



AQUATICS, HEALTH AND FITNESS

FALL 2021 AQUATICS PROGRAM GUIDE

Register online at vecova.ca



INCLUSION • INNOVATION • IMPACT

AQUATICS, HEALTH AND FITNESS

FALL 2021 AQUATICS PROGRAM GUIDE

Good health and wellbeing for Albertans of all abilities.

Vecova's Aquatics, Health and Fitness has been part of many Albertans wellness journeys. As a civic partner of the City of Calgary, Vecova has programming for everyone! Our barrier-free facility features:

- a fully-accessible warm 34.5° salt-water pool
- a full-size gymnasium
- three multi-purpose rooms
- three studios

Aquatics, Health and Fitness Programs



Inclusion in Action

Vecova's Aquatics, Health and Fitness provides an inclusive wellness environment for all Calgarians. When joining our community, you help Vecova meet the lifelong and changing needs of persons of all abilities.

As one of Vecova's social enterprises, Aquatics, Health and Fitness demonstrate that a business can operate profitably and ethically with a social purpose.

Contact Us

If you have any questions, call Aquatics, Health and Fitness at (403) 284-1121, where a Consumer Service Representative would be happy to assist you.

TABLE OF CONTENTS

DROP-IN PROGRAMS 3

Admission Rates	3
Admittance Rules	3
Public Swim	4
Public Swim Schedule	4
Family Swim	4
Family Swim Schedule	4
Drop-In Aquatic Fitness Classes	4

SWIMMING LESSONS 6

Red Cross Preschool Swim Program	6
Red Cross Swim Kids Program	12
Red Cross Adapted Swim Program	16
Red Cross Swim Basics Program	17
Private & Semi-Private Swim Lessons	17

AQUATIC FITNESS 18

Gentle Fitness	18
Mind and Body	19
Parent and Baby	19

Hours of Operation

- Monday-Friday: 7:45 a.m.-9:00 p.m.
- Saturday: 7:45 a.m.-6:00 p.m.
- Sunday: 7:45 a.m.-5:00 p.m.

**Please note: renters may have extended hours for their programs.*

Program Registration

- Registration for swimming lessons will begin on **August 19, 2021 at 8:00 a.m.**
- Registration for all other registered programs will begin on **August 24, 2021 at 8:00 a.m.**

Registration can be made in two ways:

- Online: vecova.ca
- Phone: (403) 284-1121



3304 33 Street NW Calgary, AB T2L 2A6
(403) 284-1121 | info@vecova.ca | vecova.ca



DROP-IN PROGRAMS

Drop into our warm salt-water pool or our variety of fitness programs and classes!

Admission Rates

Rates are subject to change. Vecova drop-in passes are **non-refundable** and **expire** one year from the date of purchase. Passes are only valid for the pass holder and are **non-transferable**.

	Single Pass	10X Pass
Tiny Tot (2-6 years)	\$2.25	\$19.25
Youth (7-17 years)	\$4.50	\$38.25
Adult (18-59 years)	\$9.50	\$80.33
Adult (60+ years)	\$4.75	\$40.16
Family	\$18.75	\$160.65
Fitness Drop-In (anyone)	\$10.50	\$89.25

Children under 2 years of age - no charge in the pool

Family - two adults and children from the same family

CITY OF CALGARY: FEE-ASSISTANCE PROGRAM

Since July 2001, Vecova has partnered with the City of Calgary to offer fee assistance to eligible candidates for admissions as well as program registrations. For more information and to apply for the program visit:

www.calgary.ca/fairentry

Admittance Rules

MEDICAL CONDITIONS

Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision in the facility.

SUPPORT WORKERS/AIDES

If a customer requires the assistance of a support worker/aide, they must provide active supervision while in the facility. Support is defined as requiring personal care and assistance with mobility aids such as lifts and wheelchairs. One support worker/aide admission is included while supporting a customer in the pool or program. Admission charges will apply for additional support workers/aides.

POOL ADMITTANCE FOR CHILDREN

- 10 years of age and over may be unaccompanied in the pool.
- 8-9 years of age must be accompanied by a caregiver (16 years or older) and be within arm's reach at all times while in the pool.
- 7 years of age and under must receive a wristband from customer service and wear it while in the pool.

SWIM DIAPERS AND RUBBER PANTS

As per Environmental Public Health regulations, all children 36 months and under are required to wear a swim diaper and waterproof pool pants to protect the water from accidental contaminations. We ask that all customers who require bladder and/or bowel protection to please use a swim diaper and rubber pants.

AGES FOR CHANGE ROOM USE

Vecova Centre does not have a family change room. Children 8 years of age or older are required to use the appropriate gender change room.

DROP-IN PROGRAMS

ASSISTED CHANGE ROOM

The Assisted Change Room is for the use of customers who require assistance from a support worker/aide of the opposite gender while using our pool facilities.

GROUPS USING THE POOL

Before entering the facility with your group, please check in with facility staff. Specific information for your group will be provided at that time. Arrangements for your group should be made with the facility staff prior to your arrival. The group caregiver/leader(s) are responsible for their group while in the facility and must effectively supervise the group at all times.

