

# Register for Session D Programs!

Member: April 23 | Public: April 26



**Session D runs  
April 29 - June 22 (8 Weeks Total)**

\*No Class May 20

SWIM LESSONS									
LEVEL		Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>SKILLS SCREENING:</b> Sun Apr 14, 9:30-10:30 AM Unsure of what level to register for? Sign up for a FREE 10 minute skills screening session where a swim instructor will recommend the appropriate level for you.			* 1 group lesson per session included with membership * Parent Participation Day: last day of session						
<b>Tot Lessons</b> (6mos-5yrs + parent)		M: Inc P: \$57		10:30-11 AM 1:30-2 PM	10:30-11 AM	10-10:30 AM			
<b>Splashers / Bubblers</b> (6mos-3yrs + parent)		M: Inc P: \$57	5-5:30 PM	6-6:30 PM	5-5:30 PM	6-6:30 PM		9-9:30 AM 9:30-10 AM	
<b>L'il Dippers</b> (3yrs +) Bobber, Floater, Glider, Diver, Surfer, Dipper		M: Inc P: \$70	5-5:30 PM 5:30-6 PM 6-6:30 PM	4-4:30 PM 5-5:30 PM 6-6:30 PM	5-5:30 PM 5:30-6 PM 6-6:30 PM	4-4:30 PM 5-5:30PM 6-6:30 PM		9-9:30 AM 9:30-10 AM 10-10:30 AM 11-11:30 AM	
<b>Gym &amp; Swim</b> (3-5yrs) Gym play + L'il Dippers swim lesson		M: Inc P: \$107	1-2:30 PM 4:15-5:30 PM	1-2:30 PM		4:15-5:30 PM		10:15-11:30 AM	
<b>Learn to Swim</b> (6yrs +) Otter, Seal, Dolphin, Swimmer		M: Inc P: \$74	5:30-6 PM 6:30-7 PM	4:30-5 PM 5:30-6 PM	5:30-6 PM 6:30-7 PM	4:30-5 PM 5:30-6 PM		10:30-11 AM 11-11:30 AM 11:30 AM-12 PM	
<b>Star Program</b> Levels 1 – 4		M: Inc P: \$82	6:10-6:55 PM	4:05-4:50 PM 5:10-5:55 PM	6:10-6:55 PM	4:05-4:50 PM 5:10-5:55 PM		10:10-10:55 AM	
<b>Star Leadership</b> Levels 5 - 6		M: Inc			5:30-6:30 PM			12-1 PM (levels 5, 6 & 7)	
<b>Star Leadership</b> Level 7		P: \$88			6:30-7:30 PM				
<b>Be'tween' Lessons</b> 11-15yrs		M: Inc P: \$74	7-7:30 PM						
<b>Adult Lessons: Shallow</b>		M: Inc			2-2:30 PM	6-6:30 PM	10-10:30 AM		
<b>Adult Lessons: Deep</b>		P: \$72			2:30-3 PM	6-6:30 PM	10:30-11 AM		
<b>Private Lessons</b> 6yrs+, adults welcome		M: \$85 P: \$131	10-10:30 AM 7:30-8 PM	6:30-7 PM	7-7:30 PM 7:30-8 PM			11:30 AM-12 PM	

HEALTH, FITNESS & RECREATION	
<p><b>Yoga: Youth (7-12 yrs)</b> Tuesdays 4-5 PM   Member: Included, Public: \$85 Yoga means union, a coming together of mind, body and spirit. This class teaches yoga postures and breathing techniques and brings the benefits yoga can provide to anyone: flexibility, strength, concentration and more. It's a great way to establish healthy habits aimed at relieving stress early on in a young person's life. No experience necessary.</p>	
<p><b>Jr. Duathlon (8-16 yrs)</b> Sundays 1-2 PM   Members Only (Included) This is a Duathlon based training program for youth and teens! It incorporates drills focusing on running and biking. No experience is necessary; just a willingness to have fun and push yourself!</p>	
<p><b>Kung Fu FUNDamentals</b> Tuesdays, 5:15-5:45 PM (5-6 yrs)   5:45 – 6:45 PM (7-12 yrs)   Members Only (Included) Hung gar Kung Fu is a practical, traditional form of martial arts that not only educates an effective and efficient style of self-defense, but also history, philosophy and ethics. Sesu Trevor Uitvlugt instructing.</p> <p>Registration already open for Strength Training: Teen and Rock Steady Boxing.</p>	

**Registration starts at 7 AM and can be done in person at our  
Health, Fitness and Aquatics facility or by phone: 519-376-0484 ext 0.**

[ymcaowensound.on.ca](http://ymcaowensound.on.ca)