

# Fall 2023 Swim Programs CRC

## How to Register for a Program?

### Online at [whitby.ca/active](http://whitby.ca/active)

This easy-to-use system has streamlined search features, allows you to create an account, log in with an email address and register/pay for programs. Visit ACTIVENet Whitby to log into your online recreation account. If you have not yet activated your account but have registered for a recreation program within the last two years and have an email address on file with us, you can activate your account online by selecting 'Forgot My Password'. New Users can create an account by selecting 'Create an Account'.

Online Payment methods include: Visa, AMEX, Mastercard (At this time we cannot process Visa Debit cards online)

For assistance with account creation or online support please call 905.655.2010 or 905.668.7765

### Register In Person

Visit one of the following registration locations to complete your program registration and payment in person. Payment methods include: Cash, debit, cheque, credit

Brooklin Community Centre and Library, 8 Vipond Rd, 905.655.2010

Iroquois Park Sports Centre, 500 Victoria St W, 905.668.7765

Whitby Civic Recreation Complex, 555 Rossland Rd E, 905.666.1991

Whitby 55+ Recreation Centre, 801 Brock St S, 905.668.1424

## Refunds, Transfers and Registration Policies

### Refund Policy/Early Course Withdraw Policy

A full refund will be issued for any program cancelled by the Town. If a participant withdraws from a program prior to the start date, a refund will be provided subject to an administration fee. After a program has started, participants can request.

that a pro-rated credit be applied to their account. Alternatively, a pro-rated refund can be issued and is subject to an administration fee. To withdraw from a course, please call our Customer Service Centre at 905.666.1991 or visit a registration centre.

Camps/Workshops: Transfers and withdrawals from camps, workshops and P.A. Day

programs can be requested up to four days prior to the start date of a program. A full credit, subject to an administration fee, will be provided. A \$10 fee is applied to all course withdrawals.

### **Missed Classes**

In the event that a customer is unable to attend a class, makeup class(es) will not be offered.

### **Refunds, Withdrawals and Transfers**

Withdrawals, refunds and transfers cannot be processed in your online account. For assistance please call or visit one of our registration locations.

### **Subsidized Program Guide**

All programs qualify for subsidy with the Access Program, Region of Durham Recreation Program Cards and Canadian Tire Jumpstart grants unless they have the following:

(#) Does not qualify for the Access Program

(@) Does not qualify for Region of Durham Recreation Program cards

(%) Does not qualify for Canadian Tire Jumpstart grants

Please note that Canadian Tire Jumpstart grants are only for participants 4-18 years of age. If you have questions regarding subsidy please visit [whitby.ca/subsidy](http://whitby.ca/subsidy).

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## Adult

### Adult Swimmer 1/2/3- CRC

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop with confidence and smooth recognizable strokes. Swimmers will be evaluated on week one to determine swimmer ability and accurate level placement.

|                       |              |                          |           |
|-----------------------|--------------|--------------------------|-----------|
| <a href="#">51199</a> | 14yrs+       | Whitby Civic Rec Complex | 6 classes |
| Sat                   | Nov 4-Dec 9  | 12:00pm-12:45pm          | \$69.32   |
| <a href="#">51196</a> | 14yrs+       | Whitby Civic Rec Complex | 6 classes |
| Sun                   | Nov 5-Dec 10 | 4:30pm-5:15pm            | \$69.32   |
| <a href="#">51197</a> | 14yrs+       | Whitby Civic Rec Complex | 6 classes |
| Sun                   | Nov 5-Dec 10 | 5:15pm-6:00pm            | \$69.32   |
| <a href="#">51198</a> | 14yrs+       | Whitby Civic Rec Complex | 6 classes |
| Sun                   | Nov 5-Dec 10 | 6:00pm-6:45pm            | \$69.32   |

### Aquafit

Do you want an exercise that is easy on joints and is a great muscle toning workout? Then join this aquafit class! First time exercisers to elite athletes can work at their own level and enjoy all the benefits of a great water workout! No swimming experience is required. Participants 55+yrs receive discount pricing

|                       |              |                          |           |
|-----------------------|--------------|--------------------------|-----------|
| <a href="#">51010</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |
| Mon                   | Oct 30-Dec 4 | 9:00am-9:45am            | \$69.60   |
| <a href="#">51011</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |
| Mon                   | Oct 30-Dec 4 | 9:45am-10:30am           | \$69.60   |
| <a href="#">51012</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |
| Tue                   | Oct 31-Dec 5 | 8:45am-9:30am            | \$69.60   |
| <a href="#">51016</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |
| Tue                   | Oct 31-Dec 5 | 7:15pm-8:00pm            | \$69.60   |
| <a href="#">51014</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |
| Thu                   | Nov 2-Dec 7  | 9:00am-9:45am            | \$69.60   |
| <a href="#">51017</a> | 13yrs+       | Whitby Civic Rec Complex | 6 classes |

|                       |             |                          |           |
|-----------------------|-------------|--------------------------|-----------|
| Thu                   | Nov 2-Dec 7 | 7:15pm-8:00pm            | \$69.60   |
| <a href="#">51200</a> | 13yrs+      | Whitby Civic Rec Complex | 6 classes |
| Thu                   | Nov 2-Dec 7 | 9:45am-10:30am           | \$69.60   |
| <a href="#">51015</a> | 13yrs+      | Whitby Civic Rec Complex | 6 classes |
| Fri                   | Nov 3-Dec 8 | 8:45am-9:30am            | \$69.60   |
| <a href="#">51018</a> | 13yrs+      | Whitby Civic Rec Complex | 6 classes |
| Sat                   | Nov 4-Dec 9 | 1:15pm-2:00pm            | \$69.60   |

