00 a.m.	187790			
				Sun. Jun. 19	5:00 p.m.	187792			
Sun. Jun. 19	5:30 p.m.	187791							

Children/Pre-Teen Aquatic Schedule

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Mon. Aug. 8	6:30 p.m.	187983						
			Mon. Jun. 20	5:00 p.m.	187961						
			Wed. Jun. 22	6:30 p.m.	187962						
			Fri. Jun. 24	5:00 p.m.	187963						
			Fri. Jun. 24	7:00 p.m.	187964						
			Sat. Jun. 25	9:00 a.m.	187948						
			Sat. Jun. 25	10:00 a.m.	187949						
			Sat. Jun. 25	10:30 a.m.	187950						
			Sat. Jun. 25	11:00 a.m.	187951						
			Sat. Jun. 25	11:30 a.m.	187952						
			Sun. Jun. 26	9:00 a.m.	187958						
			Sun. Jun. 26	9:30 a.m.	187959						
			Sun. Jun. 26	10:00 a.m.	187984						
			Sun. Jun. 26	10:30 a.m.	187960						
			Sun. Jun. 26	11:00 a.m.	187985						
			Sun. Jun. 26	11:30 a.m.	187986						
			Sun. Jun. 26	12:00 p.m.	187987						
			Sun. Jun. 26	12:30 p.m.	187988						
			Tue. Jul. 5	4:30 p.m.	187954						
			Tue. Jul. 5	5:30 p.m.	187955						
			Tue. Aug. 2	5:00 p.m.	187956						
			Tue. Aug. 2	6:30 p.m.	187957						
Mon. Jul. 4	4:15 p.m.	188368	Tue. Jun. 14	4:30 p.m.	188002	Mon. Jun. 27	10:00 a.m.	187218			
Mon. Jul. 4	5:30 p.m.	188369	Tue. Jun. 14	5:30 p.m.	188001	Mon. Jun. 27	7:00 p.m.	187213			
Mon. Jul. 18	4:15 p.m.	188376	Tue. Jun. 14	6:30 p.m.	188020	Mon. Jul. 11	7:00 p.m.	187220			
Mon. Jul. 18	5:30 p.m.	188379	Mon. Jun. 27	5:00 p.m.	188003	Mon. Jul. 25	10:00 a.m.	187215			
Tue. Aug. 2	4:15 p.m.	188377	Mon. Jun. 27	5:30 p.m.	188049	Mon. Jul. 25	7:00 p.m.	187214			
Tue. Aug. 2	5:30 p.m.	188380	Mon. Jun. 27	6:30 p.m.	188050	Mon. Aug. 8	7:00 p.m.	187221			
Mon. Aug. 15	4:15 p.m.	188378	Mon. Jun. 27	7:00 p.m.	189239	Sat. Jun. 25	9:45 a.m.	187216			
Mon. Aug. 15	5:30 p.m.	188381	Mon. Jul. 11	9:00 a.m.	188901	Sun. Jun. 26	9:45 a.m.	187219			
Sun. Jun. 26	11:30 a.m.	188372	Mon. Jul. 11	10:00 a.m.	188006	Sun. Jun. 26	5:00 p.m.	187217			
			Mon. Jul. 11	10:30 a.m.	188007						
			Mon. Jul. 11	4:00 p.m.	188008						
			Mon. Jul. 11	5:00 p.m.	188053						
			Mon. Jul. 11	5:30 p.m.	188054						
			Mon. Jul. 11	6:00 p.m.	188005						
			Mon. Jul. 11	7:00 p.m.	188004						
			Mon. Jul. 25	9:00 a.m.	188011						
			Mon. Jul. 25	9:30 a.m.	188012						
			Mon. Jul. 25	11:00 a.m.	188057						
			Mon. Jul. 25	6:00 p.m.	188058						
			Mon. Jul. 25	7:00 p.m.	188059						
			Mon. Aug. 8	9:00 a.m.	188060						
			Mon. Aug. 8	11:00 a.m.	188061						
			Mon. Aug. 8	4:00 p.m.	188062						
			Mon. Aug. 8	5:00 p.m.	188063						
			Mon. Jun. 20	6:00 p.m.	188013						
			Mon. Jun. 20	7:00 p.m.	188014						
			Wed. Jun. 22	6:00 p.m.	188015						
			Wed. Jun. 22	7:00 p.m.	187995						
			Fri. Jun. 24	4:00 p.m.	188016						
			Fri. Jun. 24	5:30 p.m.	188017						
			Sat. Jun. 25	9:00 a.m.	188043						
			Sat. Jun. 25	10:00 a.m.	188042						
			Sat. Jun. 25	10:30 a.m.	188041						
			Sat. Jun. 25	11:00 a.m.	188040						
			Sat. Jun. 25	11:30 a.m.	188039						
			Sat. Jun. 25	12:00 p.m.	188038						
			Sat. Jun. 25	12:30 p.m.	188037						
			Sun. Jun. 26	9:00 a.m.	187989						
			Sun. Jun. 26	10:00 a.m.	187990						
			Sun. Jun. 26	10:30 a.m.	187991						
			Sun. Jun. 26	11:00 a.m.	187992						
			Sun. Jun. 26	11:30 a.m.	187993						
			Sun. Jun. 26	12:00 p.m.	187994						

Aquatic Schedule

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Children/Pre-Teen Aquatic Schedule

Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool		
				Date	Start	Code
<p><i>Continued from previous page</i></p> <p>Swimmer 2</p>	8:1	\$70	5-12 yrs. (30 min.) 9 Lessons			
				\$62.25 for 8 lessons		
<p>Swimmer 101 - Ladies Only</p> <p>You'll work towards a 15 to 25m swim on your front and back. You'll be able to do jump entries from the side and support yourself at the surface for 10 - 20 sec. You'll be able to recover an object from the bottom of chest-deep water.</p> <p>Pre-requisite: beginner non-swimmer</p>	10:1	\$70	5-12 yrs. (45 min.) 9 Lessons			
				\$62.25 for 8 lessons		
<p>Swimmer 3</p> <p>These junior swimmers will cannonball, dive and roll into the water. New bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front crawl and back crawl over short distances, and endurance swims of 25 to 50 m.</p> <p>Pre-requisite: 5 years, Swimmer 2</p>	8:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:45 p.m.	187823
				\$62.25 for 8 lessons		
				Mon. Jun. 27	9:00 a.m.	187824
				Mon. Jun. 27	5:00 p.m.	187825
				Mon. Jun. 27	5:45 p.m.	187826
				Mon. Jul. 11	9:00 a.m.	187827
				Mon. Jul. 11	9:45 a.m.	187828
				Mon. Jul. 11	6:30 p.m.	187829
				Mon. Jul. 25	10:30 a.m.	187830
				Mon. Jul. 25	6:30 p.m.	187831
				Mon. Jul. 25	7:15 p.m.	187832
				Mon. Aug. 8	9:00 a.m.	187837
				Mon. Aug. 8	9:45 a.m.	187838
				Mon. Aug. 8	10:00 a.m.	187836
				Mon. Aug. 8	5:00 p.m.	187833
				Mon. Aug. 8	5:45 p.m.	187835
				Mon. Aug. 22	7:15 p.m.	187834
				Sat. Jun. 18	11:15 a.m.	187840
				Sun. Jun. 19	9:00 a.m.	187820
				Sun. Jun. 19	10:00 a.m.	187821
				Sun. Jun. 19	6:15 p.m.	187822
<p>Swimmer 4</p> <p>These intermediate swimmers will refine dives and stride entries. They'll wrestle with eggbeater kick, and master foot-first surface dive, and in-water back somersaults. They'll learn to scull and swim lengths of front crawl, back crawl, whip kick, and breast-stroke arms with breathing. They'll cap it all off with endurance swims of 50-100m.</p> <p>Pre-requisite: 5 years, Swimmer 3</p> <p><i>Continued on next page</i></p>	10:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:00 p.m.	187846
				\$62.25 for 8 lessons		
				Mon. Jun. 27	9:45 a.m.	187847
				Mon. Jun. 27	5:00 p.m.	187848
				Mon. Jun. 27	5:45 p.m.	187849
				Mon. Jul. 11	9:00 a.m.	187850
				Mon. Jul. 11	5:00 p.m.	187851
				Mon. Jul. 25	9:45 a.m.	187852
				Mon. Jul. 25	10:45 a.m.	187853
				Mon. Jul. 25	5:15 p.m.	187854
				Mon. Aug. 8	9:45 a.m.	187857
				Mon. Aug. 8	5:45 p.m.	187858
				Mon. Aug. 22	6:30 p.m.	187855
				Mon. Aug. 22	7:15 p.m.	187856
				Sat. Jun. 18	9:00 a.m.	187841
				Sat. Jun. 18	10:30 a.m.	187842
				Sun. Jun. 19	9:00 a.m.	187843
				Sun. Jun. 19	10:30 a.m.	187844
				Sun. Jun. 19	5:45 p.m.	187845

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Sun. Jun. 26	12:30 p.m.	188044						
			Tue. Jul. 5	5:00 p.m.	187996						
			Tue. Jul. 5	7:00 p.m.	188045						
			Tue. Aug. 2	4:30 p.m.	188046						
			Tue. Aug. 2	6:00 p.m.	188047						
			Tue. Aug. 2	7:00 p.m.	188048						
			Sat. Jun. 25	7:00 p.m.	189234						
Mon. Jul. 4	6:00 p.m.	188384	Tue. Jun. 14	4:30 p.m.	188080	Mon. Jun. 27	6:15 p.m.	187228			
Mon. Jul. 18	6:00 p.m.	188390	Tue. Jun. 14	5:15 p.m.	188085	Mon. Jul. 11	9:30 a.m.	187222			
Tue. Aug. 2	6:00 p.m.	188391	Mon. Jun. 27	4:30 p.m.	188105	Mon. Jul. 25	10:15 a.m.	187229			
Sun. Jun. 26	9:00 a.m.	188386	Mon. Jun. 27	5:15 p.m.	188106	Mon. Jul. 25	6:15 p.m.	187226			
			Mon. Jun. 27	6:45 p.m.	188092	Sat. Jun. 25	10:30 a.m.	187232			
			Mon. Jul. 11	9:00 a.m.	188097	Sun. Jun. 26	11:15 a.m.	187224			
			Mon. Jul. 11	10:00 a.m.	188081						
			Mon. Jul. 11	10:30 a.m.	188083						
			Mon. Jul. 11	4:00 p.m.	188082						
			Mon. Jul. 11	5:30 p.m.	188094						
			Mon. Jul. 11	6:00 p.m.	188088						
			Mon. Jul. 25	9:00 a.m.	188107						
			Mon. Jul. 25	10:00 a.m.	188108						
			Mon. Jul. 25	4:00 p.m.	188109						
			Mon. Jul. 25	6:00 p.m.	188110						
			Mon. Aug. 8	9:00 a.m.	188111						
			Mon. Aug. 8	4:00 p.m.	188112						
			Mon. Aug. 8	6:00 p.m.	188113						
			Mon. Jun. 20	4:00 p.m.	188072						
			Wed. Jun. 22	4:00 p.m.	188073						
			Wed. Jun. 22	6:45 p.m.	188074						
			Fri. Jun. 24	4:00 p.m.	188103						
			Fri. Jun. 24	5:45 p.m.	188903						
			Fri. Jun. 24	6:45 p.m.	188102						
			Sat. Jun. 25	9:00 a.m.	188064						
			Sat. Jun. 25	9:45 a.m.	188065						
			Sat. Jun. 25	12:00 p.m.	188066						
			Sun. Jun. 26	9:00 a.m.	188068						
			Sun. Jun. 26	9:45 a.m.	188069						
			Sun. Jun. 26	11:15 a.m.	188070						
			Tue. Jul. 5	4:00 p.m.	188076						
			Tue. Jul. 5	5:30 p.m.	188077						
			Tue. Aug. 2	4:45 p.m.	188078						
			Tue. Aug. 2	6:15 p.m.	188104						
Mon. Jul. 4	5:30 p.m.	188392	Tue. Jun. 14	5:15 p.m.	188130	Mon. Jun. 27	5:30 p.m.	187234			
Mon. Jul. 18	5:30 p.m.	188397	Tue. Jun. 14	6:45 p.m.	188131	Mon. Jul. 25	5:30 p.m.	187240			
Tue. Aug. 2	5:30 p.m.	188398	Mon. Jun. 27	4:30 p.m.	188133	Sat. Jun. 25	11:15 a.m.	187236			
Mon. Aug. 15	4:45 p.m.	188393	Mon. Jun. 27	6:00 p.m.	188138	Sun. Jun. 26	11:00 a.m.	187237			
Sun. Jun. 26	10:30 a.m.	188394	Mon. Jul. 11	9:00 a.m.	188132						
			Mon. Jul. 11	10:00 a.m.	188146						
			Mon. Jul. 11	10:30 a.m.	188134						
			Mon. Jul. 11	4:45 p.m.	188135						
			Mon. Jul. 11	6:15 p.m.	188136						
			Mon. Jul. 25	9:45 a.m.	188137						
			Mon. Jul. 25	10:45 a.m.	188139						
			Mon. Jul. 25	5:30 p.m.	188141						
			Mon. Aug. 8	9:45 a.m.	188165						
			Mon. Aug. 8	4:45 p.m.	188166						
			Mon. Aug. 8	6:00 p.m.	188167						
			Mon. Jun. 20	6:00 p.m.	188122						
			Fri. Jun. 24	4:15 p.m.	188123						
			Sat. Jun. 25	9:00 a.m.	188114						

