

Town of Port Hawkesbury Aquatics Department

2017 Spring REGISTRATION

Spring Registration for Aquatics will commence Monday April 10 - April 14, 2017 from 9-5 at the Strait Area Pool located at SAERC and at the Civic Centre from 9-4 pm. Payments can be made with Visa, Mastercard, Debit, Cash, or Cheque. All phone registrations must be completed with full payment at time of registration. Refunds will only be given if not enough registrations have

taken place, or with a medical note from your doctor.

For more information please call **625-2594** or **625-2591** Or visit us online at www.townofporthawkesbury.ca



Some of the benefits of swimming:

- Swimming improves muscle definition and strength
- Swimming builds bone mass
- Swimming helps you stay flexible
- Swimming reduces inflammation
- Swimming can improve exercise induced asthma
- Swimming lowers stress and depression

*** Please note we have a defibrillator (AED) on pool deck if needed.

Please ask lifeguard for assistance on exact location.

Refunds can only be given with a medical note, unless the pool cancels the program

RED CROSS TEEN/ADULT LEARN TO SWIM LESSONS:

Date: April 26, 2017 to June 21, 2017

Day: Wednesday (8 weeks) Time: 7:-8:00pm Fee: \$72.00

ALL RED CROSS LEARN TO SWIM LESSONS

will be held once a week for ten weeks, See start and end dates.

Tuesday: April 18, 2017 to June 20, 2017
 Wednesday: April 19, 2017 to June 21, 2017
 Thursday: April 20, 2017 to June 22, 2017
 Friday: April 21, 2017 to June 23, 2017
 Saturday: April 22, 2017 to June 24, 2017

TOONIE SWIMS-

Drop by the pool every Friday from 3:00-4:00pm for the after school toonie swim.

Give your child the opportunity to learn how to swim and become water smart when in and around water.

Family Rate:

(every 3rd child registered in each family pays 1/2 price)

RED CROSS PRIVATE SWIM LESSONS

This is a great way to focus on skills that may need to be brushed up on. Offered to both youth and adults.

Book one or more private lessons with the instructor of your choice.

All lessons must be booked with the Pool Desk supervisor. Requests can be taken during registration. Private lessons will be set up after April 24, 2017.

PRIVATE LESSONS

Will be \$32.00 for each 1/2 hr. lesson. Book 10 or more and pay \$28.80 for each lesson. Total \$288.00

ADVANCED LEADERSHIP LIFE SAVING

Bronze Medallion & Emergency First Aid

Must be 13yrs

This program will teach you the understanding of the lifesaving principles. Exam date will follow the completion of the course.

Proof of age must be provided.

Instructor:TBA

Date: TBA

Time: 6-8pm Fee \$101.00

Bronze Cross & Standard First Aid

Must be 14yrs and hold Bronze Medallion must provide copy of proof. This course is designed for lifesavers who want the challenge of more advanced lifesaving training.

Date: TBA Time: TBA

Fee: \$115.00 Instructor: TBA

National Lifeguard & AEC

Candidates must be 16yrs old on or before exam date. Proofs must be provided. They must also have completed Bronze Cross Book \$24.00 Alert Manual (not included in cost of course) Fee \$345.00

Date: To Be Announced (must have 6 or more names to run course)

HEALTHY LIFESTYLE PROGRAM

WATER WALKING

Gentle moving and stretching while walking and concentrating on individual muscle groups. This workout will leave you feeling refreshed and toned. Water Walking will be offered Mon and Wed from 2-3pm (must have 6 to run class).

DATES: April 19-June 28, 2017.

(No class on May 22, 2017 Victoria Day).

FEE: Adult \$62.00

Senior \$54.00

Senior 2 day Rate \$85.00

Adult 2 Day Rate \$110.00

Instructor: Charlene MacIntyre

WATER EXERCISE

DAYS - Mon., Wed and Fri. 1-2 pm, and on Tues and Thurs from 9-10 am.

DATES: April 18-June 29, 2017 (closed April 18 Easter Monday and May 22,2017 Victoria Day).