## Youth

### Swimming Lessons for Teens- CRC

Do you want to learn to swim, improve your existing skills, or get ready for leadership with your own age group? If so, this is the course for you! This is a program created specifically for teens customized to meet your individual goals.

|                       |             |                          |           |
|-----------------------|-------------|--------------------------|-----------|
| <a href="#">51202</a> | 14-18yrs    | Whitby Civic Rec Complex | 6 classes |
| Sat                   | Nov 4-Dec 9 | 12:00pm-1:00pm           | \$69.32   |

## Preschool

### Parent and Tot 1 - CRC (%)

### 4-12months

Designed for the 4 to 12-month old to learn to enjoy the water with the parent.

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$64.18</b>  |
| <a href="#">50717</a> | Mon                             | Oct 30-Dec 4 | 4:30pm-5:00pm   |
| <a href="#">50739</a> | Mon                             | Oct 30-Dec 4 | 6:00pm-6:30pm   |
| <a href="#">50770</a> | Tue                             | Oct 31-Dec 5 | 9:30am-10:00am  |
| <a href="#">50844</a> | Wed                             | Nov 1-Dec 6  | 10:30am-11:00am |
| <a href="#">50845</a> | Wed                             | Nov 1-Dec 6  | 1:30pm-2:00pm   |
| <a href="#">50846</a> | Wed                             | Nov 1-Dec 6  | 4:30pm-5:00pm   |
| <a href="#">50847</a> | Wed                             | Nov 1-Dec 6  | 6:00pm-6:30pm   |
| <a href="#">50906</a> | Thu                             | Nov 2-Dec 7  | 4:30pm-5:00pm   |
| <a href="#">50907</a> | Thu                             | Nov 2-Dec 7  | 6:00pm-6:30pm   |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50946</a> | Fri | Nov 3-Dec 8  | 10:00am-10:30am |
| <a href="#">50947</a> | Fri | Nov 3-Dec 8  | 11:00am-11:30am |
| <a href="#">50948</a> | Fri | Nov 3-Dec 8  | 2:00pm-2:30pm   |
| <a href="#">50966</a> | Fri | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">50967</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">51023</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51024</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51025</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51026</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">50797</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50798</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |

## Parent and Tot 2 - CRC (%)

## 12-24months

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

**6 classes**

**Whitby Civic Rec Complex**

**\$64.18**

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50718</a> | Mon | Oct 30-Dec 4 | 5:00pm-5:30pm   |
| <a href="#">50740</a> | Mon | Oct 30-Dec 4 | 6:30pm-7:00pm   |
| <a href="#">50772</a> | Tue | Oct 31-Dec 5 | 10:00am-10:30am |
| <a href="#">50848</a> | Wed | Nov 1-Dec 6  | 10:00am-10:30am |
| <a href="#">50850</a> | Wed | Nov 1-Dec 6  | 1:30pm-2:00pm   |
| <a href="#">50851</a> | Wed | Nov 1-Dec 6  | 5:00pm-5:30pm   |
| <a href="#">50852</a> | Wed | Nov 1-Dec 6  | 6:30pm-7:00pm   |
| <a href="#">50908</a> | Thu | Nov 2-Dec 7  | 5:00pm-5:30pm   |
| <a href="#">50909</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">50953</a> | Fri | Nov 3-Dec 8  | 9:30am-10:00am  |
| <a href="#">50954</a> | Fri | Nov 3-Dec 8  | 11:00am-11:30am |
| <a href="#">50968</a> | Fri | Nov 3-Dec 8  | 5:30pm-6:00pm   |
| <a href="#">51027</a> | Sat | Nov 4-Dec 9  | 9:30am-10:00am  |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51028</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51029</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51030</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">50799</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50800</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Parent and Tot 3- CRC (%)

## 2-3yrs

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

**6 classes**

**Whitby Civic Rec Complex**

**\$64.18**

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50719</a> | Mon | Oct 30-Dec 4 | 5:30pm-6:00pm   |
| <a href="#">50776</a> | Tue | Oct 31-Dec 5 | 10:30am-11:00am |
| <a href="#">50853</a> | Wed | Nov 1-Dec 6  | 9:30am-10:00am  |
| <a href="#">50854</a> | Wed | Nov 1-Dec 6  | 2:00pm-2:30pm   |
| <a href="#">50855</a> | Wed | Nov 1-Dec 6  | 5:30pm-6:00pm   |
| <a href="#">50910</a> | Thu | Nov 2-Dec 7  | 5:30pm-6:00pm   |
| <a href="#">50955</a> | Fri | Nov 3-Dec 8  | 10:30am-11:00am |
| <a href="#">50969</a> | Fri | Nov 3-Dec 8  | 4:30pm-5:00pm   |
| <a href="#">50970</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">51031</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51032</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51033</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51034</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50801</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |

## Preschool 1 – CRC

## 3-5yrs

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.

