



VANASTRA RECREATION CENTRE SWIMMING LESSONS 519-482-3544

Classes are 30 min. long, classes marked with an * are 45 min. long.
30 min. classes are \$72, 45 min. classes are \$79

As part of our commitment to offering high quality lessons using the Red Cross program and guidelines, our goal is to teach our families to swim and be safe in, on and around the water.

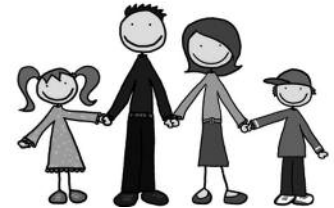
8 Week Swimming Lessons Schedule

Lessons are once a week for 8 weeks

Starting Dates:	Sept 20 January 24 March 21 -----	Sept 22 January 26 March 23 July 6	Sept 23 January 27 March 24 -----	Sept 24 January 28 March 25 -----
	Tuesday	Thursday	Friday	Saturday
Level				
Duck/Sea Turtle		6:30 pm		11:30 am
Salamander	<small>5pm not available in July</small> 5:00 or 6:15 pm	6:00 pm	6:00 pm	10:30 am
Sunfish	5:30 pm	5:00 pm	6:30 pm	11:15 am
1 & 2	5:00 pm	5:30 pm	6:00 pm	11:00 am
3 & 4	5:00 pm	5:00 pm	6:30 pm	10:00 am
5 & 6*	5:30 pm*	5:30 pm*	March ONLY 5:15	10:30 am*
7 & 8*	6:00 pm*	6:15 pm*	-----	9:45 am*
9 & 10*	6:00 pm*	6:15 pm*	-----	9:45 am*

1 year family membership receives 1 FREE lesson per child.

Some restrictions apply



4 Week Swimming Lessons Schedule

Lessons are twice a week for 4 weeks

Starting Dates:	----- May 24	Nov 15 May 16
	Mon. & Wed.	Tues. & Thurs.
Level		
Salamander	5:00 pm	5 or 6 pm
Sunfish	5:30 pm	5:30 or 6 pm
1 & 2	5:00 pm	5:30 pm
3 & 4	5:30 pm	5:00 pm
5 & 6	6:00 pm	-----
7 & 8	6:00 pm	-----
9 & 10	6:00 pm	-----

PRIVATE LESSONS

Private lessons are available to better fit your schedule. Lessons are \$25 per 30 minutes, a minimum of 8 lessons must be booked with a maximum of 2 participants.
CALL FOR AVAILABLE TIMES

Extra Help Lessons

Available to anyone registered in our programs that need extra help with skills or strokes.



Oct. 16, Feb. 12, April 23

Salamander to Level 4 from 1-1:30 pm

Level 5 to 10 1:30-2 pm

Daily Summer Lessons

Lessons are every morning Monday to Friday

Starting Dates:	July 10 - 21
	July 24 - August 4
	August 14 - 25
Level	
Salamander and Sunfish	9:30 am 
1, 2, 3	10:00 am
4, 5, 6	9:30 am 
7, 8, 9, 10	10:00 am

****REGISTRATION FEES MUST BE PAID IN ADVANCE** (Post dated cheques will not be accepted)**