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

	Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool					
					Date	Start	Code			
Children/Pre-Teen Aquatic Schedule	<i>Continued from previous page</i> Swimmer 4	10:1	\$70	5-12 yrs. (45 min.) 9 Lessons						
	Swimmer 201 - Ladies Only Kick it up a notch by working towards a 50 to 100m swim. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skills and strengths over 10m, and show off your handstands in shallow water. Pre-requisite: Swimmer 101 - Ladies Only or Swimmer 2	10:1	\$70	5-15 yrs. (45 min.) 9 Lessons						
	Swimmer 5 These swimmers will master shallow dive entries, eggbeater kicks, and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl, and breaststroke over 50m swims of each. Then they'll pick up the pace in 25m sprints and endurance swims of 100-200m. Pre-requisite: 5 years, Swimmer 4	10:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:45 p.m.	187863			
					Mon. Jun. 27	9:00 a.m.	187864			
					Mon. Jun. 27	5:45 p.m.	187865			
					Mon. Jun. 27	6:30 p.m.	187866			
					\$62.25 for 8 lessons			Mon. Jul. 11	9:45 a.m.	187867
					Mon. Jul. 11	5:45 p.m.	187868			
					Mon. Jul. 25	10:00 a.m.	187869			
					Mon. Jul. 25	5:00 p.m.	187870			
Mon. Aug. 8					9:00 a.m.	187873				
Mon. Aug. 8					5:45 p.m.	187872				
Mon. Aug. 22	5:45 p.m.	187874								
Sat. Jun. 18	11:15 a.m.	187860								
Sun. Jun. 19	9:45 a.m.	187861								
Sun. Jun. 19	10:30 a.m.	187862								
Sun. Jun. 19	7:15 p.m.	187871								
Swimmer 6 These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries, and eggbeater kick for 1 min. while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl, and breaststroke, and complain about the 4 x 25m sprints in interval training. The 200 to 300m endurance swim will be a piece of cake. Pre-requisite: 5 years, Swimmer 5	10:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:00 p.m.	187880				
Mon. Jun. 27				10:30 a.m.	187881					
Mon. Jun. 27				5:00 p.m.	187882					
Mon. Jul. 11				9:00 a.m.	187883					
\$62.25 for 8 lessons				Mon. Jul. 11	7:15 p.m.	187884				
Mon. Jul. 25				10:45 a.m.	187885					
Mon. Jul. 25				5:45 p.m.	187886					
Mon. Aug. 8				9:00 a.m.	187889					
Mon. Aug. 8				9:45 a.m.	187890					
Mon. Aug. 8				5:00 p.m.	187887					
Mon. Aug. 8	6:30 p.m.	187888								
Mon. Aug. 22	5:00 p.m.	187891								
Mon. Aug. 22	6:30 p.m.	187892								
Sat. Jun. 18	10:30 a.m.	187876								
Sun. Jun. 19	9:45 a.m.	187877								
Sun. Jun. 19	11:15 a.m.	187878								
Sun. Jun. 19	5:00 p.m.	187879								
Swimmer 301 - Ladies Only No sweat (or at least none anyone can see), you'll be doing 200 to 300m continuous swims and sprinting 25m. You'll be front crawling, back crawling and breaststroking over 100m. You'll be sculling feet first and swimming 25m head-up. Whew! Pre-requisite: Swimmer 201 - Ladies Only or Swimmer 4	10:1	\$70	(45 min.) 9 Lessons							

