

# Aquatic Centre Fall Programs



**Registration begins Tues., August 31, 8 am at the Kenora Recreation Centre**

**Please Note:** Classes fill quickly – register early to avoid disappointment.

Phone-in registrations will be accepted. Phone 467-2087 then press 0 for Customer Service. Have your MasterCard or Visa ready.

Program	Program Description	Class Times & Levels	Dates	Fee
<b>Preschool Swim Classes</b> 3 - 5 yrs. (Unparented)	Preschoolers age 3 – 5 years actively learn and develop new swimming skills through games & songs. <i>Children must be 3 yrs. of age on the first day of lessons.</i>	5:00 – 5:30 pm: Sea Turtle, Salamander, Sunfish  5:35 – 6:05 pm: Sea Turtle, Swim Kids 1, 2	Tues. & Thurs. Sept. 14 – Oct. 14 (10 classes)	Preschool & Level 1 – 4 \$48.50  Level 5 - 10 \$69.45
<b>Red Cross Swim Kids</b> 6 – 12 yrs.	Swimmers age 6 – 12 years learn how to be safe around the water, & increase their swimming ability, fitness & endurance through fun activities. <i>Children must be 6 yrs. of age on the first day of lessons.</i>	6:10 – 6:40 pm: Crocodile/Whale, Swim Kids 3 & 4  6:45 – 7:30 pm: Swim Kids 5/6, 7/8, 9/10		
<b>Teen &amp; Adult Lessons</b> (Red Cross)	Experience all the health & fitness benefits of swimming! <b>Swim Basics</b> - Learn the fundamental skills of swimming strokes. <b>Swim Strokes</b> - Develop your swimming strokes, increase your endurance, distance & speed.	7:30 – 8:15 pm	Tues. & Thurs. Sept. 14 – Oct. 14 (10 classes)	\$69.45 + applicable taxes
<b>Teen Swim Sports</b> (13 – 17 years)	Jump in & get in the game! This program offers an introduction to a variety of aquatic sports. The focus is on having fun with friends/peers & trying new activities.  Sports include Diving, Swim Workout, Water Polo, Synchronized Swimming, Triathlon Swim, Underwater Hockey & Lifesaving Sport.	6 – 8 pm	Sunday Sept. 12 – October 24	\$75.00 + applicable taxes

**For more information phone 467-2087**