**6 classes**

**Whitby Civic Rec Complex**

**\$64.18**



|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50720</a> | Mon | Oct 30-Dec 4 | 4:30pm-5:00pm   |
| <a href="#">50741</a> | Mon | Oct 30-Dec 4 | 5:00pm-5:30pm   |
| <a href="#">50742</a> | Mon | Oct 30-Dec 4 | 7:00pm-7:30pm   |
| <a href="#">50743</a> | Mon | Oct 30-Dec 4 | 5:30pm-6:00pm   |
| <a href="#">50744</a> | Mon | Oct 30-Dec 4 | 6:00pm-6:30pm   |
| <a href="#">50746</a> | Mon | Oct 30-Dec 4 | 6:30pm-7:00pm   |
| <a href="#">50777</a> | Tue | Oct 31-Dec 5 | 9:30am-10:00am  |
| <a href="#">50778</a> | Tue | Oct 31-Dec 5 | 10:00am-10:30am |
| <a href="#">50779</a> | Tue | Oct 31-Dec 5 | 10:30am-11:00am |
| <a href="#">50856</a> | Wed | Nov 1-Dec 6  | 9:30am-10:00am  |
| <a href="#">50857</a> | Wed | Nov 1-Dec 6  | 10:00am-10:30am |
| <a href="#">50858</a> | Wed | Nov 1-Dec 6  | 10:30am-11:00am |
| <a href="#">50859</a> | Wed | Nov 1-Dec 6  | 11:00am-11:30am |
| <a href="#">50860</a> | Wed | Nov 1-Dec 6  | 1:30pm-2:00pm   |
| <a href="#">50861</a> | Wed | Nov 1-Dec 6  | 2:30pm-3:00pm   |
| <a href="#">50862</a> | Wed | Nov 1-Dec 6  | 4:30pm-5:00pm   |
| <a href="#">50863</a> | Wed | Nov 1-Dec 6  | 5:00pm-5:30pm   |
| <a href="#">50864</a> | Wed | Nov 1-Dec 6  | 5:00pm-5:30pm   |
| <a href="#">50865</a> | Wed | Nov 1-Dec 6  | 5:30pm-6:00pm   |
| <a href="#">50866</a> | Wed | Nov 1-Dec 6  | 6:00pm-6:30pm   |
| <a href="#">50867</a> | Wed | Nov 1-Dec 6  | 6:00pm-6:30pm   |
| <a href="#">50868</a> | Wed | Nov 1-Dec 6  | 6:30pm-7:00pm   |
| <a href="#">51187</a> | Wed | Nov 1-Dec 6  | 7:00pm-7:30pm   |
| <a href="#">50911</a> | Thu | Nov 2-Dec 7  | 4:30pm-5:00pm   |
| <a href="#">50912</a> | Thu | Nov 2-Dec 7  | 5:00pm-5:30pm   |
| <a href="#">50913</a> | Thu | Nov 2-Dec 7  | 5:00pm-5:30pm   |
| <a href="#">50914</a> | Thu | Nov 2-Dec 7  | 5:30pm-6:00pm   |
| <a href="#">50915</a> | Thu | Nov 2-Dec 7  | 6:00pm-6:30pm   |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50916</a> | Thu | Nov 2-Dec 7  | 6:00pm-6:30pm   |
| <a href="#">50917</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">50956</a> | Fri | Nov 3-Dec 8  | 9:30am-10:00am  |
| <a href="#">50957</a> | Fri | Nov 3-Dec 8  | 10:00am-10:30am |
| <a href="#">50958</a> | Fri | Nov 3-Dec 8  | 1:30pm-2:00pm   |
| <a href="#">50959</a> | Fri | Nov 3-Dec 8  | 4:30pm-5:00pm   |
| <a href="#">50960</a> | Fri | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">50961</a> | Fri | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">50962</a> | Fri | Nov 3-Dec 8  | 5:30pm-6:00pm   |
| <a href="#">50963</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">50964</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">50965</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">51036</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51037</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51038</a> | Sat | Nov 4-Dec 9  | 9:30am-10:00am  |
| <a href="#">51039</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51040</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51041</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51042</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51043</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51044</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51045</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51046</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51047</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51048</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51049</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51050</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51051</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51053</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">51054</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50802</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50803</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50804</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50805</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50806</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50807</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50808</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Preschool 2 – CRC

## 3-5yrs

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.

