

68 Swimming Adult

Learn to Swim (Adult)

A ten-week three-level swimming and water safety program based on personal choice. Participants set their own goals, proceed at their own pace and track their own progress. Participants will be grouped according to ability in one of the three levels: Beginner, Intermediate and Advanced. Newcomers and experienced swimmers are welcome!

14yrs+
 Fall: 10 classes \$85.60
 Winter: 9 classes \$77.04

Civic Recreation Complex

Day	Start	Time	Code
Tue	Oct 4	8:15pm- 9:00pm	167294
Thu	Oct 6	9:00am- 9:45am	167295
Tue	Jan 10	8:15pm- 9:00pm	167615
Thu	Jan 12	9:00am- 9:45am	167616

Donevan Recreation Complex

Day	Start	Time	Code
Mon	Oct 3	9:00am- 9:45am	169091

Legends Centre

Day	Start	Time	Code
Mon	Oct 3	7:00pm- 7:45pm	167055
Wed	Oct 5	7:00pm- 7:45pm	167057
Wed	Jan 11	7:00pm- 7:45pm	168229

Private Swim Lessons (Adult)

Adult PRIVATE LESSONS are designed for adults wanting to improve swimming technique and receive more individual attention.

14yrs+
 Fall: 10 Classes \$275.72
 Winter: 9 classes \$248.15
 (Mondays: 8 classes, \$220.58)

Legends Centre

Day	Start	Time	Code
Mon	Oct 3	1:00pm- 1:30pm	167030
Mon	Oct 3	1:00pm- 1:30pm	167028
Mon	Oct 3	1:30pm- 2:00pm	167031
Mon	Oct 3	2:30pm- 3:00pm	167033
Mon	Oct 3	7:30pm- 8:00pm	167041
Wed	Oct 5	7:30pm- 8:00pm	167046
Mon	Jan 9	1:00pm- 1:30pm	168225
Mon	Jan 9	1:30pm- 2:00pm	168227
Mon	Jan 9	1:30pm- 2:00pm	168226
Mon	Jan 9	2:30pm- 3:00pm	168228
Mon	Jan 9	7:30pm- 8:00pm	168223
Mon	Jan 9	7:30pm- 8:00pm	168224

Synchronized Swimming (Adult)

An introduction to synchronized swimming skills, strokes, and figures offered in the Synchro Awards program - Levels 1-10. Prerequisite: Participants must be comfortable in deep water.

18yrs+
 Fall: 10 Classes \$107.63
 Winter: 9 classes \$96.87

Civic Recreation Complex

Day	Start	Time	Code
Tue	Oct 4	8:45am-10:00am	167308
Tue	Jan 10	8:45am-10:00am	167626

