AQUATIC PROGRAMS

Fall 2020

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come splash with us

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YOUR SAFETY IS OUR #1 PRIORITY.
We reserve the right to swim test anyone at any time.

admission policy

In effect at all City of London aquatic facilities.

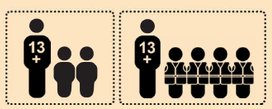
All Children 12 & Under

No Swim Test or Unsuccessful Swim Test

All children 12 & under will receive an orange wristband upon entry and must be directly supervised in the water at all times by a responsible person 13 years of age or older . These individuals are required to stay in the designated shallow area.

Supervision Ratio

1:2 No Lifejackets
or
1:4 With Lifejackets

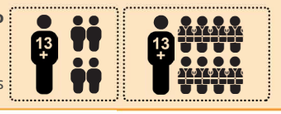


Successful Swim Test

Children may take a swim test consisting of a 20m swim (or the width of the pool if further) without touching the bottom. If successful, swimmers will receive a green wristband band and must be supervised in the facility.

Supervision Ratio

1:4 No Lifejackets
or
1:8 With Lifejackets



Responsible Persons 13-17

Must identify themselves as a "swimmer" or "non swimmer" upon entry. Swimmers will be given a green wristband permitting full access to the pool.

REGISTRATION INFORMATION

GENERAL SWIM LESSON INFORMATION

The City of London is proud to offer the Lifesaving Society's Swim for Life program! You can spot Water Smart® kids right away. They are the ones who know how to swim and behave safely around water. The Lifesaving Society's Swim for Life® program makes sure your kids are Water Smart® before they get in too deep.

You're never too young to start and never too old to learn. Swim for Life® offers different strokes for different folks of all ages and abilities.

In the event of low registration, we may have to cancel classes. Please register early to avoid disappointment. We may also combine classes. Our program is designed so that our instructors can multi-level teach in the event of a class with varied swimming abilities.

On occasion, programs may be cancelled or extended on short notice. Advanced notice will be posted whenever possible. This may not always be possible in the event of poor weather, power failure, mechanical difficulties, etc.

Please return your Progress Report to the next instructor. It is helpful for them to see the progress of your swimmer and we can just add onto it.

Have questions? We always have a Pool Manager or Deck Supervisor on duty during lessons. They are lesson experts and can solve most problems easily. Please do not hesitate to speak to one of these talented staff members about your questions or concerns. Most issues can be dealt with immediately. Feel free to email us too at aquatics@london.ca.

Please review withdrawal and refund policies at the front of the guide.

LEADERSHIP PROGRAM WITHDRAWAL POLICY

This policy applies to all Aquatic Leadership Programs (Bronze Star and above), First Aid Programs and Leader in Training (LIT) Programs.

- For withdrawal or transfer requests made more than 10 business days prior to the start of the program, your account will be credited in full.
- For withdrawal or transfer requests made 10 business days or less up until the start of the first class, your account will be credited 50% of the program fee.
- Requests for withdrawal or transfer beyond the start of the program will only be considered for medical reasons or on compassionate grounds, and documentation may be required

and must be submitted prior to the completion of the program.

ADMISSION FEES

All Pools	Per Admission
Child (17 and under)	$4.25
Adult (18-54 Years)	$6
Seniors (55+ Years)	$5
Family	$14.50

PASSES

All Pools	10 Visits	3 Months
Child	$28.50	$105
Adult	$52	$186
Senior	$43.30	$132

- Three month passes expire three months from the date of purchase and are valid for unlimited use at any location. Ten visit passes have no expiry date.
- Prices include taxes.
- Family refers to two adults and up to four children living in the same location.
- Prices are subject to change. Please check the website for most current fees.

INDOOR POOLS

Lane swims, rec swims, and aquafit are available at indoor pools. Schedules available at **london.ca/aquatics** and at each facility.

CANADA GAMES AQUATIC CENTRE (CGAC)

1045 Wonderland Road North, London, ON N6G 2Y9
Phone: 519.661.4455

- 50 metre x 8 lane pool
- Moveable Floor
- Moveable Bulkheads
- Diving Boards (1 – 5 m)
- Whirlpool
- Electric Pool Lift & Stair Entry
- Change table and ceiling lift suitable for all ages

SOUTH LONDON COMMUNITY POOL (SLCP)

585 Bradley Avenue, London, ON N6E 3Z8
Phone: 519.661.0920

- Leisure concept facility with a "whale pool" and "guppy pool"
- Whale pool temperature is approx. 84°F or 28.5°C
- Guppy pool temperature is approx. 87°F or 30.5°C
- Indoor aquatic rock climbing wall
- "The Grape Vine" water slide (riders must be 1.06m/42″ tall)
- Ramp into pool with water wheelchair available
- Change table and ceiling lift suitable for all ages

For information on recreational swim times, lane swimming, and aquafit classes, please visit **www.london.ca/aquatics.**

aquatic services
london.ca/aquatics

PRESCHOOL PROGRAM (4 MONTHS-3 YEARS)

Spend quality time with your child while you both have fun, 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. Certified instructors provide guidance and answers to your questions.

Parent & Tot 1 (4–12 Months)

Designed for the 4 to 12 month old to learn to enjoy the water with the parent.
30 minute classes. 1 instructor for 6 participants.

Parent & Tot 2 (12–24 Months)

Designed for the 12 to 24 month old to learn to enjoy the water with the parent.
30 minute classes. 1 instructor for 6 participants.

Parent & Tot 3 (2–3 Years)

Designed for the 2 to 3 year old to learn to enjoy the water with the parent.
30 minute classes. 1 instructor for 6 participants.

PRESCHOOL PROGRAM (3-5 YEARS)

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions, we work to ensure 3 – 5 year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate lifesaving Society Water Smart® messages in all levels.

Preschool 1

We encourage the parent to participate until their child lets them know they can do it themselves. 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 float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
30 minute classes. 1 instructor for 4 participants.

Preschool 2

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.
30 minute classes. 1 instructor for 4 participants.

Preschool 3

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. 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.
30 minute classes. 1 instructor for 4 participants.

Preschool 4

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.
30 minute classes. 1 instructor for 4 participants.

Preschool 5

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.
30 minute classes. 1 instructor for 4 participants.

SWIMMER PROGRAM (5 YEARS & OLDER)

The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years of age and older, including absolute beginners and swimmers who want to build on the basics.

We stress lots of in-water practice to develop sold swimming strokes and skills. We incorporate Lifesaving Society Water Smart® messages in all swimmer levels.

Swimmer 1

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes and exhale and hold their breath underwater. They'll work on floats, glides, and kicking through the water on their front and back.
30 minute classes. 1 instructor for 4 participants.

Swimmer 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
30 minute classes. 1 instructor for 4 participants.

Swimmer 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m front crawl and back crawl and 10 m whip kick. Flutter kick interval training increases to 4 x 15 m.
30 minute classes. 1 instructor for 4 participants.

Swimmer 4

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
30 minute classes. 1 instructor for 4 participants.

Swimmer 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl and 4 x 15 m breaststroke.
45 minute classes. 1 instructor for 5 participants.

Swimmer 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke and they'll complain about the 300 m workout.
45 minute classes. 1 instructor for 5 participants.

Swimmer 7

Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
45 minute classes. 1 instructor for 5 participants.

Swimmer 8

Swimmers develop better strokes over 75 m 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.
45 minute classes. 1 instructor for 5 participants.

Swimmer 9

Swimmers are challenged with 600 m workouts, 300 m timed swims, and a 25 m object carry. Strokes are refined over 100 m 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, rolling over, and supporting a victim face up in shallow water.
45 minute classes. 1 instructor for 5 participants.

ADULT/TEEN PROGRAM

Whether you are just starting or just want help with your strokes, our Adult and Teen program is for you no matter what your age. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness.

You will develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® messages in all Adult and Teen levels.

Adult/Teen 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.
45 minute classes. 1 instructor for 4 participants.

Adult/Teen 2

Kick it up a notch by 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.
45 minute classes. 1 instructor for 4 participants.

Lessons at the Bostwick and Stoney Creek YMCA are as follows:	
Lessons	**Participants**
All Parent & Tot Levels	Max 6 participants
Preschool Levels	Max 4 participants
Swimmer 1-4	Max 4 participants
Swimmer 5-9	Max 5 participants

NEW TO LESSONS?
NOT SURE OF THE CORRECT LEVEL?

We invite you to bring your child to one of our recreational swim times. Speak with the Deck Supervisor and they will arrange to do a brief water test with your child.

PRIVATE/SEMI PRIVATE SWIMMING LESSONS

30 Minute Lessons

Private and Semi-private swim lessons are recommended for swimmers of all ages who are looking for individual attention or to work on a specific skill or stroke. We encourage you to register early as space is limited. Customers wishing in semi-private lessons must provide both participants and they must be working within one level of each other.

All lesson times are available online. If you wish to register for a semi-private online, please register for the private lesson you would like. Once successfully registered, the spot will be secured for you. You will then need to call Customer Service at 519-661-5575 to register the second person.

WOMEN ONLY SWIM LESSONS

South London Community Pool and East Lions Community Centre

Swim lessons for females aged 13 and older in a private environment with female staff.
1 instructor for 4 participants.

SEE PAGE 17 FOR LESSON DATES/TIMES.