|                       |                                 |                |                 |
|-----------------------|---------------------------------|----------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$64.18</b> |                 |
| <a href="#">50721</a> | Mon                             | Oct 30-Dec 4   | 4:30pm-5:00pm   |
| <a href="#">50747</a> | Mon                             | Oct 30-Dec 4   | 5:00pm-5:30pm   |
| <a href="#">50748</a> | Mon                             | Oct 30-Dec 4   | 5:30pm-6:00pm   |
| <a href="#">50750</a> | Mon                             | Oct 30-Dec 4   | 6:00pm-6:30pm   |
| <a href="#">50751</a> | Mon                             | Oct 30-Dec 4   | 6:30pm-7:00pm   |
| <a href="#">50752</a> | Mon                             | Oct 30-Dec 4   | 7:00pm-7:30pm   |
| <a href="#">50783</a> | Tue                             | Oct 31-Dec 5   | 9:30am-10:00am  |
| <a href="#">50784</a> | Tue                             | Oct 31-Dec 5   | 10:00am-10:30am |
| <a href="#">50786</a> | Tue                             | Oct 31-Dec 5   | 11:00am-11:30am |
| <a href="#">50869</a> | Wed                             | Nov 1-Dec 6    | 9:30am-10:00am  |
| <a href="#">50870</a> | Wed                             | Nov 1-Dec 6    | 10:00am-10:30am |
| <a href="#">50872</a> | Wed                             | Nov 1-Dec 6    | 11:00am-11:30am |
| <a href="#">50873</a> | Wed                             | Nov 1-Dec 6    | 2:00pm-2:30pm   |
| <a href="#">50874</a> | Wed                             | Nov 1-Dec 6    | 2:30pm-3:00pm   |

|                       |     |             |                 |
|-----------------------|-----|-------------|-----------------|
| <a href="#">50875</a> | Wed | Nov 1-Dec 6 | 4:30pm-5:00pm   |
| <a href="#">50876</a> | Wed | Nov 1-Dec 6 | 5:00pm-5:30pm   |
| <a href="#">50877</a> | Wed | Nov 1-Dec 6 | 5:30pm-6:00pm   |
| <a href="#">50878</a> | Wed | Nov 1-Dec 6 | 5:30pm-6:00pm   |
| <a href="#">50879</a> | Wed | Nov 1-Dec 6 | 6:00pm-6:30pm   |
| <a href="#">50880</a> | Wed | Nov 1-Dec 6 | 6:30pm-7:00pm   |
| <a href="#">50881</a> | Wed | Nov 1-Dec 6 | 6:30pm-7:00pm   |
| <a href="#">51188</a> | Wed | Nov 1-Dec 6 | 7:00pm-7:30pm   |
| <a href="#">50918</a> | Thu | Nov 2-Dec 7 | 4:30pm-5:00pm   |
| <a href="#">50919</a> | Thu | Nov 2-Dec 7 | 5:00pm-5:30pm   |
| <a href="#">50920</a> | Thu | Nov 2-Dec 7 | 5:30pm-6:00pm   |
| <a href="#">50921</a> | Thu | Nov 2-Dec 7 | 5:30pm-6:00pm   |
| <a href="#">50922</a> | Thu | Nov 2-Dec 7 | 6:00pm-6:30pm   |
| <a href="#">50923</a> | Thu | Nov 2-Dec 7 | 6:30pm-7:00pm   |
| <a href="#">50924</a> | Thu | Nov 2-Dec 7 | 6:30pm-7:00pm   |
| <a href="#">50971</a> | Fri | Nov 3-Dec 8 | 10:30am-11:00am |
| <a href="#">50972</a> | Fri | Nov 3-Dec 8 | 11:00am-11:30am |
| <a href="#">50973</a> | Fri | Nov 3-Dec 8 | 2:30pm-3:00pm   |
| <a href="#">50974</a> | Fri | Nov 3-Dec 8 | 4:30pm-5:00pm   |
| <a href="#">50975</a> | Fri | Nov 3-Dec 8 | 5:00pm-5:30pm   |
| <a href="#">50976</a> | Fri | Nov 3-Dec 8 | 5:30pm-6:00pm   |
| <a href="#">50977</a> | Fri | Nov 3-Dec 8 | 5:30pm-6:00pm   |
| <a href="#">50978</a> | Fri | Nov 3-Dec 8 | 6:00pm-6:30pm   |
| <a href="#">50979</a> | Fri | Nov 3-Dec 8 | 6:30pm-7:00pm   |
| <a href="#">50980</a> | Fri | Nov 3-Dec 8 | 6:30pm-7:00pm   |
| <a href="#">51057</a> | Sat | Nov 4-Dec 9 | 9:00am-9:30am   |
| <a href="#">51058</a> | Sat | Nov 4-Dec 9 | 9:30am-10:00am  |
| <a href="#">51060</a> | Sat | Nov 4-Dec 9 | 9:30am-10:00am  |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51061</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51063</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51065</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51066</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51067</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51068</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51070</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51071</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51072</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51073</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51074</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51075</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51076</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">51077</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">51078</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50809</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50810</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50811</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50812</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50813</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50814</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |
| <a href="#">50815</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

### Preschool 3 – CRC

### 3-5yrs

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.