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Sat. Jun. 25	9:45 a.m.	188115						
			Sat. Jun. 25	11:15 a.m.	188116						
			Sat. Jun. 25	12:00 p.m.	188117						
			Sun. Jun. 26	9:00 a.m.	188118						
			Sun. Jun. 26	9:45 a.m.	188119						
			Sun. Jun. 26	10:30 a.m.	188120						
			Sun. Jun. 26	12:00 p.m.	188121						
			Tue. Jul. 5	5:30 p.m.	188126						
			Tue. Jul. 5	6:30 p.m.	188161						
			Tue. Aug. 2	4:00 p.m.	188162						
			Tue. Aug. 2	5:30 p.m.	188163						
			Sat. Jun. 25	7:00 p.m.	189236						
Mon. Jul. 4	4:45 p.m.	188926	Tue. Jun. 14	4:30 p.m.	188181	Mon. Jun. 27	9:30 a.m.	187247			
Mon. Jul. 18	4:45 p.m.	188932	Tue. Jun. 14	6:00 p.m.	188182	Mon. Jul. 11	9:30 a.m.	187241			
Tue. Aug. 2	4:45 p.m.	188933	Mon. Jun. 27	4:30 p.m.	188197	Mon. Jul. 11	6:15 p.m.	187243			
Mon. Aug. 15	5:30 p.m.	188934	Mon. Jun. 27	6:45 p.m.	188183	Mon. Jul. 25	9:30 a.m.	187248			
Sun. Jun. 26	11:15 a.m.	188928	Mon. Jul. 11	9:45 a.m.	188184	Mon. Aug. 8	6:15 p.m.	187242			
			Mon. Jul. 11	4:00 p.m.	188185	Sun. Jun. 26	5:30 p.m.	187244			
			Mon. Jul. 25	9:45 a.m.	188198						
			Mon. Jul. 25	4:45 p.m.	188186						
			Mon. Jul. 25	6:15 p.m.	188188						
			Mon. Aug. 8	9:00 a.m.	188189						
			Mon. Aug. 8	4:00 p.m.	188205						
			Mon. Jun. 20	4:45 p.m.	188168						
			Wed. Jun. 22	4:00 p.m.	188169						
			Fri. Jun. 24	5:00 p.m.	188170						
			Fri. Jun. 24	6:00 p.m.	188171						
			Sat. Jun. 25	9:00 a.m.	188175						
			Sat. Jun. 25	10:30 a.m.	188176						
			Sun. Jun. 26	9:00 a.m.	188178						
			Sun. Jun. 26	10:30 a.m.	188179						
			Sun. Jun. 26	12:00 p.m.	188180						
			Tue. Jul. 5	4:45 p.m.	188172						
			Tue. Jul. 5	6:15 p.m.	188173						
			Tue. Aug. 2	4:00 p.m.	188196						
Mon. Jul. 4	5:30 p.m.	188936	Tue. Jun. 14	4:30 p.m.	188217	Mon. Jun. 27	10:15 a.m.	187256			
Mon. Jul. 18	5:30 p.m.	188941	Mon. Jun. 27	5:15 p.m.	188218	Mon. Jul. 11	10:15 a.m.	187250			
Tue. Aug. 2	5:30 p.m.	188942	Mon. Jul. 11	10:00 a.m.	188219	Mon. Jul. 11	6:45 p.m.	187257			
Mon. Aug. 15	5:30 p.m.	188943	Mon. Jul. 11	6:45 p.m.	188220	Mon. Aug. 8	6:45 p.m.	187252			
Sun. Jun. 26	9:45 a.m.	188935	Mon. Jul. 25	10:45 a.m.	188221	Sun. Jun. 26	10:15 a.m.	187255			
			Mon. Jul. 25	6:45 p.m.	188265	Sun. Jun. 26	6:00 p.m.	187254			
			Mon. Aug. 8	10:00 a.m.	188266						
			Mon. Aug. 8	4:45 p.m.	188222						
			Mon. Aug. 8	6:00 p.m.	188223						
			Mon. Jun. 20	6:45 p.m.	188208						
			Wed. Jun. 22	4:45 p.m.	188213						
			Fri. Jun. 24	4:45 p.m.	188214						
			Sat. Jun. 25	9:45 a.m.	188209						
			Sat. Jun. 25	11:15 a.m.	188210						
			Sun. Jun. 26	9:00 a.m.	188211						
			Tue. Jul. 5	4:45 p.m.	188215						
			Tue. Aug. 2	5:30 p.m.	188216						