FALL 2020 SWIM LESSON SCHEDULE

2020 Fall Session 1		
	CGAC	SLCP (All 6 week sessions)
Monday	Sept 14, 21, 28, Oct 05, 19, 26, Nov 02 **No Class Oct 12**	Sept 28, Oct 05, 19, 26, Nov 02, 09 **No Class Oct 12**
Tuesday	Sept 15, 22, 29, Oct 06, 13, 20, 27	Sept 29, Oct 06, 13, 20, 27, Nov 03
Wednesday	Sept 16, 23, 30, Oct 07, 14, 21, 28	Sept 30, Oct 07, 14, 21, 28, Nov 04
Thursday	Sept 17, 24, Oct 1, 8, 15, 22, 29	Oct 01, 08, 15, 22, 29, Nov 05
Friday	Sept 18, 25, Oct 02, 09, 16, 23, 30	Oct 02, 09, 16, 23, 30, Nov 06
Saturday	Sept 19, 26, Oct 03, 10, 17, 24, 31	Oct 03, 10, 17, 24, 31, Nov 07
Sunday	Sept 20, 27, Oct 04, 11, 18, 25 ***6 Week Lesson Set**	Oct 04, 11, 18, 15, Nov 01, 08

2020 Fall Session 2		
	CGAC	SLCP (All 6 week sessions)
Monday	Nov 09, 16, 23, 30, Dec 07, 14, 21	Nov 16, 23, 30,Dec 07, 14, 21
Tuesday	Nov 03, 10, 17, 24, Dec 01, 08, 15	Nov 10, 17, 24, Dec 01, 08, 15
Wednesday	Nov 04, 11, 18, 25, Dec 02, 09, 16	Nov 11, 18, 25, Dec 02, 09, 16
Thursday	Nov 05, 12, 19, 26, Dec 03, 10, 17	Nov 12, 19, 26, Dec 03, 10, 17
Friday	Nov 06, 13, 27, Dec 04, 11, 18 ***6 Week Lesson Set No Class Nov 20**	Nov 13, 20, 27, Dec 04, 11, 18
Saturday	Nov 07, 14, 28, Dec 05, 12, 19 ***6 Week Lesson Set No Class Nov 21**	Nov 14, 21, 28, Dec 05, 12, 19
Sunday	Nov 01, 08, 15, 29, Dec 06, 13, 20 **No Class Nov 22**	Nov 15, 22, 29, Dec 06, 13, 20

BOSTWICK & STONEY CREEK COMMUNITY CENTRE

IMPORTANT CHANGES FOR YMCA LOCATIONS

2020 Fall YMCA Session *(7 Weeks)* Bostwick & Stoney Creek	
Monday	Nov 2, 9, 16, 23, 30, Dec 7, 14
Tuesday	Nov 3, 10, 17, 24, Dec 1, 8, 15
Wednesday	Nov 4, 11, 18, 25, Dec 2, 9, 16
Thursday	Nov 5, 12, 19, 26, Dec 3, 10, 17
Saturday	Nov 7, 14, 21, 28, Dec 5, 12, 29

SWIM FOR LIFE PROGRAM CHART

Before you make your swim class selection, please check our registration guidelines below to help determine which level your child should be entering.

If your child...	Register in...
is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1
is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2
is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3
is 3 to 5 years and just starting out on his or her own....*(If 5 years+...)*	Preschool 1 *(Swimmer 1)*
Can get in and out and jump into chest-deep water assisted, float and glide on front and back, blow bubbles and get face wet... *(If 5 years+...)*	Preschool 2 *(Swimmer 1)*
Can jump into chest-deep water, submerge and exhale underwater, and float on front and back assisted for 3 sec.... *(If 5 years+...)*	Preschool 3 *(Swimmer 1)*
Can jump into deep water wearing a lifejacket, recover objects from the bottom, hold breath underwater, float, glide and kick on front and back... *(If 5 years+...)*	Preschool 4 *(Swimmer 1)*
Can do solo jumps into deep water, swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side... *(If 5 years+...)*	Preschool 5 *(Swimmer 2)*
Is 5 to 12 years and just starting out...	Swimmer 1
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket, open eyes, hold breath, exhale underwater, and float, kick and glide on front and back...	Swimmer 2
Can jump into deep water and do a sideways entry wearing a lifejacket, support self at the surface for 15 sec., do whip kick in vertical position, and swim 10 m on front and back...	Swimmer 3
Can tread for 30 sec., do kneeling dives and front somersaults, 10 m whip kick on back, and swim 15 m front crawl and back crawl...	Swimmer 4
Can complete the Canadian Swim to Survive Standard: Roll, Tread (1 min.), Swim (50 m, dive, swim underwater, 15 m whip kick on front, breaststroke with breathing, and swim front and back crawl 25 m...	Swimmer 5
Can do shallow dives and cannonballs, eggbeater and scissor kick, swim 50 m front and back crawl, breaststroke for 25 m, sprint 25 m, interval training 4 x 50 m...	Swimmer 6
Can do stride entries and compact jumps, legs-only surface support for 45 sec., sprint 25 m breaststroke, swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7
Preferred successful completion: Swimmer 7 / Rookie Patrol	Swimmer 8
Preferred successful completion: Swimmer 8 / Ranger Patrol	Swimmer 9
Preferred successful completion: Swimmer 9 / Star Patrol	Bronze Star

SWIM FOR LIFE® LIFESAVING SOCIETY

Fall 2020

CHILD

Low Ratio Parent & Tot 1/2/3 (4 Months-3 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	11:00am	00:30	$70	7	20131
Sep 08	Tu	6:00pm	00:30	$70	7	20129
Sep 09	We	6:00pm	00:30	$70	6	20128
Sep 10	Th	11:00am	00:30	$70	7	20132
Sep 10	Th	6:00pm	00:30	$70	7	20130
Sep 11	Fr	6:00pm	00:30	$70	7	20148
Sep 12	Sa	4:30pm	00:30	$70	7	20156
Sep 12	Sa	9:30pm	00:30	$70	7	20150
Sep 13	Su	11:30am	00:30	$70	7	20157
Sep 13	Su	1:00pm	00:30	$70	7	20158
Sep 14	Mo	6:00pm	00:30	$70	7	20127

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	11:00am	00:30	$70	7	20502
Oct 27	Tu	6:00pm	00:30	$70	7	20580
Oct 28	We	6:00pm	00:30	$70	7	20553
Oct 29	Th	11:00am	00:30	$70	7	20599
Oct 29	Th	6:00pm	00:30	$70	7	20575
Oct 30	Fr	6:00pm	00:30	$70	7	20509
Oct 31	Sa	4:30pm	00:30	$70	7	20539
Oct 31	Sa	9:30pm	00:30	$70	7	20573
Nov 01	Su	11:30am	00:30	$70	7	20578
Nov 01	Su	1:00pm	00:30	$70	7	20518
Nov 09	Mo	6:00pm	00:30	$70	7	20612

Low Ratio Preschool 1 to Swimmer 2 (3-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 09	We	1:00pm	00:30	$70	7	20758
Sep 11	Fr	1:00pm	00:30	$70	7	20759
Sep 14	Mo	1:00pm	00:30	$70	7	20760

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 28	We	1:00pm	00:30	$70	7	20838
Oct 30	Fr	1:00pm	00:30	$70	7	20841
Nov 09	Mo	1:00pm	00:30	$70	7	20842

Low Ratio Preschool 1 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:00pm	00:30	$70	7	20166
Sep 09	We	5:00pm	00:30	$70	7	20167
Sep 10	Th	5:00pm	00:30	$70	7	20168
Sep 11	Fr	5:00pm	00:30	$70	7	20170
Sep 12	Sa	9:30am	00:30	$70	7	20174
Sep 12	Sa	4:30pm	00:30	$70	7	20175
Sep 13	Su	12:30pm	00:30	$70	7	20176
Sep 14	Mo	5:00pm	00:30	$70	7	20164

CANADA GAMES AQUATIC CENTRE (CONT'D)

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:00pm	00:30	$70	7	20560
Oct 28	We	5:00pm	00:30	$70	7	20554
Oct 29	Th	5:00pm	00:30	$70	7	20559
Oct 30	Fr	5:00pm	00:30	$70	7	20552
Oct 31	Sa	9:30am	00:30	$70	7	20504
Oct 31	Sa	4:30pm	00:30	$70	7	20601
Nov 01	Su	12:30pm	00:30	$70	7	20519
Nov 09	Mo	5:00pm	00:30	$70	7	20607

Low Ratio Preschool 2 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:30pm	00:30	$70	7	20183
Sep 09	We	5:30pm	00:30	$70	7	20184
Sep 10	Th	5:30pm	00:30	$70	7	20186
Sep 11	Fr	5:30pm	00:30	$70	7	20188
Sep 12	Sa	10:00am	00:30	$70	7	20189
Sep 12	Sa	5:00pm	00:30	$70	7	20191
Sep 13	Su	12:30pm	00:30	$70	7	20192
Sep 14	Mo	5:30pm	00:30	$70	7	20181

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:30pm	00:30	$70	7	20505
Oct 28	We	5:30pm	00:30	$70	7	20592
Oct 29	Th	5:30pm	00:30	$70	7	20530
Oct 30	Fr	5:30pm	00:30	$70	7	20593
Oct 31	Sa	10:00am	00:30	$70	7	20528
Oct 31	Sa	5:00pm	00:30	$70	7	20545
Nov 01	Su	12:30pm	00:30	$70	7	20503
Nov 09	Mo	5:30pm	00:30	$70	7	20611

