### **FALL AM SWIMMING LESSONS**

\*Times are subject to change. Register early to avoid disappointment

COST 30 Minute Lessons; \$4.85/lesson 45 Minute Lessons; \$6.20/lesson 60 Minute Lessons; \$7.00/lesson Registered Private Lessons; \$17/lesson		7:30	8	No	ot 17-0	CURDA Oct 29 ec 17 (	SUNDAY AM  Sept 18-Oct 30 (7 sessions)  Nov 6-Dec 18 (7 sessions)											
				8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	9:00	9:30	10:00	10:30	11:00	11:30	
		Registered Private		х	х	х	х	х	х	х	х	х	х	х	х	х	х	
Pare Pre- 4-36		Starfish	х					х							Х			
Parented Pre-school 4-36 Month		Duck			Х	х			х					х	Х			
ol nth	30	Sea Turtle		х			х					х			х			
Pre-	30 Minute Classes	Sea Otter		Х	х	х		х		х		х	Х	х		х		
Pre-Schoo 3-5 years	ite Cla	Salamander		х		х				х			х				х	
Pre-School Programs 3-5 years	ısses	Sunfish				х				х				Х		Х		
		Crocodile			х										х			
SI		Whale			х										х			
Schc 6-13		Swim Kids 1			х			х				x				Х		
School Age 6-13 years		Swim Kids 2					Х				х		х		х			
ged P		Swim Kids 3					9:30-	9:30-10:15				9:00-9:45				11-11:45		
45 Minute Classes 60 Minu School Aged Program 6-13 years	15 Mir	Swim Kids 4					9:30-	10:15				9:00	)-9:45			11-1	1:45	
	nute (	Swim Kids 5							10:45-11:30				9:45-					
		Swim Kids 6						10:1	15-11				9:45-	10:30				
	5	Swim Kids 7						10:15-11					9:45-10:30					
	60 Minute	Swim Kids 8/9/10					9:30-	10:30										
Adult	te	For Adult & Sei	nior L	esson	s plea	ise se	e our	Progra	am & I	Event	Guide	or (ca	all 250	-412-8	500 fc	r deta	ails.	

## **Private Swimming Lessons**

A Little Extra Help Goes a Long Way!

**Registered Private Lessons** 

- \$17.00/30 minutes (additional participant \$10 flat fee)
- Programs run alongside community lessons
- Program times can be found on the inner page of this pamphlet
- Additional sessions are offered on Mondays & Thursdays
- Progress cards are issued at the end of each set
- We are unable to re-book missed lessons; however please feel free to send a sibling, cousin, or friend in place of the registered participant

### **Premium Private Lessons**

- Available when it fits your schedule
- Re-schedule up to 3 lessons as needed (with a minimum 6 hours notice).
   NOTE: We can only re-schedule private lessons up to the end of a schedule period - remaining lessons will be refunded
- Request your favourite instructor
- Book up to 2 people/lesson
- Progress cards are issued when booking 5 or more lessons
- Call 250-412-8533 or email aquatics@esquimalt.ca to book
- \$27.00/30 minutes session

### **VIEW OUR LIVE POOL SCHEDULE:**

www.esquimalt.ca/schedules OR call 250-412-8500

# Swim Lessons Fall 2016

esquimalt.ca | 250.412.8500



lessons at Esquimalt Recreation. We used to attend a different facility but decided to try Esquimalt. We are glad we did. Our son improved more after three lessons than he did the entire set at another location. I also loved that I could relax in the hot tub and watch the lesson from there."

"I am thrilled with my child's swimming



Updated: July 29, 2016

# FALL PM SWIMMING LESSONS

\*Times are subject to change. Register early to avoid disappointment

COST 30 Minute Lessons; \$4.85/lesson 45 Minute Lessons; \$6.20/lesson 60 Minute Lessons; \$7.00/lesson		TUESDAY/THURSDAY PM Sept 20 – Oct 13 (8 sessions) Oct 18 -Nov 10 (8 sessions) Nov 15-Dec 8 (8 sessions)						TUESDAY PM ONLY Sept 20-Nov 15 (9 sessions)							WEDNESDAY PM ONLY Sept 21-Nov 16 (9 sessions)								FRIDAY PM Sept 23 –Nov 18 (8 sessions) *no lessons November 11						SUNDAY PM ONLY Sept 18-Oct 30 (7 sessions) Nov 6-Dec 18 (7 sessions)						
Registered Private Lessons; \$17/lesson		3:30	4:30 4:00	5:00	5:30	6:00	6:30	3:30	4:00	4:30	5:00	5:30	6:00	6:30	3:30	4:00	4:30	5:00	5:30	6:00	6:30	4:00	4:30	5:00	5:30	6:00	6:30	3:30	4:00	4:30	5:00	5:30	6:00	6:30	
		Registered Private	х	х	х		6:15- 6:45	x	х					х	х	х	х				x	х		х		x	х	х	x	х			х	х	x
Parented Pre-school 4-36 Month		Starfish			х												Х								х										
Parented Pre-schoo 4-36 Mon		Duck		х								х							Х							х						х			
ol	30	Sea Turtle					Х			х			х					4:45	-5:15					х						х					
Pre- 3-5	Minu	Sea Otter	х	х			Х		х			х			х	Х			х		6:15	-6:45	х		х		х		х			х			х
Pre-Schoo 8-5 years	30 Minute Classes	Salamander			х	х					х			х		х		Х					х			х					х				
Pre-School Programs 3-5 years	O Sunfish					х				4:15-4:45								5:15-5:45				Х								х			6:15-6:45		
ograr		Crocodile				Х	Х													5:45-6:15					Х		х					х			
		Whale				Х						х							5:45-6:1					х						х					
Scho 6-13		Swim Kids 1	х					х		х			х				Х			х			х		х					х			х		
ool A <sub>a</sub> 3 yea		Swim Kids 2		х			х							х				Х			6:15	-6:45	х			х					х				
ged P		Swim Kids 3		4:00-4:45		5:30	)-6:15			4:45-5:30							4:00-4:45			6:15-7:00		-7:00					6:00-6:45		-5				6:00-6:45		6:45
School Aged Program 6-13 years	45 N	Swim Kids 4		4:00-4:45						4:45-5:30		5-5:30					4:45-5:30							5:15-6:00						4:45-5:30					
<b>3</b>	45 Minute C	Swim Kids 5	Swim Kids 6 4:45-5:30		5:30-6:15					-6:15			5:30-6:15				4:30-5:15								5:30-	6:15									
	Classes	Swim Kids 6			4:00-4:45								5:30-6:15								6:00	-6:45		4:00	-4:45										
		Swim Kids 7			4:00-4:45										5:30	-6:15						6:00	-6:45		4:00	-4:45									
	60 Minut Classes	Swim Kids 8/9/10	6:00-7:00			)-7:00														4:00	4:00-5:00						5:30-6:30								
Adult	te									For A	dult &	Senio	Lesso	ns plea	ise see	our Pr	ogran	ı & Eve	nt Gui	de or c	all 250	-412-8	3500 f	or det	ails.										