FEES: Adult 1 day per week \$ 62.00 2 days per week \$110.00 3 days or more per week \$119.00

Senior Rate (+55)

1 day per week \$54.00 2 days per week \$85.00 3 days or more per week \$93.00

Fees: Youth \$5.00 Adult \$6.50 Senior \$5.75 Family (immediate only) \$19.75



SCHOOL AGE RED CROSS LEARN TO SWIM LESSONS

	DAY	TIMES
Level 1 FEE: \$76.00	Tuesday	5:30-6:00
	Wednesday	5:30-6:00
	Thursday	6:30-7:00
	Friday	5:00-5:30 or 6:30-7:00
	Saturday	9:00-9:30 or 10:30-11:00
Level 2 FEE: \$76.00	Tuesday	6:30-7:00
	Wednesday	4:30-5:00
	Thursday	6:30-7:00
	Friday	5:00-5:30 or 6:00-6:30
	Sat.	11:15-11:45 or 10:45-11:15
Level 3 FEE: \$90.00	Tuesday	5:30-6:15
	Wednesday	6:00-6:45
	Thursday	5:00-5:45
	Friday	4:00-4:45
	Sat.	10:00-10:45 or 10:30-11:15
Level 4 FEE: \$90.00	Tuesday	6:00-7:00
	Wednesday	5:00-6:00
	Thursday	5:00-6:00
	Friday	5:30-6:30
	Sat.	9:30-10:30 or 11:00-12:00
Level 5 FEE: \$90.00	Tuesday	4:30-5:30
	Wednesday	5:30-6:30
	Thursday	5:30-6:30
	Friday	5:30-6:30 or 6:00-7:00
	Saturday	9:00-10:00
Level 6 FEE \$90.00	Tuesday	4:30-5:30
	Wednesday	5:30-6:30
	Thursday	5:30-6:30
	Friday	5:00-6:00
	Sat.	9:00-10:00 or 10:00-11:00
Level 7 FEE: \$90.00	Tuesday	6:00-7:00
	Wednesday	6:00-7:00
	Thursday	5:45-6:45
	Friday	4:00-5:00 or 5:00-6:00
	Saturday	10:30-11:30
Level 8 FEE: \$90.00	Tuesday	6:30-7:30
	Wednesday	6:00-7:00
	Thursday	5:45-6:45
	Friday	4:00-5:00
	Saturday	9:00-10:00
Level 9 FEE: \$90.00	Tuesday	5:30-6:30
	Wednesday	5:00-6:00
	Thursday	6:00-7:00
	Friday	5:30-6:30 or 5:45-6:45
	Saturday	9:30-10:30
Level 10 FEE: \$90.00	Tuesday	5:30-6:30
	Wednesday	5:30-6:30
	Thursday	6:00-7:00
	Friday	4:00-5:00
	Saturday	10:30-11:30

TODDLER AND PRE SCHOOL LEARN TO SWIM LESSONS

	DAY	TIMES
Starfish 4-18 months (with parent) FEE: \$60.00	Tuesday	5:00-5:30
	Wednesday	4:30-5:00
	Thursday	5:00-5:30
	Friday	4:30-5:00
	Saturday	10:45-11:15
Duck 18-30 months (with parent) FEE: \$60.00	Tuesday	5:00-5:30
	Wednesday	4:30-5:00
	Thursday	5:00-5:30
	Friday	4:30-5:00
	Saturday	11:30-12:00
Sea Turtle 30-60 months (with parent) FEE: \$60.00	Tuesday	6:30-7:00
	Wednesday	5:00-5:30
	Thursday	4:30-5:00
	Friday	4:30-5:00
	Saturday	9-9:30 or 10-10:30
Sea Otter 3-5 years old (first few classes with parent) FEE: \$76.00	Tuesday	4:30-5:00
	Wednesday	5:00-5:30
	Thursday	4:30-5:00
	Friday	4:30-5:00 or 6:00-6:30
	Sat.	9:30-10:00 or 11:15-11:45
Salamander 3-5 years FEE: \$76.00	Tuesday	5:00-5:30 or 5:30-6
	Wednesday	5:00-5:30
	Thursday	4:30-5:00 or 5:00-5:30
	Friday	5:00-5:30 or 6:30-7:00
	Sat.	9:30-10:00 or 11:30-12:00
Sunfish 3-5 years FEE: \$76.00	Tuesday	5:00-5:30
	Wednesday	5:00-5:30
	Thursday	4:30-5:00
	Friday	4:00-4:30 or 5:00-5:30
	Sat.	9:00-9:30
Crocodile 3-5 years FEE: \$76.00	Tuesday	5:30-6:00
	Wednesday	4:30-5:00
	Thursday	6:00-6:30
	Friday	5:15-5:45
	Saturday	11:30-12:00
Whale 3-5 years old FEE: \$76.00	Tuesday	5:00-5:30
	Wednesday	4:30-5:00
	Thursday	4:30-5:00
	Friday	5:15-5:45
	Saturday	10:00-10:30