Low Ratio Preschool 3 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:30pm	00:30	$70	7	20194
Sep 09	We	5:30pm	00:30	$70	7	20195
Sep 10	Th	5:30pm	00:30	$70	7	20196
Sep 11	Fr	5:30pm	00:30	$70	7	20197
Sep 12	Sa	10:00am	00:30	$70	7	20198
Sep 13	Su	2:00pm	00:30	$70	7	20199
Sep 14	Mo	5:30pm	00:30	$70	7	20193

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:30pm	00:30	$70	7	20536
Oct 28	We	5:30pm	00:30	$70	7	20537
Oct 29	Th	5:30pm	00:30	$70	7	20541
Oct 30	Fr	5:30pm	00:30	$70	7	20516
Oct 31	Sa	10:00am	00:30	$70	7	20548
Nov 01	Su	2:00pm	00:30	$70	7	20568
Nov 09	Mo	5:30pm	00:30	$70	7	20610

Low Ratio Preschool 4/5 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:30pm	00:30	$70	7	20201
Sep 09	We	6:00pm	00:30	$70	7	20202
Sep 10	Th	5:30pm	00:30	$70	7	20203
Sep 11	Fr	6:00pm	00:30	$70	7	20204
Sep 12	Sa	11:00am	00:30	$70	7	20216
Sep 13	Su	11:30am	00:30	$70	7	20206
Sep 14	Mo	6:00pm	00:30	$70	7	20200

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:30pm	00:30	$70	7	20517
Oct 28	We	6:00pm	00:30	$70	7	20577
Oct 29	Th	5:30pm	00:30	$70	7	20557
Oct 30	Fr	6:00pm	00:30	$70	7	20565
Oct 31	Sa	11:00am	00:30	$70	7	20590
Nov 01	Su	11:30am	00:30	$70	7	20562
Nov 09	Mo	6:00pm	00:30	$70	7	20609

CANADA GAMES AQUATIC CENTRE (CONT'D)

Low Ratio Swimmer 1 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:00pm	00:30	$70	7	20225
Sep 09	We	5:00pm	00:30	$70	7	20226
Sep 10	Th	5:00pm	00:30	$70	7	20229
Sep 11	Fr	5:00pm	00:30	$70	7	20233
Sep 12	Sa	9:30am	00:30	$70	7	20234
Sep 12	Sa	10:30am	00:30	$70	7	20235
Sep 12	Sa	5:45pm	00:30	$70	7	20236
Sep 12	Sa	6:15pm	00:30	$70	7	20237
Sep 13	Su	12:00pm	00:30	$70	7	20238
Sep 14	Mo	5:00pm	00:30	$70	7	20224

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:00pm	00:30	$70	7	20551
Oct 28	We	5:00pm	00:30	$70	7	20558
Oct 29	Th	5:00pm	00:30	$70	7	20521
Oct 30	Fr	5:00pm	00:30	$70	7	20594
Oct 31	Sa	9:30am	00:30	$70	7	20515
Oct 31	Sa	10:30am	00:30	$70	7	20540
Oct 31	Sa	5:45pm	00:30	$70	7	20544
Oct 31	Sa	6:15pm	00:30	$70	7	20584
Nov 01	Su	12:00pm	00:30	$70	7	20513
Nov 09	Mo	5:00pm	00:30	$70	7	20613

Low Ratio Swimmer 2 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:00pm	00:30	$70	7	20240
Sep 09	We	5:00pm	00:30	$70	7	20241
Sep 10	Th	5:00pm	00:30	$70	7	20242
Sep 11	Fr	5:00pm	00:30	$70	7	20243
Sep 12	Sa	10:15am	00:30	$70	7	20244
Sep 12	Sa	10:30am	00:30	$70	7	20245
Sep 12	Sa	5:30pm	00:30	$70	7	20246
Sep 12	Sa	5:45pm	00:30	$70	7	20247
Sep 13	Su	12:00pm	00:30	$70	7	20248
Sep 13	Su	1:30pm	00:30	$70	7	20249
Sep 14	Mo	5:00pm	00:30	$70	7	20239

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:00pm	00:30	$70	7	20533
Oct 28	We	5:00pm	00:30	$70	7	20570
Oct 29	Th	5:00pm	00:30	$70	7	20571
Oct 30	Fr	5:00pm	00:30	$70	7	20572
Oct 31	Sa	10:15am	00:30	$70	7	20549
Oct 31	Sa	10:30am	00:30	$70	7	20600
Oct 31	Sa	5:30pm	00:30	$70	7	20583
Oct 31	Sa	5:45pm	00:30	$70	7	20526
Nov 01	Su	12:00pm	00:30	$70	7	20563
Nov 01	Su	1:30pm	00:30	$70	7	20567
Nov 09	Mo	5:00pm	00:30	$70	7	20603

Low Ratio Swimmer 3 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 09	We	6:00pm	00:30	$70	7	20377
Sep 11	Fr	6:00pm	00:30	$70	7	20378
Sep 12	Sa	11:00am	00:30	$70	7	20379
Sep 13	Su	5:15pm	00:30	$70	7	20380
Sep 14	Mo	6:00pm	00:30	$70	7	20376

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 28	We	6:00pm	00:30	$70	7	20512
Oct 30	Fr	6:00pm	00:30	$70	7	20522
Oct 31	Sa	11:00am	00:30	$70	7	20532
Nov 01	Su	5:15pm	00:30	$70	7	20564
Nov 09	Mo	6:00pm	00:30	$70	7	20604

Low Ratio Swimmer 4 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:45pm	00:30	$70	7	20259
Sep 09	We	6:30pm	00:30	$70	7	20261
Sep 10	Th	5:45pm	00:30	$70	7	20263
Sep 11	Fr	6:30pm	00:30	$70	7	20264
Sep 12	Sa	12:30pm	00:30	$70	7	20266
Sep 12	Sa	4:30pm	00:30	$70	7	20267
Sep 14	Mo	6:30pm	00:30	$70	7	20256

CANADA GAMES AQUATIC CENTRE (CONT'D)

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:45pm	00:30	$70	7	20542
Oct 28	We	6:30pm	00:30	$70	7	20574
Oct 29	Th	5:45pm	00:30	$70	7	20566
Oct 30	Fr	6:30pm	00:30	$70	7	20561
Oct 31	Sa	12:30pm	00:30	$70	7	20511
Oct 31	Sa	4:30pm	00:30	$70	7	20538
Nov 09	Mo	6:30pm	00:30	$70	7	20602

Low Ratio Swimmer 5/6 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	5:00pm	00:45	$85.75	7	20275
Sep 08	Tu	7:15pm	00:45	$85.75	7	20286
Sep 09	We	5:30pm	00:45	$85.75	7	20276
Sep 09	We	6:30pm	00:45	$85.75	7	20283
Sep 10	Th	5:00pm	00:45	$85.75	7	20277
Sep 10	Th	7:15pm	00:45	$85.75	7	20289
Sep 11	Fr	5:30pm	00:45	$85.75	7	20279
Sep 11	Fr	6:30pm	00:45	$85.75	7	20285
Sep 12	Sa	9:30am	00:45	$85.75	7	20290
Sep 12	Sa	10:45am	00:45	$85.75	7	20291
Sep 12	Sa	4:30pm	00:45	$85.75	7	20292
Sep 13	Su	11:30am	00:45	$85.75	7	20293
Sep 13	Su	1:00pm	00:45	$85.75	7	20294
Sep 14	Mo	5:30pm	00:45	$85.75	7	20271
Sep 14	Mo	6:30pm	00:45	$85.75	7	20281

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	5:00pm	00:45	$85.75	7	20579
Oct 27	Tu	7:15pm	00:45	$85.75	7	20576
Oct 28	We	5:30pm	00:45	$85.75	7	20595
Oct 28	We	6:30pm	00:45	$85.75	7	20506
Oct 29	Th	5:00pm	00:45	$85.75	7	20523
Oct 29	Th	7:15pm	00:45	$85.75	7	20524
Oct 30	Fr	5:30pm	00:45	$85.75	7	20582
Oct 30	Fr	6:30pm	00:45	$85.75	7	20546
Oct 31	Sa	9:30am	00:45	$85.75	7	20591
Oct 31	Sa	10:45am	00:45	$85.75	7	20588
Oct 31	Sa	4:30pm	00:45	$85.75	7	20596
Nov 01	Su	11:30am	00:45	$85.75	7	20529
Nov 01	Su	1:00pm	00:45	$85.75	7	20543
Nov 09	Mo	5:30pm	00:45	$85.75	7	20608
Nov 09	Mo	6:30pm	00:45	$85.75	7	20614

Low Ratio Swimmer 7 to Swimmer 9 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	6:45pm	00:45	$85.75	7	20303
Sep 09	We	1:00pm	00:45	$85.75	7	20761
Sep 09	We	5:00pm	00:45	$85.75	7	20298
Sep 09	We	6:30pm	00:45	$85.75	7	20301
Sep 10	Th	6:45pm	00:45	$85.75	7	20304
Sep 11	Fr	1:00pm	00:45	$85.75	7	20762
Sep 11	Fr	5:00pm	00:45	$85.75	7	20299
Sep 11	Fr	6:30pm	00:45	$85.75	7	20302
Sep 12	Sa	10:00a	00:45	$85.75	7	20305
Sep 12	Sa	10:45am	00:45	$85.75	7	20306
Sep 12	Sa	5:00pm	00:45	$85.75	7	20307
Sep 12	Sa	5:30pm	00:45	$85.75	7	20308
Sep 13	Su	12:15pm	00:45	$85.75	7	20309
Sep 13	Su	2:00pm	00:45	$85.75	7	20310
Sep 14	Mo	1:00pm	00:45	$85.75	7	20763
Sep 14	Mo	5:00pm	00:45	$85.75	7	20295
Sep 14	Mo	6:30pm	00:45	$85.75	7	20300