Public Swim

We welcome all ages and abilities to enjoy our pool. Toys are available at this time. Public swim will have one lane at all times with a second available depending on capacity.

PUBLIC SWIM DROP-IN SCHEDULE (STARTING SEPTEMBER 7, 2021)

- **Monday-Friday:** 12:30 p.m.-2:00 p.m.
- **Tuesday and Thursday:** 8:00 a.m.-9:00 a.m.
- **Thursday:** 7:00 p.m.-9:00 p.m.
- **Saturday:** 1:00 p.m.-3:00 p.m. and 4:00 p.m.-6:00 p.m.
- **Sunday:** 1:00 p.m.-4:00 p.m.

Family Swim

This is a family-focused swim time. Our warm water and shallow ramp are ideal for children and/or babies. Children can play with a variety of toys and use our tot slide.

Age requirements: Family Swim is reserved exclusively for children (17 years old and younger) accompanied by an adult.

Due to legal and liability concerns, Vecova does not permit third-party instructors, coaches or therapists access to the facility with their clients to run their own programs in our pool at any time.

FAMILY SWIM DROP-IN SCHEDULE (STARTING SEPTEMBER 7, 2021)

- **Monday-Friday:** 11:00 a.m.-12:30 p.m.

Rehabilitation Swim

Come enjoy the water as you work on exercises from your Physio Therapist or Occupational Therapist.

REHABILITATION SWIM DROP-IN SCHEDULE (STARTING SEPTEMBER 7, 2021)

- **Monday and Friday:** 3:00 p.m.-4:00 p.m.

Drop-In Aquatic Fitness Classes

SHALLOW WATER AQUAFIT: DROP-IN

This shallow water class will challenge the cardiovascular system and work multiple muscle groups using the natural resistance of the water. The instructor will guide participants through a variety of safe stretch, balance and strength exercises.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost
Shallow Water Aquafit	Sep 13, 2021	Oct 25, 2021	M	9:00 - 9:45 AM	Fall 1	6	Drop-In
Shallow Water Aquafit	Sep 8, 2021	Oct 27, 2021	W	9:00 - 9:45 AM	Fall 1	8	Drop-In
Shallow Water Aquafit	Sep 10, 2021	Oct 29, 2021	F	9:00 - 9:45 AM	Fall 1	8	Drop-In
Shallow Water Aquafit	Nov 1, 2021	Dec 13, 2021	M	9:00 - 9:45 AM	Fall 2	7	Drop-In
Shallow Water Aquafit	Nov 3, 2021	Dec 15, 2021	W	9:00 - 9:45 AM	Fall 2	7	Drop-In
Shallow Water Aquafit	Nov 5, 2021	Dec 17, 2021	F	9:00 - 9:45 AM	Fall 2	7	Drop-In

DROP-IN PROGRAMS

DEEP WATER WORKOUT: DROP-IN

Combine our warm pool with this high energy work out! With the use of floatation devices, participants are suspended in the water so that there is no impact on joints. Components of this class will include endurance, muscular strengthening, core work and stretching. A variety of equipment will be used.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost
Deep Water Workout	Sep 13, 2021	Oct 25, 2021	M	8:00 - 8:45 AM	Fall 1	6	Drop-In
Deep Water Workout	Sep 7, 2021	Oct 26, 2021	Tu	3:00 - 3:45 PM	Fall 1	8	Drop-In
Deep Water Workout	Sep 8, 2021	Oct 27, 2021	W	8:00 - 8:45 AM	Fall 1	8	Drop-In
Deep Water Workout	Sep 9, 2021	Oct 28, 2021	Th	3:00 - 3:45 PM	Fall 1	8	Drop-In
Deep Water Workout	Sep 10, 2021	Oct 29, 2021	F	8:00 - 8:45 AM	Fall 1	8	Drop-In
Deep Water Workout	Sep 11, 2021	Oct 30, 2021	Sa	8:00 - 8:45 AM	Fall 1	8	Drop-In
Deep Water Workout	Nov 1, 2021	Dec 13, 2021	M	8:00 - 8:45 AM	Fall 2	7	Drop-In
Deep Water Workout	Nov 2, 2021	Dec 14, 2021	Tu	3:00 - 3:45 PM	Fall 2	7	Drop-In
Deep Water Workout	Nov 3, 2021	Dec 15, 2021	W	8:00 - 8:45 AM	Fall 2	7	Drop-In
Deep Water Workout	Nov 4, 2021	Dec 16, 2021	Th	3:00 - 3:45 PM	Fall 2	6	Drop-In
Deep Water Workout	Nov 5, 2021	Dec 17, 2021	F	8:00 - 8:45 AM	Fall 2	7	Drop-In

SWIMMING LESSONS

Nothing builds confidence like learning how to swim! Swimming is an essential life skill that can provide a lifetime of fun in and around water. Build this skill with a Red Cross swim lesson. We offer lane and cohort swimming and group or private swim lessons for children, youth and adults. Pre-book a swimming reservation or register for a program today!