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

	Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool		
					Date	Start	Code
Children/Pre-Teen Aquatic Schedule	Lifesaving-Canadian Swim Patrol Rookie Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and a 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.	12:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13 Mon. Jun. 27 Mon. Jun. 27	5:45 p.m. 9:45 a.m. 5:00 p.m.	187479 187480 187481
			\$62.25 for 8 lessons		Mon. Jul. 11 Mon. Jul. 25 Mon. Aug. 8 Mon. Aug. 22 Sat. Jun. 18 Sun. Jun. 19	6:30 p.m. 7:15 p.m. 10:45 a.m. 5:00 p.m. 9:45 a.m. 11:15 a.m.	187482 187483 187486 187484 187478 187485
	Lifesaving-Canadian Swim Patrol Ranger Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.	12:1	\$70	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13 Mon. Jun. 27 Mon. Jun. 27	5:00 p.m. 9:00 a.m. 7:15 p.m.	187470 187473 187471
			\$62.25 for 8 lessons		Mon. Jul. 11 Mon. Jul. 11 Mon. Jul. 25 Mon. Aug. 8 Mon. Aug. 22 Sat. Jun. 18	10:30 a.m. 5:00 p.m. 9:45 a.m. 5:00 p.m. 5:45 p.m. 9:00 a.m.	187474 187472 187475 187477 187476 187469
	Lifesaving-Canadian Swim Patrol Star Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.	12:1	\$70	5-12 yrs. (60 min.) 9 Lessons	Mon. Jun. 13 Mon. Jun. 27 Mon. Jul. 11 Mon. Jul. 25 Mon. Aug. 8 Mon. Aug. 22 Sat. Jun. 18 Sun. Jun. 19	7:00 p.m. 10:30 a.m. 5:00 p.m. 10:30 a.m. 5:00 p.m. 5:30 p.m. 11:00 a.m. 9:00 a.m.	187489 187490 187491 187494 187492 187493 187487 187488
	Lifesaving-Junior Lifeguard Club More action, more options, more fun. The Junior Lifeguard Club offers a unique aquatic alternative for those special kids who love the water and who want more than 'lessons.' The Junior Lifeguard Club keeps kids interested and active in aquatics-especially quick learners and those caught between levels. The Junior Lifeguard Club is perfect for youth who thrive in an energetic learning environment.	12:1	\$88.71	7-11 yrs. (90 min.) 9 Lessons	Mon. Jul. 11 Mon. Jul. 25	10:00 a.m. 6:00 p.m.	187495 187496
		12:1	\$88.71	12-16 yrs. (90 min.) 9 Lessons	Mon. Jun. 27 Mon. Aug. 8 Sun. Jun. 19	10:00 a.m. 6:30 p.m. 6:30 p.m.	187498 187499 187497
	Junior Lifeguard Club - 1 Week Camp This program is designed to let kids participate in activities similar to those real lifeguards in a safe, fun and controlled setting. Learn about lifesaving/lifeguarding, take part in a friendly competition and special events, make friends, and have a GREAT time! Please note: Participants must be comfortable swimming at least 25 metres (any stroke), and tread water for at least 2 minutes.	20:1	\$182.50	7-16 yrs. 5 Lessons	Mon. Aug. 22	9:00 a.m.	187468
	Fitness Swimmer No matter what your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. Pre-requisite: Completed Swimmer 4	10:1	\$70	5-12 yrs. (60 min.) 9 Lessons	Mon. Jul. 25 Mon. Aug. 8	9:00 a.m. 6:00 p.m.	187466 187467
	Lifesaving Club of Markham - Junior Division The junior division will train young athletes between the ages of 7-9 years of age who have completed Swimmer 3 or higher. This program will focus on the development of individual lifesaving skills.	12:1	\$115.26	7-9 yrs. (45 min.) 9 Lessons			
Lifesaving Club of Markham - Youth Division The youth division will train athletes between the ages of 10-13 years who have completed swimmer 4 or higher. This program will focus on the development of the athlete's physical capabilities (speed, endurance, power) through individual and team lifesaving skills.	12:1	\$102.48	10-13 yrs. (60 min.) 8 Lessons				

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Tue. Jul. 5	5:00 p.m.	188323						
			Mon. Aug. 22	9:00 a.m.	188325						
			Tue. Jun. 14	6:45 p.m.	188269	Sat. Jun. 25	9:45 a.m.	187258			
			Mon. Jun. 27	6:30 p.m.	188271						
			Mon. Jul. 11	6:00 p.m.	188273						
			Fri. Jun. 24	6:45 p.m.	188279						
			Sun. Jun. 26	9:45 a.m.	188277						
			Tue. Jul. 5	6:15 p.m.	188283						
			Tue. Aug. 2	4:45 p.m.	188285						
			Mon. Jul. 25	10:00 a.m.	188303	Sat. Jun. 25	9:45 a.m.	187261			
			Sat. Jun. 25	9:45 a.m.	187266						
			Sun. Jun. 26	12:00 p.m.	187267						
			Tue. Aug. 2	6:15 p.m.	188306						
			Mon. Jul. 25	6:30 p.m.	188314						
			Sun. Jun. 26	5:30 p.m.	188315						
Mon. Jul. 4	4:00 p.m.	188960	Mon. Jul. 4	9:00 a.m.	186889*	Mon. Jun. 27	6:00 p.m.	186656			
Mon. Jul. 4	6:30 p.m.	188961	Mon. Jul. 4	9:30 a.m.	186915*	Mon. Jul. 11	9:30 a.m.	186657			
Mon. Jul. 18	4:00 p.m.	188966	Mon. Jul. 4	10:00 a.m.	186916*	Mon. Jul. 11	5:30 p.m.	186660			
Mon. Jul. 18	6:30 p.m.	188970	Mon. Jul. 4	10:30 a.m.	186917*	Mon. Jul. 25	6:00 p.m.	186659			
Tue. Aug. 2	4:00 p.m.	188967	Mon. Jul. 4	11:00 a.m.	186918*	Mon. Aug. 8	5:30 p.m.	187046			
Tue. Aug. 2	6:30 p.m.	188971	Mon. Jul. 11	10:30 a.m.	186890						
Mon. Aug. 15	4:00 p.m.	188968	Mon. Jul. 25	10:00 a.m.	186891						
Mon. Aug. 15	6:30 p.m.	188972	Mon. Jul. 25	11:00 a.m.	186892						
Sat. Jun. 25	11:30 a.m.	188962	Mon. Jul. 25	4:30 p.m.	186893						
			Mon. Aug. 8	7:00 p.m.	186894						
			Mon. Aug. 22	9:00 a.m.	186895						
			Mon. Aug. 22	10:00 a.m.	186919						
			Mon. Jun. 20	4:00 p.m.	186901						
			Mon. Jun. 20	6:00 p.m.	186902						
			Wed. Jun. 22	5:00 p.m.	186913						
			Wed. Jun. 22	6:00 p.m.	186905						
			Sat. Jun. 25	4:00 p.m.	186896						
			Sat. Jun. 25	4:30 p.m.	186897						
			Sat. Jun. 25	5:00 p.m.	186898						
			Sun. Jun. 26	4:00 p.m.	186899						
			Sun. Jun. 26	5:00 p.m.	186912						
			Sun. Jun. 26	5:30 p.m.	186900						
Mon. Jul. 4	4:30 p.m.	188975	Mon. Jul. 4	9:00 a.m.	186920*	Mon. Jun. 27	5:30 p.m.	187105			
Mon. Jul. 4	6:00 p.m.	188977	Mon. Jul. 4	9:30 a.m.	186949*	Mon. Jul. 11	9:30 a.m.	187106			
Mon. Jul. 18	4:30 p.m.	189010	Mon. Jul. 4	10:30 a.m.	186950*	Mon. Jul. 11	5:30 p.m.	187108			
Mon. Jul. 18	6:00 p.m.	189013	Mon. Jul. 4	11:00 a.m.	186951*	Mon. Jul. 25	5:30 p.m.	187109			
Tue. Aug. 2	4:30 p.m.	189011	Mon. Jul. 11	11:00 a.m.	186921	Mon. Aug. 8	5:30 p.m.	187110			
Tue. Aug. 2	6:00 p.m.	189014	Mon. Jul. 25	10:00 a.m.	186922	Sat. Jun. 25	11:00 a.m.	187107			
Mon. Aug. 15	4:30 p.m.	189012	Mon. Jul. 25	10:30 a.m.	186923						
Mon. Aug. 15	6:00 p.m.	189015	Mon. Jul. 25	4:00 p.m.	186926						
Sat. Jun. 25	10:15 a.m.	188974	Mon. Jul. 25	5:00 p.m.	186927						
			Mon. Aug. 8	7:00 p.m.	186928						