CANADA GAMES AQUATIC CENTRE (CONT'D)

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	6:45pm	00:45	$85.75	7	20547
Oct 28	We	5:00pm	00:45	$85.75	7	20581
Oct 28	We	6:30pm	00:45	$85.75	7	20514
Oct 29	Th	6:45pm	00:45	$85.75	7	20589
Oct 30	Fr	5:00pm	00:45	$85.75	7	20534
Oct 30	Fr	6:30pm	00:45	$85.75	7	20586
Oct 31	Sa	10:00am	00:45	$85.75	7	20531
Oct 31	Sa	10:45am	00:45	$85.75	7	20555
Oct 31	Sa	5:00pm	00:45	$85.75	7	20597
Oct 31	Sa	5:30pm	00:45	$85.75	7	20527
Nov 01	Su	12:15pm	00:45	$85.75	7	20556
Nov 01	Su	2:00pm	00:45	$85.75	7	20507
Nov 09	Mo	5:00pm	00:45	$85.75	7	20605
Nov 09	Mo	6:30pm	00:45	$85.75	7	20606

TEEN & ADULT

Low Ratio Teen 1/2/3 (13-17 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	7:15pm	00:45	$85.75	7	20384
Sep 08	Tu	8:00pm	00:45	$85.75	7	20386
Sep 10	Th	7:15pm	00:45	$85.75	7	20389
Sep 10	Th	8:00pm	00:45	$85.75	7	20394

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	7:15pm	00:45	$85.75	7	20569
Oct 27	Tu	8:00pm	00:45	$85.75	7	20520
Oct 29	Th	7:15pm	00:45	$85.75	7	20585
Oct 29	Th	8:00pm	00:45	$85.75	7	20598

Low Ratio Adult 1/2/3 (18+ Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	8:00pm	00:45	$88.90	7	20412
Sep 08	Tu	8:00pm	00:45	$88.90	7	20415
Sep 10	Th	8:00pm	00:45	$88.90	7	20418
Sep 10	Th	8:00pm	00:45	$88.90	7	20420
Sep 12	Sa	12:30pm	00:45	$88.90	7	20453
Sep 12	Sa	12:30pm	00:45	$88.90	7	20431

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	8:00pm	00:45	$88.90	7	20525
Oct 27	Tu	8:00pm	00:45	$88.90	7	20550
Oct 29	Th	8:00pm	00:45	$88.90	7	20587
Oct 29	Th	8:00pm	00:45	$88.90	7	20508
Oct 31	Sa	12:30pm	00:45	$88.90	7	20535
Oct 31	Sa	12:30pm	00:45	$88.90	7	20510

PRIVATE LESSONS

Private Swimming Lessons (3+ Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 08	Tu	6:00pm	00:30	$172.83	7	20311
Sep 08	Tu	6:00pm	00:30	$172.83	7	20312
Sep 08	Tu	7:30pm	00:30	$172.83	7	20313
Sep 10	Th	6:00pm	00:30	$172.83	7	20315
Sep 10	Th	6:00pm	00:30	$172.83	7	20314
Sep 10	Th	7:30pm	00:30	$172.83	7	20316
Sep 12	Sa	6:00pm	00:30	$172.83	7	20317
Sep 12	Sa	6:15pm	00:30	$172.83	7	20318
Sep 12	Sa	6:30pm	00:30	$172.83	7	20319
Sep 13	Su	5:00pm	00:30	$172.83	7	20320
Sep 13	Su	5:00pm	00:30	$172.83	7	20322
Sep 13	Su	5:00pm	00:30	$172.83	7	20321
Sep 13	Su	5:30pm	00:30	$172.83	7	20324
Sep 13	Su	5:30pm	00:30	$172.83	7	20323
Sep 13	Su	5:30pm	00:30	$172.83	7	20325
Sep 13	Su	6:00pm	00:30	$172.83	7	20327
Sep 13	Su	6:00pm	00:30	$172.83	7	20326
Sep 13	Su	6:00pm	00:30	$172.83	7	20328
Sep 13	Su	6:30pm	00:30	$172.83	7	20330
Sep 13	Su	6:30pm	00:30	$172.83	7	20329
Sep 13	Su	6:30pm	00:30	$172.83	7	20331

CANADA GAMES AQUATIC CENTRE (CONT'D)

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 27	Tu	6:00pm	00:30	$172.83	7	20630
Oct 27	Tu	6:00pm	00:30	$172.83	7	20616
Oct 27	Tu	7:30pm	00:30	$172.83	7	20629
Oct 29	Th	6:00pm	00:30	$172.83	7	20623
Oct 29	Th	6:00pm	00:30	$172.83	7	20615
Oct 29	Th	7:30pm	00:30	$172.83	7	20634
Oct 31	Sa	6:00pm	00:30	$172.83	7	20617
Oct 31	Sa	6:15pm	00:30	$172.83	7	20633
Oct 31	Sa	6:30pm	00:30	$172.83	7	20631
Nov 01	Su	5:00pm	00:30	$172.83	7	20620
Nov 01	Su	5:00pm	00:30	$172.83	7	20619
Nov 01	Su	5:00pm	00:30	$172.83	7	20635
Nov 01	Su	5:30pm	00:30	$172.83	7	20622
Nov 01	Su	5:30pm	00:30	$172.83	7	20626
Nov 01	Su	5:30pm	00:30	$172.83	7	20624
Nov 01	Su	6:00pm	00:30	$172.83	7	20625
Nov 01	Su	6:00pm	00:30	$172.83	7	20632
Nov 01	Su	6:00pm	00:30	$172.83	7	20628
Nov 01	Su	6:30pm	00:30	$172.83	7	20621
Nov 01	Su	6:30pm	00:30	$172.83	7	20618
Nov 01	Su	6:30pm	00:30	$172.83	7	20627

Fall 2020

CHILD

Low Ratio Parent & Tot 1/2/3 (4 Months-3 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	10:30am	00:30	$60	6	20792
Sep 28	Mo	4:30pm	00:30	$60	6	20278
Sep 28	Mo	5:45pm	00:30	$60	6	20038
Sep 29	Tu	4:00pm	00:30	$60	6	20042
Sep 29	Tu	5:30pm	00:30	$60	6	20280
Sep 30	We	4:00pm	00:30	$60	6	20044
Sep 30	We	5:00pm	00:30	$60	6	20282
Oct 01	Th	10:30am	00:30	$60	6	20794
Oct 01	Th	4:00pm	00:30	$60	6	20052
Oct 01	Th	5:45pm	00:30	$60	6	20051
Oct 02	Fr	4:00pm	00:30	$60	6	20053
Oct 02	Fr	5:30pm	00:30	$60	6	20054
Oct 03	Sa	9:45am	00:30	$60	6	20457
Oct 03	Sa	11:45am	00:30	$60	6	20458
Oct 03	Sa	4:45pm	00:30	$60	6	20459

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:00pm	00:30	$60	6	20858
Nov 10	Tu	5:30pm	00:30	$60	6	20853
Nov 11	We	4:00pm	00:30	$60	6	20852
Nov 11	We	5:00pm	00:30	$60	6	20856
Nov 12	Th	4:00pm	00:30	$60	6	20845
Nov 12	Th	5:45pm	00:30	$60	6	20850
Nov 13	Fr	4:00pm	00:30	$60	6	20849
Nov 13	Fr	5:30pm	00:30	$60	6	20846
Nov 14	Sa	9:45am	00:30	$60	6	20854
Nov 14	Sa	11:45am	00:30	$60	6	20857
Nov 14	Sa	4:45pm	00:30	$60	6	20848
Nov 16	Mo	10:30am	00:30	$60	6	20798
Nov 16	Mo	4:30pm	00:30	$70	7	20855
Nov 16	Mo	5:45pm	00:30	$70	7	20847

Low Ratio Preschool 1 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	10:30am	00:30	$60	6	20796
Sep 28	Mo	4:00pm	00:30	$60	6	20028
Sep 28	Mo	5:30pm	00:30	$60	6	20029
Sep 29	Tu	4:30pm	00:30	$60	5	20032
Sep 30	We	4:45pm	00:30	$60	6	20033
Oct 01	Th	6:00pm	00:30	$60	6	20034
Oct 02	Fr	4:30pm	00:30	$60	6	20035
Oct 03	Sa	9:00am	00:30	$60	6	20439
Oct 03	Sa	10:30am	00:30	$60	6	20441
Oct 03	Sa	11:15am	00:30	$60	6	20460
Oct 03	Sa	3:15pm	00:30	$60	6	20445