Red Cross Preschool Swim Program

Let's make a splash! Red Cross Swim Preschool is an eight-level stand-alone program for four-month to six-year-old children that allows swimmers to enter various levels based on age and ability. Each level is represented by an animal mascot that is incorporated into the content and makes the lesson engaging and fun, through songs and activities.

STARFISH (PARENTED)

This is an introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up independently. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.

Age Requirement: 4 to 12 Months

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Starfish	Sep 13, 2021	Oct 25, 2021	M	4:00 - 4:30 PM	Fall 1	6	\$56.75	22669
Starfish	Sep 13, 2021	Oct 25, 2021	M	5:45 - 6:15 PM	Fall 1	6	\$56.75	22670
Starfish	Sep 7, 2021	Sep 30, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22671
Starfish	Sep 8, 2021	Oct 27, 2021	W	4:35 - 5:05 PM	Fall 1	8	\$75.75	22672
Starfish	Sep 8, 2021	Oct 27, 2021	W	6:20 - 6:50 PM	Fall 1	8	\$75.75	22673
Starfish	Sep 10, 2021	Oct 29, 2021	F	4:00 - 4:30 PM	Fall 1	8	\$75.75	22674
Starfish	Sep 10, 2021	Oct 29, 2021	F	5:45 - 6:15 PM	Fall 1	8	\$75.75	22675
Starfish	Sep 11, 2021	Oct 30, 2021	Sa	10:10 - 10:40 AM	Fall 1	8	\$75.75	22676
Starfish	Sep 12, 2021	Oct 24, 2021	Su	9:35 - 10:05 AM	Fall 1	7	\$66.25	22677
Starfish	Sep 12, 2021	Oct 24, 2021	Su	11:20 - 11:50 AM	Fall 1	7	\$66.25	22678
Starfish	Oct 5, 2021	Oct 28, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22679
Starfish	Nov 1, 2021	Dec 13, 2021	M	4:00 - 4:30 PM	Fall 2	7	\$66.25	22680
Starfish	Nov 1, 2021	Dec 13, 2021	M	5:45 - 6:15 PM	Fall 2	7	\$66.25	22681
Starfish	Nov 2, 2021	Nov 25, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	7	\$66.25	22682
Starfish	Nov 3, 2021	Dec 15, 2021	W	4:35 - 5:05 PM	Fall 2	7	\$66.25	22683
Starfish	Nov 3, 2021	Dec 15, 2021	W	6:20 - 6:50 PM	Fall 2	7	\$66.25	22684
Starfish	Nov 5, 2021	Dec 17, 2021	F	4:00 - 4:30 PM	Fall 2	7	\$66.25	22685
Starfish	Nov 5, 2021	Dec 17, 2021	F	5:45 - 6:15 PM	Fall 2	7	\$66.25	22686
Starfish	Nov 6, 2021	Dec 18, 2021	Sa	10:10 - 10:40 AM	Fall 2	7	\$66.25	22687
Starfish	Oct 31, 2021	Dec 19, 2021	Su	9:35 - 10:05 AM	Fall 2	8	\$75.75	22688
Starfish	Oct 31, 2021	Dec 19, 2021	Su	11:20 - 11:50 AM	Fall 2	8	\$75.75	22689
Starfish	Nov 30, 2021	Dec 16, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	6	\$56.75	22690
Starfish	Sep 13, 2021	Oct 25, 2021	M	10:00 - 10:30 AM	Fall 1	6	\$56.75	23041
Starfish	Nov 1, 2021	Dec 13, 2021	M	10:00 - 10:30 AM	Fall 2	7	\$66.25	23042

SWIMMING LESSONS

DUCK (PARENTED)

This class is for toddlers or older babies with a parent or caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.

