

# Additional Aquatics Programs

## ADAPTED AQUATICS

**\$77.55**

Adapted aquatics is for children and youth with a physical or developmental disability who need 1:1 support to feel comfortable in the water and to progress in their swimming skills. Participants will be taught by an experienced aquatics instructor. See the Swimming Lesson Schedule on page 26-29 for class days and times.

## PRIVATE LESSONS

**Private \$207.95 for 9 lessons; Semi Private \$140.95 child for 9 lessons**

One to one instruction to work on swimming challenges. Lessons are 30 minutes in length. For Semi Private lessons, children must be within one level of each other. It is the responsibility of the swimmer to find a second participant. One time private lessons are available. For information call 519.846.9691 ext 321

## Teen and Adult Lessons

Teen lessons are offered on Sunday evenings between 7:15-8:00pm. Adult lessons are offered on Sunday evenings between 7:15-8:00, Tuesday mornings from 8:15-9:00am and Thursday afternoons, Spring: 3:05-3:50 and Summer: 4:00-4:45pm.

### AQUA TEENS 1 / AQUA ADULTS 1

**Teens \$88.10 Adults \$104.50**

Develop comfort in the water through the attainment of basic flotation, movement and breathing skills.

### AQUA TEENS 2 / AQUA ADULTS 2

**Teens \$88.10 Adults \$104.50**

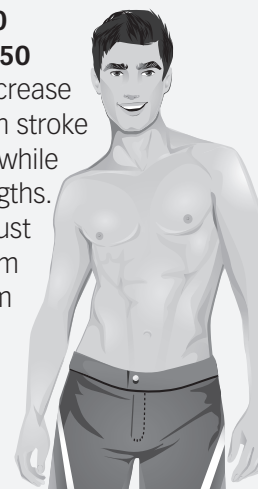
Develop one or more swimming strokes and enhance water safety knowledge and rescue techniques.

### AQUA TEENS 3 / AQUA ADULTS 3

**Teens \$88.10**

**Adults \$104.50**

Maintain or increase fitness through stroke improvement while swimming lengths. Candidates must be able to swim 2 strokes 100m each to start in this level.



**SWIM TO SURVIVE**  
LIFESAVING SOCIETY®

LIFESAVING SOCIETY®  
The Lifeguarding Experts

## All Children Should Learn to Swim ...

Thanks to our generous sponsors in 2019, all grade 3 students in Centre Wellington and area were able to participate in FREE swimming lessons to attempt to meet the following swim to survive standards:

**ROLL** into deep water  
**TREAD** water for one minute  
**SWIM** 50 metres

Arthur Fergus, Arthur Belwood, Fergus, Centre Wellington Alma, Rotary Drayton, Elliott Coach Lines