**6 classes**

**Whitby Civic Rec Complex**

**\$64.18**

|                       |     |              |               |
|-----------------------|-----|--------------|---------------|
| <a href="#">50722</a> | Mon | Oct 30-Dec 4 | 7:00pm-7:30pm |
|-----------------------|-----|--------------|---------------|

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50753</a> | Mon | Oct 30-Dec 4 | 5:00pm-5:30pm   |
| <a href="#">50754</a> | Mon | Oct 30-Dec 4 | 5:30pm-6:00pm   |
| <a href="#">50755</a> | Mon | Oct 30-Dec 4 | 6:00pm-6:30pm   |
| <a href="#">50756</a> | Mon | Oct 30-Dec 4 | 6:30pm-7:00pm   |
| <a href="#">50882</a> | Wed | Nov 1-Dec 6  | 10:00am-10:30am |
| <a href="#">50883</a> | Wed | Nov 1-Dec 6  | 4:30pm-5:00pm   |
| <a href="#">50884</a> | Wed | Nov 1-Dec 6  | 5:00pm-5:30pm   |
| <a href="#">50885</a> | Wed | Nov 1-Dec 6  | 5:30pm-6:00pm   |
| <a href="#">50886</a> | Wed | Nov 1-Dec 6  | 6:00pm-6:30pm   |
| <a href="#">50887</a> | Wed | Nov 1-Dec 6  | 6:30pm-7:00pm   |
| <a href="#">51189</a> | Wed | Nov 1-Dec 6  | 7:00pm-7:30pm   |
| <a href="#">50925</a> | Thu | Nov 2-Dec 7  | 4:30pm-5:00pm   |
| <a href="#">50926</a> | Thu | Nov 2-Dec 7  | 5:00pm-5:30pm   |
| <a href="#">50927</a> | Thu | Nov 2-Dec 7  | 5:30pm-6:00pm   |
| <a href="#">50928</a> | Thu | Nov 2-Dec 7  | 6:00pm-6:30pm   |
| <a href="#">50929</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">50981</a> | Fri | Nov 3-Dec 8  | 4:30pm-5:00pm   |
| <a href="#">50982</a> | Fri | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">50983</a> | Fri | Nov 3-Dec 8  | 5:30pm-6:00pm   |
| <a href="#">50984</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">50985</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">51079</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51080</a> | Sat | Nov 4-Dec 9  | 9:30am-10:00am  |
| <a href="#">51081</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51082</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51083</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51084</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51085</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51087</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51088</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51089</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51090</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">51091</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50816</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50817</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50818</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50819</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50820</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Preschool 4 – CRC

## 3-5yrs

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, gliding, and kicking on their side.

|                       |                                 |                |               |
|-----------------------|---------------------------------|----------------|---------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$64.18</b> |               |
| <a href="#">50723</a> | Mon                             | Oct 30-Dec 4   | 4:30pm-5:00pm |
| <a href="#">50757</a> | Mon                             | Oct 30-Dec 4   | 5:00pm-5:30pm |
| <a href="#">50758</a> | Mon                             | Oct 30-Dec 4   | 6:00pm-6:30pm |
| <a href="#">51182</a> | Mon                             | Oct 30-Dec 4   | 7:00pm-7:30pm |
| <a href="#">50888</a> | Wed                             | Nov 1-Dec 6    | 4:30pm-5:00pm |
| <a href="#">50889</a> | Wed                             | Nov 1-Dec 6    | 5:00pm-5:30pm |
| <a href="#">50890</a> | Wed                             | Nov 1-Dec 6    | 6:00pm-6:30pm |
| <a href="#">51190</a> | Wed                             | Nov 1-Dec 6    | 7:00pm-7:30pm |
| <a href="#">50930</a> | Thu                             | Nov 2-Dec 7    | 4:30pm-5:00pm |
| <a href="#">50931</a> | Thu                             | Nov 2-Dec 7    | 5:00pm-5:30pm |
| <a href="#">50932</a> | Thu                             | Nov 2-Dec 7    | 6:00pm-6:30pm |
| <a href="#">50986</a> | Fri                             | Nov 3-Dec 8    | 4:30pm-5:00pm |
| <a href="#">50987</a> | Fri                             | Nov 3-Dec 8    | 5:00pm-5:30pm |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50988</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">51093</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51094</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51096</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51097</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51099</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51100</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">50821</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50822</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50823</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |

## Preschool 5 – CRC

## 3-5yrs

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metres, interval training and get a giggle out of whip kick.

|                       |                                 |                |                 |
|-----------------------|---------------------------------|----------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$64.18</b> |                 |
| <a href="#">50724</a> | Mon                             | Oct 30-Dec 4   | 4:30pm-5:00pm   |
| <a href="#">50759</a> | Mon                             | Oct 30-Dec 4   | 5:30pm-6:00pm   |
| <a href="#">51183</a> | Mon                             | Oct 30-Dec 4   | 7:00pm-7:30pm   |
| <a href="#">50891</a> | Wed                             | Nov 1-Dec 6    | 4:30pm-5:00pm   |
| <a href="#">50892</a> | Wed                             | Nov 1-Dec 6    | 5:30pm-6:00pm   |
| <a href="#">51191</a> | Wed                             | Nov 1-Dec 6    | 7:00pm-7:30pm   |
| <a href="#">50933</a> | Thu                             | Nov 2-Dec 7    | 4:30pm-5:00pm   |
| <a href="#">50934</a> | Thu                             | Nov 2-Dec 7    | 5:30pm-6:00pm   |
| <a href="#">50989</a> | Fri                             | Nov 3-Dec 8    | 4:30pm-5:00pm   |
| <a href="#">50990</a> | Fri                             | Nov 3-Dec 8    | 5:30pm-6:00pm   |
| <a href="#">51103</a> | Sat                             | Nov 4-Dec 9    | 9:30am-10:00am  |
| <a href="#">51104</a> | Sat                             | Nov 4-Dec 9    | 10:30am-11:00am |
| <a href="#">51106</a> | Sat                             | Nov 4-Dec 9    | 11:30am-12:00pm |