Age Requirement: 12 to 24 Months

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Duck	Sep 13, 2021	Oct 25, 2021	M	4:35 - 5:50 PM	Fall 1	6	\$56.75	22691
Duck	Sep 13, 2021	Oct 25, 2021	M	6:20 - 6:50 PM	Fall 1	6	\$56.75	22692
Duck	Sep 7, 2021	Sep 30, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22693
Duck	Sep 7, 2021	Sep 30, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	8	\$75.75	22694
Duck	Sep 8, 2021	Oct 27, 2021	W	5:10 - 5:40 PM	Fall 1	8	\$75.75	22695
Duck	Sep 10, 2021	Oct 29, 2021	F	4:35 - 5:05 PM	Fall 1	8	\$75.75	22696
Duck	Sep 10, 2021	Oct 29, 2021	F	6:20 - 6:50 PM	Fall 1	8	\$75.75	22697
Duck	Sep 11, 2021	Oct 30, 2021	Sa	9:00 - 9:30 AM	Fall 1	8	\$75.75	22698
Duck	Sep 11, 2021	Oct 30, 2021	Sa	10:45 - 11:15 AM	Fall 1	8	\$75.75	22699
Duck	Sep 12, 2021	Oct 24, 2021	Su	10:10 - 10:40 AM	Fall 1	7	\$66.25	22700
Duck	Oct 5, 2021	Oct 28, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22701
Duck	Oct 5, 2021	Oct 28, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	8	\$75.75	22702
Duck	Nov 1, 2021	Dec 13, 2021	M	4:35 - 5:05 PM	Fall 2	7	\$66.25	22703
Duck	Nov 1, 2021	Dec 13, 2021	M	6:20 - 6:50 PM	Fall 2	7	\$66.25	22704
Duck	Nov 2, 2021	Nov 25, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	7	\$66.25	22705
Duck	Nov 2, 2021	Nov 25, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	7	\$66.25	22706
Duck	Nov 3, 2021	Dec 15, 2021	W	5:10 - 5:40 PM	Fall 2	7	\$66.25	22707
Duck	Nov 5, 2021	Dec 17, 2021	F	4:35 - 5:05 PM	Fall 2	7	\$66.25	22708
Duck	Nov 5, 2021	Dec 17, 2021	F	6:20 - 6:50 PM	Fall 2	7	\$66.25	22709
Duck	Nov 6, 2021	Dec 18, 2021	Sa	9:00 - 9:30 AM	Fall 2	7	\$66.25	22710
Duck	Nov 6, 2021	Dec 18, 2021	Sa	10:45 - 11:15 AM	Fall 2	7	\$66.25	22711
Duck	Oct 31, 2021	Dec 19, 2021	Su	10:10 - 10:40 AM	Fall 2	8	\$75.75	22712
Duck	Nov 30, 2021	Dec 16, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	6	\$56.75	22715
Duck	Nov 30, 2021	Dec 16, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	6	\$56.75	22716
Duck	Sep 10, 2021	Oct 29, 2021	F	10:30 - 11:00 AM	Fall 1	8	\$75.75	23043
Duck	Nov 5, 2021	Dec 17, 2021	F	10:30 - 11:00 AM	Fall 2	7	\$66.25	23044

SEA TURTLE (PARENTED)

In this class, parents will assist their children in the water while developing skills in swimming, gliding and floating. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks with assistance.

Age Requirement: 24 to 36 Months

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Turtle	Sep 13, 2021	Oct 25, 2021	M	5:10 - 5:40 PM	Fall 1	6	\$56.75	22713
Sea Turtle	Sep 7, 2021	Sep 30, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22714
Sea Turtle	Sep 7, 2021	Sep 30, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22717
Sea Turtle	Sep 8, 2021	Oct 27, 2021	W	4:00 - 4:30 PM	Fall 1	8	\$75.75	22718

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Turtle	Sep 10, 2021	Oct 29, 2021	F	5:10 - 5:40 PM	Fall 1	8	\$75.75	22719
Sea Turtle	Sep 11, 2021	Oct 30, 2021	Sa	9:35 - 10:05 AM	Fall 1	8	\$75.75	22720
Sea Turtle	Sep 11, 2021	Oct 30, 2021	Sa	11:20 - 11:50 AM	Fall 1	8	\$75.75	22721
Sea Turtle	Sep 12, 2021	Oct 24, 2021	Su	9:00 - 9:30 AM	Fall 1	7	\$66.25	22722
Sea Turtle	Sep 12, 2021	Oct 24, 2021	Su	10:45 - 11:15 AM	Fall 1	7	\$66.25	22723
Sea Turtle	Oct 5, 2021	Oct 28, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22724
Sea Turtle	Oct 5, 2021	Oct 28, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22725
Sea Turtle	Nov 1, 2021	Dec 13, 2021	M	5:10 - 5:40 PM	Fall 2	7	\$66.25	22726
Sea Turtle	Nov 2, 2021	Nov 25, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	7	\$66.25	22727
Sea Turtle	Nov 2, 2021	Nov 25, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	7	\$66.25	22728
Sea Turtle	Nov 3, 2021	Dec 15, 2021	W	4:00 - 4:30 PM	Fall 2	7	\$66.25	22729
Sea Turtle	Sep 8, 2021	Oct 27, 2021	W	5:45 - 6:15 PM	Fall 1	8	\$75.75	22730
Sea Turtle	Nov 5, 2021	Dec 17, 2021	F	5:10 - 5:40 PM	Fall 2	7	\$66.25	22731
Sea Turtle	Nov 6, 2021	Dec 18, 2021	Sa	9:35 - 10:05 AM	Fall 2	7	\$66.25	22732
Sea Turtle	Nov 6, 2021	Dec 18, 2021	Sa	11:20 - 11:50 AM	Fall 2	7	\$66.25	22733
Sea Turtle	Oct 31, 2021	Dec 19, 2021	Su	9:00 - 9:30 AM	Fall 2	8	\$75.75	22734
Sea Turtle	Oct 31, 2021	Dec 19, 2021	Su	10:45 - 11:15 AM	Fall 2	8	\$75.75	22735
Sea Turtle	Nov 30, 2021	Dec 16, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	6	\$56.75	22736
Sea Turtle	Nov 30, 2021	Dec 16, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	6	\$56.75	22737
Sea Turtle	Sep 13, 2021	Oct 25, 2021	M	10:30 - 11:00 AM	Fall 1	6	\$56.75	23035
Sea Turtle	Nov 1, 2021	Dec 13, 2021	M	10:30 - 11:00 AM	Fall 2	7	\$66.25	23036
Sea Turtle	Sep 10, 2021	Oct 29, 2021	F	10:00 - 10:30 AM	Fall 1	8	\$75.75	23037
Sea Turtle	Nov 5, 2021	Dec 17, 2021	F	10:00 - 10:30 AM	Fall 2	7	\$66.25	23038
Sea Turtle	Nov 3, 2021	Dec 15, 2021	W	5:45 - 6:15 PM	Fall 2	7	\$66.25	23088