Aquatic Schedule

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

	Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool			
					Date	Start	Code	
H40 Swimmer	<i>Continued from previous page</i> H40 Swimmer 2	4:1	\$124.50	5-12 yrs. (30 min.) 9 Lessons	Mon. Jul. 25	6:30 p.m.	188806	
	Mon. Aug. 8				9:30 a.m.	188807		
	Mon. Aug. 8				6:00 p.m.	188808		
	Mon. Aug. 22				5:00 p.m.	188811		
	Mon. Aug. 22				6:00 p.m.	188812		
	Sat. Jun. 18				10:30 a.m.	188790		
	Sat. Jun. 18				11:30 a.m.	188791		
	Sat. Jun. 18				5:00 p.m.	188792		
	Sat. Jun. 18				5:30 p.m.	188793		
	Sun. Jun. 19				9:30 a.m.	188794		
	Sun. Jun. 19	7:00 p.m.	188795					
	\$69.15 for 5 Lessons					Mon. Aug. 22	6:00 p.m.	188812
	H40 Swimmer 3	4:1	\$124.50	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:00 p.m.	188820	
	Mon. Jun. 27				10:00 a.m.	188821		
	Mon. Jun. 27				6:30 p.m.	188822		
	Mon. Jul. 11				10:00 a.m.	188823		
Mon. Jul. 11	7:15 p.m.				188824			
Mon. Jul. 25	9:45 a.m.				188825			
Mon. Jul. 25	5:00 p.m.				188826			
Mon. Aug. 8	10:30 a.m.				188830			
Mon. Aug. 8	6:30 p.m.				188829			
Mon. Aug. 22	5:45 p.m.				188827			
Mon. Aug. 22	6:30 p.m.	188828						
Sat. Jun. 18	9:00 a.m.	188814						
Sat. Jun. 18	10:30 a.m.	188815						
Sat. Jun. 18	6:30 p.m.	188816						
Sun. Jun. 19	10:30 a.m.	188818						
Sun. Jun. 19	11:15 a.m.	188817						
Sun. Jun. 19	5:45 p.m.	188819						
\$69.15 for 5 Lessons					Mon. Jul. 11	7:15 p.m.	188824	
H40 Swimmer 4	4:1	\$124.50	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	6:30 p.m.	188837		
Mon. Jun. 27				9:00 a.m.	188838			
Mon. Jun. 27				6:30 p.m.	188839			
Mon. Jul. 11				9:45 a.m.	188840			
Mon. Jul. 11				5:45 p.m.	188841			
Mon. Jul. 25				7:15 p.m.	188842			
Mon. Aug. 8				10:45 a.m.	188845			
Mon. Aug. 8				6:30 p.m.	188846			
Mon. Aug. 22				5:00 p.m.	188843			
Mon. Aug. 22				7:15 p.m.	188844			
Sat. Jun. 18	9:45 a.m.	188831						
Sat. Jun. 18	11:15 a.m.	188832						
Sat. Jun. 18	7:15 p.m.	188833						
Sun. Jun. 19	9:45 a.m.	188834						
Sun. Jun. 19	11:15 a.m.	188835						
Sun. Jun. 19	5:00 p.m.	188836						
\$69.15 for 5 Lessons					Mon. Jul. 11	9:00 a.m.	188854	
H40 Swimmer 5	4:1	\$124.50	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	6:30 p.m.	188850		
Mon. Jun. 13				7:15 p.m.	188851			
Mon. Jun. 27				10:45 a.m.	188852			
Mon. Jun. 27				7:15 p.m.	188853			
Mon. Jul. 11				9:00 a.m.	188854			
Mon. Jul. 11				6:30 p.m.	188855			
Mon. Jul. 25				5:45 p.m.	188856			
Mon. Aug. 8				10:00 a.m.	188859			
Mon. Aug. 8				7:15 p.m.	188860			
Mon. Aug. 22				6:30 p.m.	188857			
Sat. Jun. 18	9:00 a.m.	188847						
Sat. Jun. 18	5:45 p.m.	188848						
Sat. Jun. 18	6:30 p.m.	188858						
Sun. Jun. 19	9:00 a.m.	188849						
\$69.15 for 5 Lessons					Mon. Jul. 11	9:00 a.m.	188854	