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:30pm	00:30	$60	6	20666
Nov 11	We	4:45pm	00:30	$60	6	20712
Nov 12	Th	6:00pm	00:30	$60	6	20717
Nov 13	Fr	4:30pm	00:30	$60	6	20744
Nov 14	Sa	9:00am	00:30	$60	6	20671
Nov 14	Sa	10:30am	00:30	$60	6	20740
Nov 14	Sa	11:15am	00:30	$60	6	20672
Nov 14	Sa	3:15pm	00:30	$60	6	20718
Nov 16	Mo	10:30am	00:30	$60	6	20797
Nov 16	Mo	4:00pm	00:30	$60	6	20677
Nov 16	Mo	5:30pm	00:30	$60	6	20638

SOUTH LONDON COMMUNITY POOL (CONT'D)

Low Ratio Preschool 2 (3-5 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	11:00am	00:30	$60	6	20804
Sep 28	Mo	4:30pm	00:30	$60	6	20149
Sep 29	Tu	4:00pm	00:30	$60	6	20152
Sep 30	We	4:45pm	00:30	$60	6	20153
Oct 01	Th	11:00am	00:30	$60	6	20818
Oct 01	Th	5:30pm	00:30	$60	6	20154
Oct 02	Fr	6:00pm	00:30	$60	6	20155
Oct 03	Sa	8:30am	00:30	$60	6	20422
Oct 03	Sa	11:00am	00:30	$60	6	20424
Oct 03	Sa	3:45pm	00:30	$60	6	20429

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:00pm	00:30	$60	6	20704
Nov 11	We	4:45pm	00:30	$60	6	20711
Nov 12	Th	11:00am	00:30	$60	6	20819
Nov 12	Th	5:30pm	00:30	$60	6	20693
Nov 13	Fr	6:00pm	00:30	$60	6	20715
Nov 14	Sa	8:30am	00:30	$60	6	20653
Nov 14	Sa	11:00am	00:30	$60	6	20674
Nov 14	Sa	3:45pm	00:30	$60	6	20707
Nov 16	Mo	11:00am	00:30	$60	6	20805
Nov 16	Mo	4:30pm	00:30	$60	6	20659

Low Ratio Preschool 3 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	11:00am	00:30	$60	6	20810
Sep 28	Mo	4:00pm	00:30	$60	6	20151
Sep 28	Mo	5:00pm	00:30	$60	6	20284
Sep 28	Tu	5:00pm	00:30	$60	6	20159
Sep 30	We	4:00pm	00:30	$60	6	20160
Oct 01	Th	11:00am	00:30	$60	6	20815
Oct 01	Th	4:30pm	00:30	$60	6	20161
Oct 02	Fr	5:00pm	00:30	$60	6	20162
Oct 03	Sa	9:00am	00:30	$60	6	20433
Oct 03	Sa	10:15am	00:30	$60	6	20435
Oct 03	Sa	11:45am	00:30	$60	6	20436
Oct 03	Sa	4:15pm	00:30	$60	6	20438

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	5:00pm	00:30	$60	6	20648
Nov 11	We	4:00pm	00:30	$60	6	20746
Nov 12	Th	11:00am	00:30	$60	6	20817
Nov 12	Th	4:30pm	00:30	$60	6	20680
Nov 13	Fr	5:00pm	00:30	$60	6	20723
Nov 14	Sa	9:00am	00:30	$60	6	20668
Nov 14	Sa	10:15am	00:30	$60	6	20745
Nov 14	Sa	11:45am	00:30	$60	6	20686
Nov 14	Sa	4:15pm	00:30	$60	6	20721
Nov 16	Mo	11:00am	00:30	$60	6	20812
Nov 16	Mo	4:00pm	00:30	$60	6	20690
Nov 16	Mo	5:00pm	00:30	$60	6	20742

Low Ratio Preschool 4/5 (3-5 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:00pm	00:30	$60	6	20163
Sep 29	Tu	4:30pm	00:30	$60	6	20165
Sep 30	We	5:15pm	00:30	$60	6	20169
Oct 01	Th	5:15pm	00:30	$60	6	20171
Oct 02	Fr	5:15pm	00:30	$60	6	20172
Oct 03	Sa	9:00am	00:30	$60	6	20450
Oct 03	Sa	12:15pm	00:30	$60	6	20451
Oct 03	Sa	4:45pm	00:30	$60	6	20452

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:30pm	00:30	$60	6	20699
Nov 11	We	5:15pm	00:30	$60	6	20696
Nov 12	Th	5:15pm	00:30	$60	6	20728
Nov 13	Fr	5:15pm	00:30	$60	6	20652
Nov 14	Sa	9:00am	00:30	$60	6	20641
Nov 14	Sa	12:15pm	00:30	$60	6	20682
Nov 14	Sa	4:45pm	00:30	$60	6	20681
Nov 16	Mo	4:00pm	00:30	$60	6	20662

SOUTH LONDON COMMUNITY POOL (CONT'D)

Low Ratio Swimmer 1 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:45pm	00:30	$60	6	20173
Sep 28	Mo	6:00pm	00:30	$60	6	20177
Sep 29	Tu	4:00pm	00:30	$60	6	20178
Sep 29	Tu	6:00pm	00:30	$60	6	20179
Sep 30	We	4:00pm	00:30	$60	6	20180
Sep 30	We	5:15pm	00:30	$60	6	20182
Oct 01	Th	4:30pm	00:30	$60	6	20185
Oct 01	Th	5:30pm	00:30	$60	6	20187
Oct 02	Fr	4:30pm	00:30	$60	6	20190
Oct 02	Fr	5:45pm	00:30	$60	6	20205
Oct 03	Sa	8:30am	00:30	$60	6	20405
Oct 03	Sa	10:00am	00:30	$60	6	20407
Oct 03	Sa	12:00pm	00:30	$60	6	20409
Oct 03	Sa	3:15pm	00:30	$60	6	20410

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:00pm	00:30	$60	6	20673
Nov 10	Tu	6:00pm	00:30	$60	6	20685
Nov 11	We	4:00pm	00:30	$60	6	20732
Nov 11	We	5:15pm	00:30	$60	6	20660
Nov 12	Th	4:30pm	00:30	$60	6	20724
Nov 12	Th	5:30pm	00:30	$60	6	20753
Nov 13	Fr	4:30pm	00:30	$60	6	20737
Nov 13	Fr	5:45pm	00:30	$60	6	20661
Nov 14	Sa	8:30am	00:30	$60	6	20748
Nov 14	Sa	10:00am	00:30	$60	6	20726
Nov 14	Sa	12:00pm	00:30	$60	6	20756
Nov 14	Sa	3:15pm	00:30	$60	6	20683
Nov 16	Mo	4:45pm	00:30	$60	6	20755
Nov 16	Mo	6:00pm	00:30	$60	6	20643

Low Ratio Swimmer 2 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:00pm	00:30	$60	6	20207
Sep 28	Mo	5:45pm	00:30	$60	6	20208
Sep 29	Tu	4:30pm	00:30	$60	6	20212
Sep 29	Tu	5:45pm	00:30	$60	6	20213
Sep 30	We	4:00pm	00:30	$60	6	20215
Sep 30	We	5:45pm	00:30	$60	6	20250
Oct 01	Th	4:30pm	00:30	$60	6	20251
Oct 01	Th	5:00pm	00:30	$60	6	20252
Oct 02	Fr	4:00pm	00:30	$60	6	20253
Oct 02	Fr	5:45pm	00:30	$60	6	20254
Oct 03	Sa	8:30am	00:30	$60	6	20411
Oct 03	Sa	10:45am	00:30	$60	6	20413
Oct 03	Sa	12:15pm	00:30	$60	6	20416
Oct 03	Sa	3:15pm	00:30	$60	6	20419

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:30pm	00:30	$60	6	20698
Nov 10	Tu	5:45pm	00:30	$60	6	20694
Nov 11	We	4:00pm	00:30	$60	6	20654
Nov 11	We	5:45pm	00:30	$60	6	20716
Nov 12	Th	4:30pm	00:30	$60	6	20739
Nov 12	Th	5:00pm	00:30	$60	6	20646
Nov 13	Fr	4:00pm	00:30	$60	6	20733
Nov 13	Fr	5:45pm	00:30	$60	6	20679
Nov 14	Sa	8:30am	00:30	$60	6	20741
Nov 14	Sa	10:45am	00:30	$60	6	20644
Nov 14	Sa	12:15pm	00:30	$60	6	20703
Nov 14	Sa	3:15pm	00:30	$60	6	20670
Nov 16	Mo	4:00pm	00:30	$60	6	20650
Nov 16	Mo	5:45pm	00:30	$60	6	20757

SOUTH LONDON COMMUNITY POOL (CONT'D)

Low Ratio Swimmer 3 (5-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:30pm	00:30	$60	6	20337
Sep 29	Tu	4:00pm	00:30	$60	6	20338
Sep 29	Tu	5:00pm	00:30	$60	6	20339
Sep 30	We	4:30pm	00:30	$60	6	20340
Oct 01	Th	5:00pm	00:30	$60	6	20341
Oct 01	Th	5:45pm	00:30	$60	6	20375
Oct 02	Fr	4:30pm	00:30	$60	6	20342
Oct 02	Fr	5:15pm	00:30	$60	6	20343
Oct 03	Sa	9:00am	00:30	$60	6	20446
Oct 03	Sa	11:15am	00:30	$60	6	20447
Oct 03	Sa	4:15pm	00:30	$60	6	20448