SEA OTTER / SALAMANDER (PARENTED COMBINED CLASS)

Sea Otter: For children who have not previously taken swimming lessons, Sea Otter is where they will enter the program. Using games and activities, swimmers learn to open their eyes under water, start developing floats, glides and swim 1 metre. Children will also learn age-appropriate water safety skills.

Age Requirement: 3 to 6 years old

Salamander: Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water.

Age Requirement: 3 to 6 years old

Level (Parented)	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	4:00 - 4:30 PM	Fall 1	6	\$56.75	22738
Sea Otter / Salamander	Sep 8, 2021	Oct 27, 2021	W	6:20 - 6:50 PM	Fall 1	8	\$75.75	22739
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	5:10 - 5:40 PM	Fall 1	8	\$75.75	22740
Sea Otter / Salamander	Sep 11, 2021	Oct 30, 2021	Sa	11:20 - 11:50 AM	Fall 1	8	\$75.75	22741
Sea Otter / Salamander	Sep 12, 2021	Oct 24, 2021	Su	10:10 - 10:40 AM	Fall 1	7	\$66.25	22742
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	4:00 - 4:30 PM	Fall 2	7	\$66.25	22743
Sea Otter / Salamander	Nov 3, 2021	Dec 15, 2021	W	6:20 - 6:50 PM	Fall 2	7	\$66.25	22744

SWIMMING LESSONS

Level (Parented)	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	5:10 - 5:40 PM	Fall 2	7	\$66.25	22745
Sea Otter / Salamander	Nov 6, 2021	Dec 18, 2021	Sa	11:20 - 11:50 AM	Fall 2	7	\$66.25	22746
Sea Otter / Salamander	Oct 31, 2021	Dec 19, 2021	Su	10:10 - 10:40 AM	Fall 2	8	\$75.75	22747

Red Cross Preschool Swim Program: Unparented Levels

SEA OTTER / SALAMANDER (COMBINED CLASS)

Sea Otter: For children who have not previously taken swimming lessons, Sea Otter is where they will enter the program. Using games and activities, swimmers learn to open their eyes under water, start developing floats, glides and swim 1 metre. Children will also learn age-appropriate water safety skills.

Age Requirement: 3 to 6 years old

Salamander: Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water.

Age Requirement: 3 to 6 years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	4:00 - 4:30 PM	Fall 1	6	\$56.75	22748
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	4:35 - 5:05 PM	Fall 1	6	\$56.75	22749
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	5:45 - 6:15 PM	Fall 1	6	\$56.75	22750
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	6:20 - 6:50 PM	Fall 1	6	\$56.75	22751
Sea Otter / Salamander	Sep 7, 2021	Sep 30, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22752
Sea Otter / Salamander	Sep 7, 2021	Sep 30, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22753
Sea Otter / Salamander	Sep 7, 2021	Sep 30, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22754
Sea Otter / Salamander	Sep 7, 2021	Sep 30, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22755
Sea Otter / Salamander	Sep 8, 2021	Oct 27, 2021	W	4:00 - 4:30 PM	Fall 1	8	\$75.75	22756
Sea Otter / Salamander	Sep 8, 2021	Oct 27, 2021	W	4:35 - 5:05 PM	Fall 1	8	\$75.75	22757
Sea Otter / Salamander	Sep 8, 2021	Oct 27, 2021	W	5:45 - 6:15 PM	Fall 1	8	\$75.75	22758
Sea Otter / Salamander	Sep 8, 2021	Oct 27, 2021	W	6:20 - 6:50 PM	Fall 1	8	\$75.75	22759
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	4:00 - 4:30 PM	Fall 1	8	\$75.75	22760
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	4:35 - 5:05 PM	Fall 1	8	\$75.75	22761
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	5:45 - 6:15 PM	Fall 1	8	\$75.75	22762
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	6:20 - 6:50 PM	Fall 1	8	\$75.75	22763
Sea Otter / Salamander	Sep 11, 2021	Oct 30, 2021	Sa	9:00 - 9:30 AM	Fall 1	8	\$75.75	22764
Sea Otter / Salamander	Sep 11, 2021	Oct 30, 2021	Sa	9:35 - 10:05 AM	Fall 1	8	\$75.75	22765
Sea Otter / Salamander	Sep 11, 2021	Oct 30, 2021	Sa	10:45 - 11:15 AM	Fall 1	8	\$75.75	22766
Sea Otter / Salamander	Sep 11, 2021	Oct 30, 2021	Sa	11:20 - 11:50 AM	Fall 1	8	\$75.75	22767
Sea Otter / Salamander	Sep 12, 2021	Oct 24, 2021	Su	9:00 - 9:30 AM	Fall 1	7	\$66.25	22768
Sea Otter / Salamander	Sep 12, 2021	Oct 24, 2021	Su	9:35 - 10:05 AM	Fall 1	7	\$66.25	22769
Sea Otter / Salamander	Sep 12, 2021	Oct 24, 2021	Su	10:45 - 11:15 AM	Fall 1	7	\$66.25	22770
Sea Otter / Salamander	Sep 12, 2021	Oct 24, 2021	Su	11:20 - 11:50 AM	Fall 1	7	\$66.25	22771
Sea Otter / Salamander	Oct 5, 2021	Oct 28, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22772
Sea Otter / Salamander	Oct 5, 2021	Oct 28, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22773
Sea Otter / Salamander	Oct 5, 2021	Oct 28, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22774