Aquatic Schedule

Summer 2011

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Centennial Pool			Milliken Mills Pool			Thornlea Pool			Thornhill Therapeutic Pool		
Date	Start	Code	Date	Start	Code	Date	Start	Code	Date	Start	Code
			Mon. Aug. 22	9:00 a.m.	186939						
			Mon. Aug. 22	10:30 a.m.	186956						
			Mon. Jun. 20	5:00 p.m.	186924						
			Mon. Jun. 20	5:30 p.m.	186936						
			Wed. Jun. 22	5:30 p.m.	186937						
			Wed. Jun. 22	6:30 p.m.	186938						
			Sat. Jun. 25	4:00 p.m.	186929						
			Sat. Jun. 25	4:30 p.m.	186930						
			Sat. Jun. 25	5:00 p.m.	186931						
			Sun. Jun. 26	4:00 p.m.	186932						
			Sun. Jun. 26	4:30 p.m.	186934						
			Sun. Jun. 26	5:00 p.m.	186933						
Mon. Jul. 4	4:45 p.m.	189017	Mon. Jul. 4	9:00 a.m.	186971*	Mon. Jun. 27	10:15 a.m.	187145			
Mon. Jul. 18	4:45 p.m.	189022	Mon. Jul. 4	10:00 a.m.	186991*	Mon. Jun. 27	6:45 p.m.	187147			
Tue. Aug. 2	4:45 p.m.	189023	Mon. Jul. 11	10:45 a.m.	186987	Mon. Jul. 11	6:00 p.m.	187152			
Mon. Aug. 15	4:45 p.m.	189024	Mon. Jul. 25	10:00 a.m.	186973	Mon. Jul. 25	9:30 a.m.	187151			
Sat. Jun. 25	10:45 a.m.	189016	Mon. Jul. 25	10:30 a.m.	186972	Mon. Jul. 25	6:45 p.m.	187146			
			Mon. Jul. 25	4:00 p.m.	186974	Mon. Aug. 8	6:00 p.m.	187148			
			Mon. Aug. 8	6:45 p.m.	186975	Sat. Jun. 25	9:00 a.m.	187149			
			Mon. Aug. 22	9:00 a.m.	186976	Sun. Jun. 26	9:00 a.m.	187150			
			Mon. Aug. 22	10:00 a.m.	186977	Sun. Jun. 26	6:15 p.m.	187163			
			Mon. Jun. 20	4:45 p.m.	186984						
			Mon. Jun. 20	6:30 p.m.	186985						
			Wed. Jun. 22	4:45 p.m.	186986						
			Sat. Jun. 25	4:00 p.m.	186980						
			Sat. Jun. 25	4:45 p.m.	186981						
			Sun. Jun. 26	4:00 p.m.	186982						
			Sun. Jun. 26	4:45 p.m.	186983						
Mon. Jul. 4	4:00 p.m.	189026	Mon. Jul. 4	9:45 a.m.	187004*	Mon. Jun. 27	6:00 p.m.	187173			
Mon. Jul. 18	4:00 p.m.	189034	Mon. Jul. 4	10:45 a.m.	187019*	Mon. Jul. 11	10:00 a.m.	187170			
Tue. Aug. 2	4:00 p.m.	189035	Mon. Jul. 11	10:45 a.m.	187005	Mon. Jul. 11	6:30 p.m.	187171			
Mon. Aug. 15	4:00 p.m.	189036	Mon. Jul. 25	10:45 a.m.	187006	Mon. Jul. 25	10:15 a.m.	187167			
Sat. Jun. 25	9:30 a.m.	189025	Mon. Jul. 25	4:45 p.m.	187007	Mon. Jul. 25	6:00 p.m.	187172			
			Mon. Aug. 8	6:45 p.m.	187008	Mon. Aug. 8	6:30 p.m.	187169			
			Mon. Aug. 22	10:45 a.m.	187031	Sat. Jun. 25	10:15 a.m.	187164			
			Mon. Jun. 20	5:30 p.m.	187018	Sun. Jun. 26	9:45 a.m.	187165			
			Wed. Jun. 22	4:00 p.m.	187032	Sun. Jun. 26	6:00 p.m.	187166			
			Wed. Jun. 22	4:15 p.m.	187017						
			Sat. Jun. 25	4:00 p.m.	187013						
			Sat. Jun. 25	4:45 p.m.	187014						
			Sun. Jun. 26	4:00 p.m.	187015						
			Sun. Jun. 26	4:45 p.m.	187016						
Mon. Jul. 4	4:45 p.m.	189184	Mon. Jul. 4	9:00 a.m.	187033*	Mon. Jun. 27	5:30 p.m.	187174			
Mon. Jul. 18	4:45 p.m.	189038	Mon. Jul. 4	10:30 a.m.	187064*	Mon. Jul. 25	5:30 p.m.	187175			
Tue. Aug. 2	4:45 p.m.	189039	Mon. Jul. 11	10:45 a.m.	187034	Sat. Jun. 25	11:15 a.m.	187176			
Mon. Aug. 15	4:45 p.m.	189043	Mon. Jul. 25	10:45 a.m.	187036	Sun. Jun. 26	9:00 a.m.	187177			
Sat. Jun. 25	9:15 a.m.	189037	Mon. Jul. 25	4:00 p.m.	187037						
			Mon. Aug. 8	6:45 p.m.	187038						
			Mon. Aug. 22	10:45 a.m.	187089						
			Mon. Jun. 20	6:15 p.m.	187042						
			Wed. Jun. 22	6:00 p.m.	187043						
			Sat. Jun. 25	4:00 p.m.	187040						
			Sun. Jun. 26	4:45 p.m.	187045						
			Sun. Jun. 26	5:30 p.m.	187041						

Aquatic Schedule

Black: Daily lessons Magenda: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