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:00pm	00:30	$60	6	20637
Nov 10	Tu	5:00pm	00:30	$60	6	20697
Nov 11	We	4:30pm	00:30	$60	6	20735
Nov 12	Th	5:00pm	00:30	$60	6	20657
Nov 12	Th	5:45pm	00:30	$60	6	20719
Nov 13	Fr	4:30pm	00:30	$60	6	20665
Nov 13	Fr	5:15pm	00:30	$60	6	20702
Nov 14	Sa	9:00am	00:30	$60	6	20669
Nov 14	Sa	11:15am	00:30	$60	6	20751
Nov 14	Sa	4:15pm	00:30	$60	6	20663
Nov 16	Mo	4:30pm	00:30	$60	6	20708

Low Ratio Swimmer 4 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:45pm	00:30	$60	6	20255
Sep 29	Tu	4:45pm	00:30	$60	6	20287
Sep 29	Tu	5:45pm	00:30	$60	6	20257
Sep 30	We	4:30pm	00:30	$60	6	20258
Sep 30	We	5:45pm	00:30	$60	6	20288
Oct 01	Th	4:45pm	00:30	$60	6	20492
Oct 01	Th	5:15pm	00:30	$60	6	20260
Oct 02	Fr	4:00pm	00:30	$60	6	20262
Oct 02	Fr	5:00pm	00:30	$60	6	20265
Oct 03	Sa	9:30am	00:30	$60	6	20454
Oct 03	Sa	11:45am	00:30	$60	6	20455
Oct 03	Sa	3:45pm	00:30	$60	6	20456

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:45pm	00:30	$60	6	20647
Nov 10	Tu	5:45pm	00:30	$60	6	20734
Nov 11	We	4:30pm	00:30	$60	6	20687
Nov 11	We	5:45pm	00:30	$60	6	20713
Nov 12	Th	4:45pm	00:30	$60	6	20675
Nov 12	Th	5:15pm	00:30	$60	6	20658
Nov 13	Fr	4:00pm	00:30	$60	6	20695
Nov 13	Fr	5:00pm	00:30	$60	6	20710
Nov 14	Sa	9:30am	00:30	$60	6	20639
Nov 14	Sa	11:45am	00:30	$60	6	20649
Nov 14	Sa	3:45pm	00:30	$60	6	20655
Nov 16	Mo	4:45pm	00:30	$60	6	20678

Low Ratio Swimmer 5/6 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	5:45pm	00:45	$72	6	20268
Sep 30	We	5:45pm	00:45	$72	6	20269
Oct 02	Fr	4:00pm	00:45	$72	6	20270
Oct 03	Sa	8:30am	00:45	$72	6	20391
Oct 03	Sa	10:15am	00:45	$72	6	20393
Oct 03	Sa	4:00pm	00:45	$72	6	20395

SOUTH LONDON COMMUNITY POOL (CONT'D)

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 11	We	5:45pm	00:45	$72	6	20714
Nov 13	Fr	4:00pm	00:45	$72	6	20688
Nov 14	Sa	8:30am	00:45	$72	6	20642
Nov 14	Sa	10:15am	00:45	$72	6	20676
Nov 14	Sa	4:00pm	00:45	$72	6	20705
Nov 16	Mo	5:45pm	00:45	$72	6	20689

Low Ratio Swimmer 7 to Swimmer 9 (5-12 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	4:00pm	00:45	$72	6	20272
Sep 30	We	4:00pm	00:45	$72	6	20273
Oct 02	Fr	5:45pm	00:45	$72	6	20274
Oct 03	Sa	9:30am	00:45	$72	6	20396
Oct 03	Sa	11:45am	00:45	$72	6	20397
Oct 03	Sa	4:45pm	00:45	$72	6	20398

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 11	We	4:00pm	00:45	$72	6	20743
Nov 13	Fr	5:45pm	00:45	$72	6	20706
Nov 14	Sa	9:30am	00:45	$72	6	20727
Nov 14	Sa	11:45am	00:45	$72	6	20684
Nov 14	Sa	4:45pm	00:45	$72	6	20692
Nov 16	Mo	4:00pm	00:45	$72	6	20729

TEEN & ADULT

Low Ratio Teen 1/2/3 (13-17 Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 29	Tu	4:00pm	00:45	$72	6	20367
Oct 01	Th	5:45pm	00:45	$72	6	20373

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:00pm	00:45	$72	6	20640
Nov 12	Th	5:45pm	00:45	$72	6	20700

Low Ratio Women Only Swim Lessons (13+ Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 04	Su	12:30pm	00:45	$76.20	6	20473
Oct 04	Su	12:30pm	00:45	$76.20	6	20472

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 15	Su	12:30pm	00:45	$76.20	6	20493
Nov 15	Su	12:30pm	00:45	$76.20	6	20494

Low Ratio Adult 1/2/3 (18+ Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 29	Tu	5:45pm	00:45	$76.20	6	20362
Oct 01	Th	4:00pm	00:45	$76.20	6	20363
Oct 03	Sa	11:00am	00:45	$76.20	6	20403
Oct 03	Sa	3:15pm	00:45	$76.20	6	20404

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:45pm	00:45	$76.20	6	20851
Nov 12	Th	4:00pm	00:45	$76.20	6	20725
Nov 14	Sa	11:00am	00:45	$76.20	6	20691
Nov 14	Sa	3:15pm	00:45	$76.20	6	20750

SOUTH LONDON COMMUNITY POOL (CONT'D)

PRIVATE LESSONS

Private Swimming Lessons (3+ Years)

FALL 1

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	5:00pm	00:30	$148.14	6	20296
Sep 28	Mo	5:30pm	00:30	$148.14	6	20297
Sep 29	Tu	4:45pm	00:30	$148.14	6	20344
Sep 29	Tu	5:30pm	00:30	$148.14	6	20345
Sep 30	We	4:30pm	00:30	$148.14	6	20346
Sep 30	We	5:30pm	00:30	$148.14	6	20347
Oct 01	Th	4:00pm	00:30	$148.14	6	20348
Oct 01	Th	4:00pm	00:30	$148.14	6	20349
Oct 02	Fr	4:45pm	00:30	$148.14	6	20350
Oct 02	Fr	5:30pm	00:30	$148.14	6	20352
Oct 03	Sa	8:30am	00:30	$148.14	6	20461
Oct 03	Sa	9:30am	00:30	$148.14	6	20462
Oct 03	Sa	10:00am	00:30	$148.14	6	20465
Oct 03	Sa	10:45am	00:30	$148.14	6	20467
Oct 03	Sa	11:30am	00:30	$148.14	6	20474
Oct 03	Sa	3:45pm	00:30	$148.14	6	20468
Oct 03	Sa	4:45pm	00:30	$148.14	6	20469

FALL 2

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 10	Tu	4:45pm	00:30	$148.14	6	20722
Nov 10	Tu	5:30pm	00:30	$148.14	6	20664
Nov 11	We	4:30pm	00:30	$148.14	6	20754
Nov 11	We	5:30pm	00:30	$148.14	6	20709
Nov 12	Th	4:00pm	00:30	$148.14	6	20731
Nov 12	Th	4:00pm	00:30	$148.14	6	20749
Nov 13	Fr	4:45pm	00:30	$148.14	6	20752
Nov 13	Fr	5:30pm	00:30	$148.14	6	20747
Nov 14	Sa	8:30am	00:30	$148.14	6	20720
Nov 14	Sa	9:30am	00:30	$148.14	6	20651
Nov 14	Sa	10:00am	00:30	$148.14	6	20645
Nov 14	Sa	10:45am	00:30	$148.14	6	20736
Nov 14	Sa	11:30am	00:30	$148.14	6	20738
Nov 14	Sa	3:45pm	00:30	$148.14	6	20656
Nov 14	Sa	4:45pm	00:30	$148.14	6	20701
Nov 16	Mo	5:00pm	00:30	$148.14	6	20667
Nov 16	Mo	5:30pm	00:30	$148.14	6	20730

BOSTWICK
COMMUNITY CENTRE, YMCA & LIBRARY

ABOUT THE FACILITY

The Bostwick Community Centre, YMCA & Library is a premier destination for **family, fitness,** and **community**. This community hub features state-of-the-art fitness, recreation and library facilities, community meeting space, and all-age programming.

This facility is a partnership between the City of London, YMCA of Southwestern Ontario, and London Public Library.

FACILITY HIGHLIGHTS

- Two multi-use pools (25m lap pool)
- Double gymnasium
- Community walking loop
- Library branch
- Year-round community programming, including regular YMCA programs and City of London recreation programs

A meeting place. A gathering space. A community health, wellness, and education destination. Please join us!

BUILDING HOURS

Monday — Thursday: 5:30am – 12:0am
Friday: 5:30am – 9:00pm
Saturday: 7:00am – 9:00pm
Sunday: 7:00am – 7:00pm
Holidays: 8:00am – 4:00pm

BUILDING ACCESS POLICY

Children 8 and under must be accompanied by a parent/caregiver while in the facility or recreation programs. All guests entering into the YMCA must sign in with valid photo ID.

SIGN IN/OUT POLICY

Every child must be signed-in and out of each program and lesson in which they are participating. Children ages 8 and under must be signed-in by their parent/caregiver or authorized adult. Valid photo ID must be presented when picking up and signing a child out of a program. Parent/guardian or authorized adult must remain in the building. Children ages 9-12 years old are able to sign themselves in and out of programs or lessons.

HOW TO REGISTER FOR A CITY OF LONDON PROGRAM AT THE BOSTWICK COMMUNITY CENTRE, YMCA & LIBRARY

1 **ONLINE: london.ca/PYWOnline**

Register for all recreation programs at Bostwick C.C. using your email address and password like all our other programs!