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sea Otter / Salamander	Oct 5, 2021	Oct 28, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22775
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	4:00 - 4:30 PM	Fall 2	7	\$66.25	22776
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	4:35 - 5:05 PM	Fall 2	7	\$66.25	22777
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	5:45 - 6:15 PM	Fall 2	7	\$66.25	22778
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	6:20 - 6:50 PM	Fall 2	7	\$66.25	22779
Sea Otter / Salamander	Nov 2, 2021	Nov 25, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	7	\$66.25	22780
Sea Otter / Salamander	Nov 2, 2021	Nov 25, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	7	\$66.25	22781
Sea Otter / Salamander	Nov 2, 2021	Nov 25, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	7	\$66.25	22782
Sea Otter / Salamander	Nov 2, 2021	Nov 25, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	7	\$66.25	22783
Sea Otter / Salamander	Nov 3, 2021	Dec 15, 2021	W	4:00 - 4:30 PM	Fall 2	7	\$66.25	22784
Sea Otter / Salamander	Nov 3, 2021	Dec 15, 2021	W	4:35 - 5:05 PM	Fall 2	7	\$66.25	22785
Sea Otter / Salamander	Nov 3, 2021	Dec 15, 2021	W	5:45 - 6:15 PM	Fall 2	7	\$66.25	22786
Sea Otter / Salamander	Nov 3, 2021	Dec 15, 2021	W	6:20 - 6:50 PM	Fall 2	7	\$66.25	22787
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	4:00 - 4:30 PM	Fall 2	7	\$66.25	22788
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	4:35 - 5:05 PM	Fall 2	7	\$66.25	22789
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	5:45 - 6:15 PM	Fall 2	7	\$66.25	22790
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	6:20 - 6:50 PM	Fall 2	7	\$66.25	22791
Sea Otter / Salamander	Nov 6, 2021	Dec 18, 2021	Sa	9:00 - 9:30 AM	Fall 2	7	\$66.25	22792
Sea Otter / Salamander	Nov 6, 2021	Dec 18, 2021	Sa	9:35 - 10:05 AM	Fall 2	7	\$66.25	22793
Sea Otter / Salamander	Nov 6, 2021	Dec 18, 2021	Sa	10:45 - 11:15 AM	Fall 2	7	\$66.25	22794
Sea Otter / Salamander	Nov 6, 2021	Dec 18, 2021	Sa	11:20 - 11:50 AM	Fall 2	7	\$66.25	22795
Sea Otter / Salamander	Oct 31, 2021	Dec 19, 2021	Su	9:00 - 9:30 AM	Fall 2	8	\$75.75	22796
Sea Otter / Salamander	Oct 31, 2021	Dec 19, 2021	Su	9:35 - 10:05 AM	Fall 2	8	\$75.75	22797
Sea Otter / Salamander	Oct 31, 2021	Dec 19, 2021	Su	10:45 - 11:15 AM	Fall 2	8	\$75.75	22798
Sea Otter / Salamander	Oct 31, 2021	Dec 19, 2021	Su	11:20 - 11:50 AM	Fall 2	8	\$75.75	22799
Sea Otter / Salamander	Nov 30, 2021	Dec 16, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	6	\$56.75	22800
Sea Otter / Salamander	Nov 30, 2021	Dec 16, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	6	\$56.75	22801
Sea Otter / Salamander	Nov 30, 2021	Dec 16, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	6	\$56.75	22802
Sea Otter / Salamander	Nov 30, 2021	Dec 16, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	6	\$56.75	22803
Sea Otter / Salamander	Sep 13, 2021	Oct 25, 2021	M	10:00 - 10:30 AM	Fall 1	6	\$56.75	23027
Sea Otter / Salamander	Nov 1, 2021	Dec 13, 2021	M	10:00 - 10:30 AM	Fall 2	7	\$66.25	23028
Sea Otter / Salamander	Sep 10, 2021	Oct 29, 2021	F	10:30 - 11:00 AM	Fall 1	8	\$75.75	23029
Sea Otter / Salamander	Nov 5, 2021	Dec 17, 2021	F	10:30 - 11:00 AM	Fall 2	7	\$66.25	23030

SUNFISH

Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kicks and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Floatation Device (PFD).

