

## Aquatics - Swimming Lessons

**This session is 10 weeks long. There is a break from Dec. 23-Jan. 5 for the holiday break.**

\*become a member and get 50% off on swimming lessons! Call 519-425-1181 for more information!\*

Level	Monday \$62.50	Tuesday \$62.50	Thursday \$62.50	Saturday \$62.50
Parent Tot 1/2	5:05-5:35	5:05-5:35		9:35-10:05
Parent Tot 1/2	10:15-10:45 **RUNNING TUESDAY & THURSDAY FOR FIVE WEEKS. NOV. 12-DEC. 12**			
Parent Tot 3		5:40-6:10		9:00-9:30
Parent Tot 3	10:50-11:20 **RUNNING TUESDAY & THURSDAY FOR FIVE WEEKS. NOV. 12 TO DEC. 12**			
Parent Tot 4	5:05-5:35	4:30-5:00	5:05-5:35 5:55-6:25	9:35-10:05 10:45-11:15
Preschool 1	4:30-5:00 5:40-6:10	5:05-5:35 6:15-6:45	4:30-5:00 5:05-5:35	9:00-9:30 10:10-10:40 10:45-11:15
Preschool 2	4:30-5:00 6:30-7:00	4:30-5:00 5:05-5:35 5:40-6:10	5:40-6:10	10:10-10:40
Preschool 3	5:40-6:10	6:30-7:00	4:30-5:00 6:15-6:45	9:00-9:30 10:10-10:40 10:45-11:15 11:20-11:50
Preschool 4/5	6:15-6:45	5:40-6:10	6:30-7:00	9:35-10:05
Swimmer 1	4:30-5:00 5:05-5:35	5:05-5:35	5:40-6:10	9:00-9:30 9:35-10:05 11:20-11:50
Swimmer 2	5:05-5:35 5:40-6:10	4:30-5:00	4:30-5:00 5:05-5:35	10:10-10:40 11:20-11:50
	<b>\$67.50</b>	<b>\$67.50</b>	<b>\$67.50</b>	<b>\$67.50</b>
Swimmer 3	6:15-7:00	4:15-5:00 6:15-7:00	5:05-5:50	10:45-11:30
Swimmer 4	5:40-6:25		4:15-5:00	11:30-12:15
SWIMMER 4/5		5:05-5:50		
Swimmer 5/6		6:15-7:00 5:40-6:25	6:15-7:00	
	<b>\$72.50</b>	<b>\$72.50</b>	<b>\$72.50</b>	
Rookie*		5:55-6:55		
Ranger*			5:45-6:45	
Star*	6:15-7:15			
				<b>\$74.00</b>
Bronze Star	TWO HOURS PER CLASS JAN. 11 TO FEB. 1			9:00-11:30am
	<b>\$72.50</b>			
Synchro	6:45-7:30pm			

Connect With Us!



[www.ingersoll.ca](http://www.ingersoll.ca)



[communityservices@ingersoll.ca](mailto:communityservices@ingersoll.ca)



519-425-1181



Ingersoll Community Services Dept.

Session 6: November 11 –February 2, 2020  
 Registration Opens: Nov 4 (Members) and Nov 5 (Non-Members)  
 Ready to register?

Call: 519-425-1181 Click: <https://app.booking.ca/ingersollcspub/> Connect: 355 Wellington St.



### Private Swimming Lessons

Due to an increased demand for group swimming lessons, we are unable to block off specific times for private lessons in advance of registration. This means all private lessons can be REQUESTED and accommodated where we can, given lifeguard and pool availability. Please call 519-425-1181 to complete your request for private lessons. We will collect all contact information as well as a list of skills your child is working on and/or the reason you are seeking private lessons. Once registration and wait lists have been sorted, we will work to accommodate private lesson requests. Parents/Guardians can expect to wait up to five days **after** non-member registration to hear from the pool to confirm whether accommodation can be met. Private lessons will be reserved for patrons 5+ years old, who are struggling in our group program and/or children who have special needs that would be better accommodated in a private lesson. *We regret that we may not be able to accommodate all requests.* Private lessons fee for 8 weeks/8 lessons is \$160.00.

### Aquatics - Swimming Lessons

Swim for Life Parent and tot Program (4 Months – 3 Years)	
4 - 12 months: Participating with a parent or caregiver	Parent & Tot 1
13 - 24 months: Participating with a parent or caregiver	Parent & Tot 2
2 - 3 years: Participating with a parent or caregiver	Parent & Tot 3
2-3 years: Participants are with parent/caregiver for 3 weeks, then its participants only for the remainder of the session. MAX 3 CHILDREN PER CLASS. Must've passed Parent and Tot 3 in order to take this class.	Parent & Tot 4
Swim for Life Preschool Program (3-5 Years)	
3 - 5 years: Just starting out, previous lessons not necessary. Child in pool with instructor only	Preschool 1
3 - 5 years: Can get in and out, jump into chest deep water, float and glide on front and back assisted. Child is in the pool with instructor only	Preschool 2
3 - 5 years: Can jump into chest deep water, submerge and exhale underwater, float on front and back for 3 sec. Child is in pool with instructor only.	Preschool 3
4 - 5 years: Can jump into deep water, recover object from the bottom, float, glide and kick on front and back. Child is in pool with instructor only	Preschool 4
4 - 5 years: Can do front crawl, back crawl 5 m., tread water 10 sec., jump into deep water	Preschool 5
Swim for Life Swimmer (5+ Years)	
5+ years: Beginner just starting out. Learning to become comfortable in water	Swimmer 1
5+ years: Advanced beginner will learn to jump into deeper water, swim 10-15 meters	Swimmer 2
5+ years: Junior swimmers will learn to front/back swim 15 meters, whip kick, 30 sec surface support	Swimmer 3
5+ years: Intermediate swimmers will learn front/back crawl, whip kick, breaststroke arms, sprints	Swimmer 4
5+ years: Swimmers will master egg beater, dives, somersaults, sprints, interval training	Swimmer 5
5+ years: Advanced swimmers will be challenged on entries, kicks, develop strength and power in strokes	Swimmer 6
CANADIAN SWIM PATROL PROGRAM Rookie, Ranger, Star patrol is = to Swimmer 7, 8, 9	
SWIM PATROL <i>ROOKIE</i> Advanced swimmers will develop all stroke efficiencies, begin sport skills and first aid skills	Rookie Patrol
SWIM PATROL <i>RANGER</i> To develop better strokes over distance, tackle lifesaving skills, first aid skills	Ranger Patrol
SWIM PATROL <i>STAR</i> 600 meter workouts, lifesaving skills, first aid skills	Star Patrol

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