2 **BY PHONE:** Call 519.661.5575

Monday: 8:30am - 4:30pm
Tuesday — Friday: 8:30am - 6:00pm
Saturday: 8:30am - 4:30pm

3 **IN PERSON:** Please visit one of our customer service locations - hours and locations listed on page 10 at the front of this guide.

DROP-IN PROGRAMS

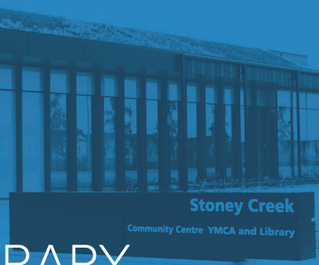
Drop-in programming allows families and individuals who are not members to enjoy select programming, including recreational gym, sports programs, and family swim. A fee for day use will apply.

HOW DO I BECOME A MEMBER OF THE YMCA?

The YMCA offers memberships for people of all backgrounds, beliefs, and abilities from three months of age and up. The YMCA membership is affordable for all with our flexible payment options, family rates, and membership assistance available to those who qualify.

For more information, please visit us at **ymcawo.ca** or stop by the facility and a staff member will be happy to answer all of your questions and provide you with a tour.

BOSTWICK & STONEY CREEK
COMMUNITY CENTRE, YMCA & LIBRARY



IMPORTANT CHANGES FOR YMCA LOCATIONS
If you have any questions or concerns regarding these swim lesson programs, please contact the YMCA branch.

2020 Fall YMCA Session *(7 Weeks)* Bostwick & Stoney Creek	
Monday	Nov 2, 9, 16, 23, 30, Dec 7, 14
Tuesday	Nov 3, 10, 17, 24, Dec 1, 8, 15
Wednesday	Nov 4, 11, 18, 25, Dec 2, 9, 16
Thursday	Nov 5, 12, 19, 26, Dec 3, 10, 17
Saturday	Nov 7, 14, 21, 28, Dec 5, 12, 29

BOSTWICK
COMMUNITY CENTRE, YMCA & LIBRARY

CHILD

Low Ratio Parent & Tot 1/2/3 (4 Months-3 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	3:40pm	00:30	$70	7	20351
Nov 04	We	5:50pm	00:30	$70	7	20353
Nov 07	Sa	11:15am	00:30	$70	7	20354

Low Ratio Preschool 1 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	12:30pm	00:30	$70	7	20360
Nov 07	Sa	10:00am	00:30	$70	7	20361

Low Ratio Preschool 2 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:05pm	00:30	$70	7	20364
Nov 05	Th	6:25pm	00:30	$70	7	20365

Low Ratio Preschool 3 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	12:30pm	00:30	$70	7	20369
Nov 07	Sa	10:40pm	00:30	$70	7	20370

Low Ratio Preschool 4 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	1:05pm	00:30	$70	7	20383
Nov 07	Sa	11:15am	00:30	$70	7	20382

Low Ratio Preschool 5 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	4:40pm	00:30	$70	7	20390
Nov 05	Th	6:25pm	00:30	$70	7	20392

Low Ratio Swimmer 1 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:45pm	00:30	$70	7	20401
Nov 07	Sa	10:00am	00:30	$70	7	20402

Low Ratio Swimmer 2 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	7:10pm	00:30	$70	7	20421
Nov 07	Sa	10:00am	00:30	$70	7	20426

Low Ratio Swimmer 3 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	6:00pm	00:30	$70	7	20427
Nov 07	Sa	1:55pm	00:30	$70	7	20428

Low Ratio Swimmer 4 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	3:05pm	00:30	$70	7	20440
Nov 07	Sa	11:10am	00:30	$70	7	20444

Low Ratio Swimmer 5 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	5:45pm	00:45	$84	7	20449
Nov 07	Sa	12:45pm	00:45	$84	7	20463

BOSTWICK COMMUNITY CENTRE (CONT'D)

Low Ratio Swimmer 6 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:55pm	00:45	$84	7	20475
Nov 05	Th	4:55pm	00:45	$84	7	20476

Low Ratio Swimmer 7 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	6:35pm	00:45	$84	7	20481
Nov 04	We	4:05pm	00:45	$84	7	20483

Low Ratio Swimmer 8 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	7:25pm	00:45	$84	7	20484
Nov 05	Mo	4:05pm	00:45	$84	7	20485

Low Ratio Swimmer 9 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 07	Sa	1:35pm	00:45	$84	7	20488

ABOUT THE FACILITY

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This facility is a partnership between the City of London, YMCA of Western Ontario, and London Public Library. This community destination is a green building, certified under the Leadership in Energy and Environment Design (LEED) program.

FACILITY HIGHLIGHTS

- 12,000 square foot fitness centre
- Two multi-use pools (25 m lap pool and leisure pool with adjustable floor)
- Double gymnasium
- Walking track
- Library branch
- Year-round community programming, including regular YMCA programs and City of London recreation programs

A meeting place. A gathering space. A community health, wellness, and education destination. Please join us!

BUILDING HOURS

Monday — Friday: 5:30am – 10:30pm
Friday: 5:30am – 9:00pm
Saturday: 7:00am – 9:00pm
Sunday: 7:00am – 7:00pm
Holidays: 8:00am – 4:00pm

BUILDING ACCESS POLICY

Children 8 and under must be accompanied by a parent/caregiver while in the facility or recreation programs. All guests entering into the YMCA must sign in with valid photo ID.

HOW TO REGISTER FOR A CITY OF LONDON PROGRAM AT THE STONEY CREEK COMMUNITY CENTRE, YMCA & LIBRARY

1 **ONLINE: london.ca/PYWOnline**

Register for all recreation programs at Stoney Creek C.C. using your email address and password like all our other programs!

2 **BY PHONE:** Call 519.661.5575

Monday: 8:30am - 4:30pm
Tuesday — Friday: 8:30am - 6:00pm
Saturday: 8:30am - 4:30pm

3 **IN PERSON:** Please visit one of our customer service locations — hours and locations listed on page 10 at the front of this guide.

DROP-IN PROGRAMS

Drop-in programming allows families and individuals who are not members to enjoy select programming, including recreational gym, sports programs, and family swim. A fee for day use will apply.

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The YMCA offers memberships for people of all backgrounds, beliefs, and abilities from three months of age and up. The YMCA membership is affordable for all with our flexible payment options, family rates, and membership assistance available to those who qualify.

For more information, please visit us at **ymcawo.ca** or stop by the facility and a staff member will be happy to answer all of your questions and provide you with a tour.

STONEY CREEK
COMMUNITY CENTRE, YMCA & LIBRARY
Stoney Creek

CHILD

Low Ratio Parent & Tot 1/2/3 (4 Months-3 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	3:40pm	00:30	$70	7	20355
Nov 04	We	5:50pm	00:30	$70	7	20356
Nov 07	Sa	11:15am	00:30	$70	7	20357

Low Ratio Preschool 1 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	12:30pm	00:30	$70	7	20358
Nov 07	Sa	10:00am	00:30	$70	7	20359

Low Ratio Preschool 2 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:05pm	00:30	$70	7	20366
Nov 05	Th	6:25pm	00:30	$70	7	20368

Low Ratio Preschool 3 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	12:30pm	00:30	$70	7	20371
Nov 07	Sa	10:40am	00:30	$70	7	20372

Low Ratio Preschool 4 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	1:05pm	00:30	$70	7	20381
Nov 07	Sa	11:15am	00:30	$70	7	20385

Low Ratio Preschool 5 (3-6 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	4:40pm	00:30	$70	7	20387
Nov 05	Th	6:25pm	00:30	$70	7	20388

Low Ratio Swimmer 1 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:45pm	00:30	$70	7	20406
Nov 07	Sa	10:00am	00:30	$70	7	20408

Low Ratio Swimmer 2 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	7:10pm	00:30	$70	7	20414
Nov 07	Sa	10:00am	00:30	$70	7	20417

Low Ratio Swimmer 3 (6-12 Years)

All children in this lesson must be accompanied by a parent or guardian in the water.

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	6:00pm	00:30	$70	7	20430
Nov 07	Sa	1:55pm	00:30	$70	7	20432

Low Ratio Swimmer 4 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 04	We	3:05pm	00:30	$70	7	20434
Nov 07	Sa	11:10am	00:30	$70	7	20437

Low Ratio Swimmer 5 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	5:45pm	00:45	$84	7	20464
Nov 07	Sa	12:45pm	00:45	$84	7	20466

STONEY CREEK COMMUNITY CENTRE (CONT'D)

Low Ratio Swimmer 6 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	4:55pm	00:45	$84	7	20477
Nov 05	Th	4:55pm	00:45	$84	7	20478

Low Ratio Swimmer 7 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 03	Tu	6:35pm	00:45	$84	7	20479
Nov 04	We	4:05pm	00:45	$84	7	20480

Low Ratio Swimmer 8 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 02	Mo	7:25pm	00:45	$84	7	20486
Nov 05	Th	4:05pm	00:45	$84	7	20487

Low Ratio Swimmer 9 (6-12 Years)

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 07	Sa	1:35pm	00:45	$84	7	20490

Become a Lifeguard & Instructor

1 2 3 4 5

1 Bronze Medallion & Emergency First Aid with CPR B

Get started on the path to become a lifeguard.
Lean about the 4 components of water rescue education: judgement, knowledge, skill, and fitness.