Age Requirement: 3 to 6 years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sunfish	Sep 13, 2021	Oct 25, 2021	M	5:10 - 5:40 PM	Fall 1	6	\$56.75	22804
Sunfish	Sep 13, 2021	Oct 25, 2021	M	6:20 - 6:50 PM	Fall 1	6	\$56.75	22805

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Sunfish	Sep 7, 2021	Sep 28, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	7	\$66.25	22806
Sunfish	Sep 7, 2021	Sep 28, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	7	\$66.25	22807
Sunfish	Sep 8, 2021	Oct 27, 2021	W	4:35 - 5:05 PM	Fall 1	8	\$75.75	22808
Sunfish	Sep 10, 2021	Oct 29, 2021	F	4:35 - 5:05 PM	Fall 1	8	\$75.75	22809
Sunfish	Sep 10, 2021	Oct 29, 2021	F	6:20 - 6:50 PM	Fall 1	8	\$75.75	22810
Sunfish	Sep 11, 2021	Oct 30, 2021	Sa	9:35 - 10:05 AM	Fall 1	8	\$75.75	22811
Sunfish	Sep 11, 2021	Oct 30, 2021	Sa	10:10 - 10:40 AM	Fall 1	8	\$75.75	22812
Sunfish	Sep 12, 2021	Oct 24, 2021	Su	9:35 - 10:05 AM	Fall 1	7	\$66.25	22813
Sunfish	Sep 12, 2021	Oct 24, 2021	Su	10:45 - 11:15 AM	Fall 1	7	\$66.25	22814
Sunfish	Oct 5, 2021	Oct 26, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	7	\$66.25	22815
Sunfish	Oct 5, 2021	Oct 26, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	7	\$66.25	22816
Sunfish	Nov 1, 2021	Dec 13, 2021	M	5:10 - 5:40 PM	Fall 2	7	\$66.25	22817
Sunfish	Nov 1, 2021	Dec 13, 2021	M	6:20 - 6:50 PM	Fall 2	7	\$66.25	22818
Sunfish	Nov 2, 2021	Nov 25, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	7	\$66.25	22819
Sunfish	Nov 2, 2021	Nov 25, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	7	\$66.25	22820
Sunfish	Nov 3, 2021	Dec 15, 2021	W	4:35 - 5:05 PM	Fall 2	7	\$66.25	22821
Sunfish	Nov 5, 2021	Dec 17, 2021	F	4:35 - 5:05 PM	Fall 2	7	\$66.25	22822
Sunfish	Nov 5, 2021	Dec 17, 2021	F	6:20 - 6:50 PM	Fall 2	7	\$66.25	22823
Sunfish	Nov 6, 2021	Dec 18, 2021	Sa	9:35 - 10:05 AM	Fall 2	7	\$66.25	22824
Sunfish	Nov 6, 2021	Dec 18, 2021	Sa	10:10 - 10:40 AM	Fall 2	7	\$66.25	22825
Sunfish	Oct 31, 2021	Dec 19, 2021	Su	9:35 - 10:05 AM	Fall 2	8	\$75.75	22826
Sunfish	Oct 31, 2021	Dec 19, 2021	Su	10:45 - 11:15 AM	Fall 2	8	\$75.75	22827
Sunfish	Nov 30, 2021	Dec 16, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	6	\$56.75	22828
Sunfish	Nov 30, 2021	Dec 16, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	6	\$56.75	22829
Sunfish	Sep 13, 2021	Oct 25, 2021	M	10:30 - 11:00 AM	Fall 1	6	\$56.75	23031
Sunfish	Nov 1, 2021	Dec 13, 2021	M	10:30 - 11:00 AM	Fall 2	7	\$66.25	23032

CROCODILE / WHALE (COMBINED CLASS)

Crocodile: Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, surface support for 10 seconds and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.

Age Requirement: 3 to 6 years old

Whale: Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres.