|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51108</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51109</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51110</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50824</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50825</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |

## Children

### Swimmer 1 – CRC

### 6-13yrs

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

| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$64.18</b> |                |
|-----------------------|---------------------------------|----------------|----------------|
| <a href="#">50725</a> | Mon                             | Oct 30-Dec 4   | 4:30pm-5:00pm  |
| <a href="#">50761</a> | Mon                             | Oct 30-Dec 4   | 5:00pm-5:30pm  |
| <a href="#">50762</a> | Mon                             | Oct 30-Dec 4   | 5:30pm-6:00pm  |
| <a href="#">50763</a> | Mon                             | Oct 30-Dec 4   | 6:00pm-6:30pm  |
| <a href="#">50764</a> | Mon                             | Oct 30-Dec 4   | 6:30pm-7:00pm  |
| <a href="#">50765</a> | Mon                             | Oct 30-Dec 4   | 6:30pm-7:00pm  |
| <a href="#">51184</a> | Mon                             | Oct 30-Dec 4   | 7:00pm-7:30pm  |
| <a href="#">50893</a> | Wed                             | Nov 1-Dec 6    | 9:30am-10:00am |
| <a href="#">50894</a> | Wed                             | Nov 1-Dec 6    | 4:30pm-5:00pm  |
| <a href="#">50895</a> | Wed                             | Nov 1-Dec 6    | 5:00pm-5:30pm  |
| <a href="#">50896</a> | Wed                             | Nov 1-Dec 6    | 5:30pm-6:00pm  |
| <a href="#">50897</a> | Wed                             | Nov 1-Dec 6    | 6:00pm-6:30pm  |
| <a href="#">50898</a> | Wed                             | Nov 1-Dec 6    | 6:30pm-7:00pm  |
| <a href="#">50899</a> | Wed                             | Nov 1-Dec 6    | 6:30pm-7:00pm  |
| <a href="#">51192</a> | Wed                             | Nov 1-Dec 6    | 7:00pm-7:30pm  |
| <a href="#">50935</a> | Thu                             | Nov 2-Dec 7    | 4:30pm-5:00pm  |
| <a href="#">50936</a> | Thu                             | Nov 2-Dec 7    | 5:00pm-5:30pm  |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">50937</a> | Thu | Nov 2-Dec 7  | 5:30pm-6:00pm   |
| <a href="#">50938</a> | Thu | Nov 2-Dec 7  | 6:00pm-6:30pm   |
| <a href="#">50939</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">50940</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">50991</a> | Fri | Nov 3-Dec 8  | 4:30pm-5:00pm   |
| <a href="#">50992</a> | Fri | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">50993</a> | Fri | Nov 3-Dec 8  | 5:30pm-6:00pm   |
| <a href="#">50994</a> | Fri | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">50995</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">50996</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">51112</a> | Sat | Nov 4-Dec 9  | 9:00am-9:30am   |
| <a href="#">51113</a> | Sat | Nov 4-Dec 9  | 9:30am-10:00am  |
| <a href="#">51114</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51115</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51117</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51118</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51119</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51120</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51124</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51126</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51128</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">51129</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50832</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50833</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50834</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50835</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50836</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |
| <a href="#">50837</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Swimmer 2 – CRC

## 6-13yrs

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 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres).

| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$64.18</b> |
|-----------------------|---------------------------------|----------------|
| <a href="#">50726</a> | Mon Oct 30-Dec 4                | 4:30pm-5:00pm  |
| <a href="#">50766</a> | Mon Oct 30-Dec 4                | 5:00pm-5:30pm  |
| <a href="#">50767</a> | Mon Oct 30-Dec 4                | 5:30pm-6:00pm  |
| <a href="#">50768</a> | Mon Oct 30-Dec 4                | 6:00pm-6:30pm  |
| <a href="#">50769</a> | Mon Oct 30-Dec 4                | 6:30pm-7:00pm  |
| <a href="#">51185</a> | Mon Oct 30-Dec 4                | 7:00pm-7:30pm  |
| <a href="#">50901</a> | Wed Nov 1-Dec 6                 | 4:30pm-5:00pm  |
| <a href="#">50902</a> | Wed Nov 1-Dec 6                 | 5:00pm-5:30pm  |
| <a href="#">50903</a> | Wed Nov 1-Dec 6                 | 5:30pm-6:00pm  |
| <a href="#">50904</a> | Wed Nov 1-Dec 6                 | 6:00pm-6:30pm  |
| <a href="#">50905</a> | Wed Nov 1-Dec 6                 | 6:30pm-7:00pm  |
| <a href="#">51193</a> | Wed Nov 1-Dec 6                 | 7:00pm-7:30pm  |
| <a href="#">50941</a> | Thu Nov 2-Dec 7                 | 4:30pm-5:00pm  |
| <a href="#">50942</a> | Thu Nov 2-Dec 7                 | 5:00pm-5:30pm  |
| <a href="#">50943</a> | Thu Nov 2-Dec 7                 | 5:30pm-6:00pm  |
| <a href="#">50944</a> | Thu Nov 2-Dec 7                 | 6:00pm-6:30pm  |
| <a href="#">50945</a> | Thu Nov 2-Dec 7                 | 6:30pm-7:00pm  |
| <a href="#">50997</a> | Fri Nov 3-Dec 8                 | 4:30pm-5:00pm  |
| <a href="#">50998</a> | Fri Nov 3-Dec 8                 | 5:00pm-5:30pm  |
| <a href="#">50999</a> | Fri Nov 3-Dec 8                 | 5:30pm-6:00pm  |
| <a href="#">51000</a> | Fri Nov 3-Dec 8                 | 6:00pm-6:30pm  |
| <a href="#">51001</a> | Fri Nov 3-Dec 8                 | 6:30pm-7:00pm  |
| <a href="#">51131</a> | Sat Nov 4-Dec 9                 | 9:00am-9:30am  |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51132</a> | Sat | Nov 4-Dec 9  | 9:30am-10:00am  |
| <a href="#">51133</a> | Sat | Nov 4-Dec 9  | 10:00am-10:30am |
| <a href="#">51134</a> | Sat | Nov 4-Dec 9  | 10:30am-11:00am |
| <a href="#">51135</a> | Sat | Nov 4-Dec 9  | 11:00am-11:30am |
| <a href="#">51138</a> | Sat | Nov 4-Dec 9  | 11:30am-12:00pm |
| <a href="#">51140</a> | Sun | Nov 5-Dec 10 | 9:00am-9:30am   |
| <a href="#">51141</a> | Sun | Nov 5-Dec 10 | 9:30am-10:00am  |
| <a href="#">51142</a> | Sun | Nov 5-Dec 10 | 10:00am-10:30am |
| <a href="#">51143</a> | Sun | Nov 5-Dec 10 | 10:30am-11:00am |
| <a href="#">51144</a> | Sun | Nov 5-Dec 10 | 11:00am-11:30am |
| <a href="#">51145</a> | Sun | Nov 5-Dec 10 | 11:30am-12:00pm |
| <a href="#">50838</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">50839</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">50840</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">50841</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">50842</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Private Swimming Lessons

### Private Swimming Lessons- CRC (#@)

One on one instruction. Swimmer's abilities will be assessed on the first week to determine the appropriate level, unless a previous progress card has been submitted to the instructor.

|                       |                                 |                              |
|-----------------------|---------------------------------|------------------------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> | <b>\$214.24</b>              |
| <a href="#">51086</a> | Wed                             | Nov 1-Dec 6<br>1:30pm-2:00pm |
| <a href="#">51092</a> | Wed                             | Nov 1-Dec 6<br>2:00pm-2:30pm |
| <a href="#">51095</a> | Wed                             | Nov 1-Dec 6<br>2:30pm-3:00pm |
| <a href="#">51098</a> | Thu                             | Nov 2-Dec 7<br>4:30pm-5:00pm |
| <a href="#">51101</a> | Thu                             | Nov 2-Dec 7<br>5:00pm-5:30pm |
| <a href="#">51102</a> | Thu                             | Nov 2-Dec 7<br>5:30pm-6:00pm |

|                       |     |              |                 |
|-----------------------|-----|--------------|-----------------|
| <a href="#">51105</a> | Thu | Nov 2-Dec 7  | 6:00pm-6:30pm   |
| <a href="#">51107</a> | Thu | Nov 2-Dec 7  | 6:30pm-7:00pm   |
| <a href="#">51116</a> | Fri | Nov 3-Dec 8  | 9:30am-10:00am  |
| <a href="#">51122</a> | Fri | Nov 3-Dec 8  | 10:00am-10:30am |
| <a href="#">51125</a> | Fri | Nov 3-Dec 8  | 5:30pm-6:00pm   |
| <a href="#">51127</a> | Fri | Nov 3-Dec 8  | 6:30pm-7:00pm   |
| <a href="#">51203</a> | Fri | Nov 3-Dec 8  | 4:30pm-5:00pm   |
| <a href="#">51130</a> | Sun | Nov 5-Dec 10 | 12:00pm-12:30pm |
| <a href="#">51136</a> | Sun | Nov 5-Dec 10 | 12:00pm-12:30pm |
| <a href="#">51137</a> | Sun | Nov 5-Dec 10 | 12:00pm-12:30pm |
| <a href="#">51139</a> | Sun | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51146</a> | Sun | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51147</a> | Sun | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51148</a> | Sun | Nov 5-Dec 10 | 1:00pm-1:30pm   |
| <a href="#">51149</a> | Sun | Nov 5-Dec 10 | 1:00pm-1:30pm   |
| <a href="#">51150</a> | Sun | Nov 5-Dec 10 | 1:00pm-1:30pm   |
| <a href="#">51151</a> | Sun | Nov 5-Dec 10 | 1:30pm-2:00pm   |
| <a href="#">51152</a> | Sun | Nov 5-Dec 10 | 1:30pm-2:00pm   |
| <a href="#">51153</a> | Sun | Nov 5-Dec 10 | 1:30pm-2:00pm   |
| <a href="#">51056</a> | Tue | Nov 7-Dec 12 | 4:30pm-5:00pm   |
| <a href="#">51059</a> | Tue | Nov 7-Dec 12 | 5:00pm-5:30pm   |
| <a href="#">51062</a> | Tue | Nov 7-Dec 12 | 5:30pm-6:00pm   |
| <a href="#">51064</a> | Tue | Nov 7-Dec 12 | 6:00pm-6:30pm   |
| <a href="#">51069</a> | Tue | Nov 7-Dec 12 | 6:30pm-7:00pm   |