2 Bronze Cross & Standard First Aid with CPR C

Learn more advanced life saving and supervision skills.
Challenge yourself with more advanced training and be introduced to aquatic safety supervision.

3 Assistant Instructor (AI)

Start learning how to teach others to swim.
Learn to help instructors with swimming and livesaving classes through classroom learning and in-water practice.

4 National Lifeguard (NL)

Canada's *only* nationally recognized lifeguard certification.
Develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the lifeguard's role.

5 Swim & Lifesaving Instructor

Learn to teach swimming lessons, first aid, and leadership.
Includes two courses: Lifesaving Society Swim Instructor (SI) and Lifesaving Instructor (LSI).

2nd Chance Eligible

We want you to succeed.
These courses include evaluated items. If you're unsuccessful, you can take the course again at an 80% discount. See london.ca/aquatics for full details.

Plan your journey to becoming a lifeguard & instructor now. Visit london.ca/aquatics.

You want to work here.

aquatic services
london.ca/aquatics

London CANADA

AQUATIC LEADERSHIP

Fall 2020

AQUATIC LEADERSHIP

LSS Bronze Star (10+ Years)

Bronze Star is the pre-Bronze Medallion training standard and is excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills as individuals and as partners. Age 12 is recommended but not mandatory. There is no required manual for this course. This course is approximately 10 hours.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 16	We	7:00pm	01:30	$110	7	13009
Nov 04	We	7:00pm	01:30	$110	7	13010

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 04	Su	3:30pm	01:30	$110	6	13001
Nov 15	Su	3:30pm	01:30	$110	6	13002

LSS Bronze Medallion w/ Emergency First Aid (13+ Years)

The Bronze Medallion Award is the first mandatory course on route to becoming a certified lifeguard in Canada. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. This course is approximately 25 hours and 100% attendance is mandatory.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

PREREQUISITES:

- **Candidate must be a minimum 13 years of age or hold a Bronze Star certification (does not need to be current).**

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 17	Th	6:00pm	03:30	$130	7	12807
Nov 01	Su	12:00pm	04:30	$130	6	12812
Dec 21	Mo/Tu/We	5:00pm	04:00	$130	6	13512

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 28	Mo	5:30pm	04:00	$130	5	12817

LSS Bronze Cross w/ Standard First Aid (13+ Years)

Bronze Cross is a prerequisite for all advanced training programs including both the National Lifeguard and Instructor certifications. Bronze Cross is recognized as an assistant lifeguard certificate in Ontario Regulation 565 governing public swimming pools. Includes Standard First Aid with CPR Level C certification. This course is approximately 25 hours and 100% attendance is mandatory.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

PREREQUISITE:

- **Hold a Bronze Medallion certification (does not need to be current)**
- **Hold an Emergency First Aid w/ CPR-B certification (does not need to be current)**

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 20	Su	12:00pm	04:30	$150	6	12768
Nov 05	Th	6:00pm	03:30	$150	7	12766

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 09	Mo	5:30pm	04:00	$150	6	12778
Dec 21	Mo/Tu/We	5:00pm	04:30	$150	6	13622

LSS National Lifeguard (15+ Years)

The Lifesaving Society National Lifeguard (NL) Program builds on fundamental skills, knowledge, and values to develop the practical skills and knowledge required by lifeguards. National Lifeguard Program is Canada's only nationally recognized lifeguard certification program. This course is approximately 50 hours and 100% attendance is mandatory.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

PREREQUISITES:

- **Candidates must be 15 years of age by the last day of the course**
- **Hold a current Standard First Aid w/ CPR C certification**
- **Hold a Bronze Cross certification (Bronze Cross does not need to be current)**

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 29	Tu	6:00pm	04:00	$250	12	13487
Oct 17	Su/Sa	1:00pm	08:00	$250	6	13505
Dec 21	Mo/Tu/We	9:00am	08:00	$250	6	13510

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 04	Su	1:00pm	05:00	$250	10	13492

LSS National Lifeguard Recertification (15+ Years)

This recertification course is for certified National Lifeguard (NL) Program lifeguards. This recertification includes the 2012 National Lifeguard Pool guidelines. You must bring your NL Certification Card or valid LSS ID code with you to the course. This is a re-exam situation and involves lifeguarding skills, first aid skills, fitness skills and situations. It is physically demanding and we highly encourage candidates to practice and review NL skills including the 400 m swim prior to attending.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 26	Sa	1:00pm	06:00	$80	1	13734
Nov 22	Su	1:00pm	06:00	$80	1	20875
Dec 05	Sa	1:00pm	06:00	$80	1	13736
Jan 02	Sa	1:00pm	06:00	$80	1	13737

LSS Assistant Instructor (14+ Years)

Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor (AI) course prepares candidates to help instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching while they master basic progressions. This course is approximately 20 hours and 100% attendance is mandatory. There are 8-12 volunteer hours that will need to be completed after this course has finished prior to taking SI/LSI.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

PREREQUISITES:

- **14 years of age by the end of the course**
- **Bronze Cross certification or higher (does not need to be current)**

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 13	Su	4:00pm	05:00	$150	4	19977
Nov 13	Su/Fr/Sa	5:00pm	04:00	$150	2	13732

LSS Swim & Lifesaving Instructor (SI/LSI) (15+ Years)

The Lifesaving Society Swim Instructor (SI) course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. The Lifesaving Instructor (LSI) Program prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. This course is approximately 50 hours and 100% attendance is mandatory.

PLEASE NOTE: At times for certain skill demonstrations candidates will be working in close/immediate proximity with other candidates. Candidates will be grouped into a training bubble for practice.

PREREQUISITES:

- **15 years of age by the last day of the course**
- **Either a Bronze Cross or NL certification**
- **Lifesaving Society Assistant Instructor (AI) certification**
- **Completion of Assistant Instructor volunteer program (8-12 volunteer hours)**

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 19	Mo	5:00pm	05:00	$250	9	13607
Dec 21	Mo/Tu/We	10:00am	08:00	$250	6	13624

ADVANCED AQUATIC LEADERSHIP

LSS Examiner Course (16+ Years)

The Examiner course is the first step in the three-step process to be appointed as an Examiner for the Lifesaving Society, and prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in the instructor-evaluated content. It is strongly recommended that the candidate have previous experience teaching leadership courses (Bronze or First Aid levels)

PREREQUISITE:

- **Current Lifesaving Instructor award (LSI) and/or Current First Aid Instructor Award.**

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Dec 20	Su	12:00pm	06:00	$85	1	14018

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 03	Sa	12:00pm	06:00	$85	1	14017

FIRST AID

LSS Emergency First Aid w/ CPR-B & AED (13+ Years)

This course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking, and how to respond to someone who has external bleeding, or is suffering from a heart attack or stroke. Includes CPR Level B Certification in addition to AED-Skills training.

Kinsmen Recreation Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Dec 05	Sa	9:00am	08:00	$60	1	14033

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 18	Su	12:00pm	08:00	$60	1	14031

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 07	Sa	9:00am	08:00	$60	1	14032

LSS Standard First Aid w/ CPR-C & AED (13+ Years)

The Standard First Aid program provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification along with AED Skills.

The first aid program is not restricted to aquatic candidates. You can use the Lifesaving Society's first aid awards to train non-aquatic staff (camp, playground, maintenance, etc.) and the general public. This SFA program is Ontario Workplace Safety & Insurance Board (WSIB) compliant.

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 12	Sa-Su	9:00am	08:00	$120	2	19976

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Oct 24	Sa-Su	9:00am	08:00	$120	2	14039

South London Community Pool

Begins	Day	Time	Duration	Fee	Classes	Code
Nov 28	Sa-Su	12:00pm	08:00	$120	2	14042
Dec 19	Sa-Su	9:00am	08:00	$120	2	14051

LSS Standard First Aid w/ CPR-C & AED Recertification (13+ Years)

This course is for people who have taken Lifesaving Society Standard First Aid and need to recertify the award. The recertification includes CPR Level C. You must bring your Life Saving Society Standard First Aid card with you to the recertification course. Recertification rules from the Ontario Workplace Safety and Insurance Board require that if the last Standard First Aid course you took was a full course you must complete your recertification before the date of expiry on your current Standard First Aid card (3 years from the date of issue). You must also recertify with the original certifying agency. If your certification is expired you are required to take a full Standard First Aid course again. If the last Standard First Aid course you took was a recertification you must take a full Standard First Aid course to recertify. This course is approximately 8 hours.

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 19	Sa	12:00pm	08:00	$80	1	14064
Nov 28	Sa	12:00pm	08:00	$80	1	14066

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Dec 27	Su	12:00pm	08:00	$80	1	14067

LSS Airway Management & CPR-HCP (16+ Years)

This course contains two certifications. Airway Management certification provides senior and experienced first aid users with specific knowledge and training in the use of oxygen, suction devices and oral airways. CPR-HCP (Adult, Child & Infant, AR, AED, BVM) covers all aspects of CPR including rescue breathing and the use of AEDs and BVMs. This Health Care Provider (HCP) level is designed specifically for those who as part of their job have a duty to respond to medical emergencies (e.g. doctos, nurses, paramedics, and allied health care professionals)

Canada Games Aquatic Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Sep 25	Fr	5:00pm	05:00	$60	1	14020
Nov 27	Fr	5:00pm	05:00	$60	1	14025