	Level	Ratio	Fee	Age/ Lessons	Angus Glen Pool			
					Date	Start	Code	
H40 Swimmer	H40 Swimmer 6 These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries, and eggbeater kick for 1 min. while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl, and breaststroke, and complain about the 4 x 25m sprints in interval training. The 200 to 300m endurance swim will be a piece of cake. Prerequisite: 5 years, Swimmer 5.	4:1	\$124.50	5-12 yrs. (45 min.) 9 Lessons	Mon. Jun. 13	5:45 p.m.	188865	
					Mon. Jun. 13	7:15 p.m.	188868	
					Mon. Jun. 27	9:45 a.m.	188866	
					Mon. Jun. 27	7:15 p.m.	188867	
					Mon. Jul. 11	10:45 a.m.	188869	
					Mon. Jul. 11	5:00 p.m.	188873	
					Mon. Jul. 25	9:00 a.m.	188870	
					Mon. Jul. 25	6:30 p.m.	188871	
					Mon. Aug. 8	7:15 p.m.	188872	
					Mon. Aug. 22	7:15 p.m.	188874	
					Sat. Jun. 18	9:45 a.m.	188861	
					Sat. Jun. 18	5:00 p.m.	188862	
					Sat. Jun. 18	7:15 p.m.	188863	
Sun. Jun. 19	10:30 a.m.	188864						
Adult Aquatic Schedule	Adult 1 You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training. Prerequisite: 16 years old, beginner non-swimmer	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons	Mon. Jun. 13	10:30 a.m.	186341	
					Mon. Jun. 27	7:00 p.m.	186342	
					Mon. Jul. 11	9:45 a.m.	186343	
						Mon. Aug. 8	7:15 p.m.	187269
						Sat. Jun. 18	9:45 a.m.	187268
	Adult 2 Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water. Prerequisite: 16 years old and completed Adult 1	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons	Mon. Jul. 11	7:15 p.m.	187449	
					Mon. Jul. 25	9:00 a.m.	187450	
					Sat. Jun. 18	5:45 p.m.	187448	
	Adult 3 No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25-50 m. You'll master your front crawl, back crawl and breaststroke. Whew! Prerequisite: 16 years and completed Adult 2	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons	Mon. Jul. 25	6:30 p.m.	187453	
					Mon. Aug. 8	10:30 a.m.	187454	
					Sat. Jun. 18	6:30 p.m.	187452	
	Adult 101 - Ladies Only You'll work towards a 15-25m swim on your front and back. You'll be able to do jump entries from the side and support yourself at the surface for 10-20 sec. You'll be able to recover an object from the bottom of chest-deep water. Prerequisite: 16 years, beginner non-swimmer.	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons				
Adult 201 - Ladies Only Kick it up a notch by working towards a 50 to 100m swim. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skill and strengths over 10m , and show off your handstands in shallow water. Prerequisite: 16 years Adult 101 - Ladies Only.	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons					
Adult 301 - Ladies Only No sweat (or at least none anyone can see), you'll be doing 200-300m continuous swims and sprinting 25m. You'll be front crawling, back crawling and breaststroking over 100m. You'll be sculling feet first and swimming 25m head-up. Whew! Prerequisite: 16 years, Adult 201.	10:1	\$91.53	16 yrs+ (45 min.) 9 Lessons					

Aquatic Schedule (Outdoor Pool)

Black: Daily lessons Magenta: Weekly lessons Blue: Bi-weekly lessons * 5 lessons only

Rouge River Pool (outdoor pool)

Level	Date	Start	Code	Fee
Parent and Tot 1	Sun. Jun. 26	11:30 a.m.	186497	\$70
Parent and Tot 2	Sun. Jun. 26	11:30 a.m.	186499	\$70
	Mon. Jul. 11	12:00 p.m.	186500	\$70
Parent and Tot 3	Sat. Jun. 25	12:30 p.m.	186501	\$70
	Mon. Aug. 8	12:00 p.m.	186502	\$70
Preschool 1	Sun. Jun. 26	12:00 p.m.	186467	\$70
	Mon. Jun. 27	5:30 p.m.	186468	\$70
	Mon. Jul. 11	5:30 p.m.	186469	\$70
	Mon. Jul. 25	11:30 a.m.	186470	\$70
	Mon. Aug. 22	5:30 p.m.	186471	\$70
Preschool 2	Sat. Jun. 25	12:00 p.m.	186472	\$70
	Mon. Jul. 11	11:30 a.m.	186473	\$70
	Mon. Jul. 25	5:30 p.m.	186474	\$70
	Mon. Aug. 8	11:30 a.m.	186475	\$70
Preschool 3	Sun. Jun. 26	12:00 p.m.	186476	\$70
	Mon. Jul. 11	6:00 p.m.	186477	\$70
	Mon. Aug. 8	5:30 p.m.	186478	\$70
	Mon. Aug. 22	11:30 a.m.	186479	\$70

Level	Date	Start	Code	Fee
Preschool 4	Sat. Jun. 25	12:00 p.m.	186480	\$70
	Mon. Jul. 25	12:00 p.m.	186481	\$70
	Mon. Aug. 22	6:00 p.m.	186482	\$70
Preschool 5	Mon. Aug. 8	6:00 p.m.	186483	\$70
	Mon. Aug. 22	12:00 p.m.	186484	\$70
Teen 1	Sun. Jun. 26	12:15 a.m.	186533	\$70
H40 Swimmer 1	Sat. Jun. 25	12:00 p.m.	186485	\$124.50
	Mon. Jun. 27	6:00 p.m.	186486	\$124.50
	Mon. Jul. 11	11:30 a.m.	186487	\$124.50
	Mon. Jul. 25	6:00 p.m.	186488	\$124.50
	Mon. Aug. 8	11:30 a.m.	186489	\$124.50
	Mon. Aug. 22	6:00 p.m.	186490	\$124.50
H40 Swimmer 2	Sun. Jun. 26	11:30 a.m.	186492	\$124.50
	Mon. Jul. 11	6:00 p.m.	186493	\$124.50
	Mon. Jul. 25	11:30 a.m.	186494	\$124.50
	Mon. Aug. 8	6:00 p.m.	186495	\$124.50
	Mon. Aug. 22	11:30 a.m.	186496	\$124.50
Adult 1	Sun. Jun. 26	11:00 a.m.	186344	\$91.53
	Mon. Jun. 27	5:45 p.m.	186531	\$91.53
	Mon. Jul. 25	5:45 p.m.	186532	\$91.53

Morgan Park Pool (outdoor pool)

Level	Date	Start	Code	Fee
Swimmer 1	Sun. Jul. 3	12:00pm	186020	\$70
Swimmer 2	Sun. Jul. 3	12:30pm	186021	\$70

Level	Date	Start	Code	Fee
Swimmer 3	Sun. Jul. 3	11:30am	186022	\$70
Swimmer 4	Sun. Jul. 3	12:15pm	186023	\$70