## Semi-Private Swimming Lessons

### Semi-Private Swimmer 1 - CRC (#@)

**6-13yrs**

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51173</a> | Mon                             | Oct 30-Dec 4 | 6:00pm-6:30pm   |
| <a href="#">51186</a> | Mon                             | Oct 30-Dec 4 | 7:00pm-7:30p    |
| <a href="#">51175</a> | Wed                             | Nov 1-Dec 6  | 6:00pm-6:30pm   |
| <a href="#">51194</a> | Wed                             | Nov 1-Dec 6  | 7:00pm-7:30pm   |
| <a href="#">51176</a> | Sun                             | Nov 5-Dec 10 | 12:00pm-12:30pm |
| <a href="#">51177</a> | Sun                             | Nov 5-Dec 10 | 1:00pm-1:30pm   |

### Semi-Private Swimmer 2 - CRC (#@)

**6-13yrs**

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 metres on their front and back, and be introduced to flutter kick interval training (4x5 metres). Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51174</a> | Mon                             | Oct 30-Dec 4 | 6:30pm-7:00pm   |
| <a href="#">51178</a> | Wed                             | Nov 1-Dec 6  | 6:30pm-7:00pm   |
| <a href="#">51179</a> | Fri                             | Nov 3-Dec 8  | 6:00pm-6:30pm   |
| <a href="#">51180</a> | Sun                             | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51181</a> | Sun                             | Nov 5-Dec 10 | 1:30pm-2:00pm   |

## Semi-Private Preschool 1 - CRC (#@)

**3-5yrs**

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. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51154</a> | Mon                             | Oct 30-Dec 4 | 4:30pm-5:00pm   |
| <a href="#">51155</a> | Wed                             | Nov 1-Dec 6  | 4:30pm-5:00pm   |
| <a href="#">51157</a> | Sun                             | Nov 5-Dec 10 | 12:00pm-12:30pm |
| <a href="#">51158</a> | Sun                             | Nov 5-Dec 10 | 1:30pm-2:00pm   |

## Semi-Private Preschool 2 - CRC (#@)

**3-5yrs**

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. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51156</a> | Mon                             | Oct 30-Dec 4 | 5:00pm-5:30pm   |
| <a href="#">51160</a> | Wed                             | Nov 1-Dec 6  | 5:00pm-5:30pm   |
| <a href="#">51161</a> | Fri                             | Nov 3-Dec 8  | 5:00pm-5:30pm   |
| <a href="#">51163</a> | Sun                             | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51164</a> | Sun                             | Nov 5-Dec 10 | 1:00pm-1:30pm   |

## Semi-Private Preschool 3 - CRC (#@)

**3-5yrs**

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. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51167</a> | Mon                             | Oct 30-Dec 4 | 5:30pm-6:00pm   |
| <a href="#">51170</a> | Wed                             | Nov 1-Dec 6  | 5:30pm-6:00pm   |
| <a href="#">51171</a> | Sun                             | Nov 5-Dec 10 | 12:30pm-1:00pm  |
| <a href="#">51172</a> | Sun                             | Nov 5-Dec 10 | 1:00pm-1:30pm   |

## Semi-Private Preschool 4 - CRC (#@)

**3-5yrs**

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, gliding, and kicking on their side. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51195</a> | Wed                             | Nov 1-Dec 6  | 7:00pm-7:30pm   |
| <a href="#">51168</a> | Sun                             | Nov 5-Dec 10 | 12:00pm-12:30pm |

## Semi-Private Preschool 5 - CRC (#@)

**3-5yrs**

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5 metres, interval training and get a giggle out of whip kick. Ratio 3:1

|                       |                                 |              |                 |
|-----------------------|---------------------------------|--------------|-----------------|
| <b>6 classes</b>      | <b>Whitby Civic Rec Complex</b> |              | <b>\$130.88</b> |
| <a href="#">51169</a> | Sun                             | Nov 5-Dec 10 | 1:30pm-2:00pm   |