

FALL 2023 - SWIMMING LESSONS

MEMBERSHIPS INCLUDE 1 GROUP LESSON FROM EITHER FALL SESSION A OR B

SESSION A; DATES: September 18th - November 5th

SESSION B; DATES: November 6th - December 23rd

LEVEL	Public Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Splashers/Bubblers	\$112	9:45-10:15	4:00-4:30	4:35-5:05 5:45-6:15	4:00-4:30 6:15-6:45	9:10-9:40 10:20-10:40	
Bobber	\$112	9:45-10:15 10:15-10:45	7:15-7:45 AM 4:35-5:05 5:45-6:15	4:00-4:30 4:35-5:05	7:15-7:45 AM 4:35-5:05 5:45-6:15	9:10-9:40 11:20-11:50	
Floater	\$112	9:45-10:15 10:15-10:45	7:15-7:45 AM 4:35-5:05 5:45-6:15	4:00-4:30 4:35-5:05 5:10-5:40	7:15-7:45 AM 4:35-5:05 5:45-6:15	9:10-9:40 11:20-11:50	
Glider	\$112	10:15-10:45	5:45-6:15	4:00-4:30 5:10-5:40	5:10-5:40	10:45-11:15 12:30-1:00	
Diver	\$112		4:00-4:30 5:45-6:15	4:00-4:30 5:10-5:40	4:35-5:05 5:10-5:40	10:45-11:15 12:30-1:00	
Surfer	\$112		4:00-4:30	4:00-4:30 5:10-5:40	4:35-5:05 5:10-5:40	10:45-11:15 12:30-1:00	
Jumper	\$112		4:00-4:30	5:10-5:40	4:35-5:05		
Otter	\$136		4:35-5:05 5:10-5:40	4:00-4:30 5:10-5:40	5:10-5:40 5:45-6:15	9:45-10:15 11:55-12:25	
Seal	\$136		4:35-5:05 5:10-5:40	4:00-4:30 5:10-5:40	5:10-5:40 5:45-6:15	9:45-10:15 11:55-12:25	
Dolphin	\$136		4:35-5:05 5:10-5:40	4:35-5:05 5:45-6:15	4:00-4:30 4:35-5:05	9:45-10:15 11:30-12:00	
Swimmer	\$136		4:35-5:05 5:10-5:40	4:35-5:05 5:45-6:15	4:00-4:30 4:35-5:05	9:45-10:15 11:30-12:00	
Star 1/ Star 2	\$152		4:00-4:30	6:15-6:45	4:00-4:30	10:20-10:40	
Star 3/ Star 4	\$152		5:10-5:40	5:45-6:15		10:45-11:15	
Star 5	\$152				5:10-5:40	10:45-11:15	
Adult - Beginner	\$152	2:15-2:45					
Adult - Advanced	\$152	2:15-2:45					
Private Lessons	\$30		6:15-6:45	6:15-6:45	6:15-6:45		11:30-12:00 11:45-12:15 12:15-12:45 12:45-1:15

AQUATIC SPECIALTY PROGRAMS

<p>Lifesaving Club of Owen Sound M: \$275 P: \$325</p> <p>Do you want to be part of a competitive team? Are you interested in learning lifesaving skills?</p> <p>Join this fun team to learn basic lifesaving skills, stroke correction, endurance, and team building.</p> <p>Tues & Thurs Sept 19-Dec 21 5:30-7:00</p>	<p>Bronze Star M: \$100 P: \$150</p> <p>Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim.</p> <p>Saturdays Sept 23-Nov 4 12:00-1:30 PM Saturdays Nov 11 – Dec 23 12:00-1:30 PM</p>	<p>Private Lessons \$30 per 30mins</p> <p>Work one-on-one with an Instructor to improve strokes or skills that need a little extra practice. All ages are welcome. Bring your most recent swimming progress report with you for your lesson. Please specify swimming or ability level at time of registration.</p> <p>Private Lesson Inquires; contact Marilyne Jones at marilyne.jones@osgb.ymca.ca</p>
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IF YOU DO NOT KNOW YOUR CHILD'S SWIM LEVEL , contact marilyne.jones@osgb.ymca.ca for swim evaluation prior to Aug 25th