Age Requirement: 3 to 6 years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Crocodile / Whale	Sep 13, 2021	Oct 25, 2021	M	4:35 - 5:05 PM	Fall 1	6	\$56.75	22830
Crocodile / Whale	Sep 7, 2021	Sep 30, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	8	\$75.75	22831
Crocodile / Whale	Sep 8, 2021	Oct 27, 2021	W	5:10 - 5:40 PM	Fall 1	8	\$75.75	22832
Crocodile / Whale	Sep 10, 2021	Oct 29, 2021	F	5:10 - 5:40 PM	Fall 1	8	\$75.75	22833

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Crocodile / Whale	Sep 11, 2021	Oct 30, 2021	Sa	10:10 - 10:40 AM	Fall 1	8	\$75.75	22834
Crocodile / Whale	Sep 12, 2021	Oct 24, 2021	Su	10:10 - 10:40 AM	Fall 1	7	\$66.25	22835
Crocodile / Whale	Oct 5, 2021	Oct 28, 2021	Tu Th	5:45 - 6:15 PM	Fall 1	8	\$75.75	22836
Crocodile / Whale	Nov 1, 2021	Dec 13, 2021	M	4:35 - 5:05 PM	Fall 2	7	\$66.25	22837
Crocodile / Whale	Nov 2, 2021	Nov 25, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	7	\$66.25	22838
Crocodile / Whale	Nov 3, 2021	Dec 15, 2021	W	5:10 - 5:40 PM	Fall 2	7	\$66.25	22839
Crocodile / Whale	Nov 5, 2021	Dec 17, 2021	F	5:10 - 5:40 PM	Fall 2	7	\$66.25	22840
Crocodile / Whale	Nov 6, 2021	Dec 18, 2021	Sa	10:10 - 10:40 AM	Fall 2	7	\$66.25	22841
Crocodile / Whale	Oct 31, 2021	Dec 19, 2021	Su	10:10 - 10:40 AM	Fall 2	8	\$75.75	22842
Crocodile / Whale	Nov 30, 2021	Dec 16, 2021	Tu Th	5:45 - 6:15 PM	Fall 2	6	\$56.75	22843
Crocodile / Whale	Sep 10, 2021	Oct 29, 2021	F	10:00 - 10:30 AM	Fall 1	8	\$75.75	23039
Crocodile / Whale	Nov 5, 2021	Dec 17, 2021	F	10:00 - 10:30 AM	Fall 2	7	\$66.25	23040

Red Cross Swim Kids Program

Jump right in! Red Cross Swim Kids is a 10-level stand-alone program for six to sixteen-year-old children. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success. The program teaches swimming and survival strokes, as well as increasing the distance and speed that each swimmer can achieve, while focusing on making safe decisions in, on and around the water.

Due to the temperature of our water, we do not offer Level 9 and 10 at our facility.

SWIM KIDS LEVEL 1

Level 1 is an entry point for children who haven't taken lessons before or for children who haven't moved past Sunfish. Swimmers receive an orientation to the water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 metre front swim.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 1	Sep 13, 2021	Oct 25, 2021	M	5:10 - 5:40 PM	Fall 1	6	\$56.75	22844
Swim Kids Level 1	Sep 7, 2021	Sep 30, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22845
Swim Kids Level 1	Sep 7, 2021	Sep 30, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22846
Swim Kids Level 1	Sep 8, 2021	Oct 27, 2021	W	4:00 - 4:30 PM	Fall 1	8	\$75.75	22847
Swim Kids Level 1	Sep 8, 2021	Oct 27, 2021	W	5:10 - 5:40 PM	Fall 1	8	\$75.75	22848
Swim Kids Level 1	Sep 10, 2021	Oct 29, 2021	F	4:00 - 4:30 PM	Fall 1	8	\$75.75	22849
Swim Kids Level 1	Sep 11, 2021	Oct 30, 2021	Sa	9:00 - 9:30 AM	Fall 1	8	\$75.75	22850
Swim Kids Level 1	Sep 12, 2021	Oct 24, 2021	Su	9:00 - 9:30 AM	Fall 1	7	\$66.25	22851
Swim Kids Level 1	Oct 5, 2021	Oct 28, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22852
Swim Kids Level 1	Oct 5, 2021	Oct 28, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22853
Swim Kids Level 1	Nov 1, 2021	Dec 13, 2021	M	5:10 - 5:40 PM	Fall 2	7	\$66.25	22854
Swim Kids Level 1	Nov 2, 2021	Nov 23, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	6	\$56.75	22855
Swim Kids Level 1	Nov 2, 2021	Nov 23, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	6	\$56.75	22856
Swim Kids Level 1	Nov 3, 2021	Dec 15, 2021	W	4:00 - 4:30 PM	Fall 2	7	\$66.25	22857
Swim Kids Level 1	Nov 3, 2021	Dec 15, 2021	W	5:10 - 5:40 PM	Fall 2	7	\$66.25	22858

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 1	Nov 5, 2021	Dec 17, 2021	F	4:00 - 4:30 PM	Fall 2	7	\$66.25	22859
Swim Kids Level 1	Nov 6, 2021	Dec 18, 2021	Sa	9:00 - 9:30 AM	Fall 2	7	\$66.25	22860
Swim Kids Level 1	Oct 31, 2021	Dec 19, 2021	Su	9:00 - 9:30 AM	Fall 2	8	\$75.75	22861
Swim Kids Level 1	Nov 30, 2021	Dec 16, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	6	\$56.75	22862
Swim Kids Level 1	Nov 30, 2021	Dec 16, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	6	\$56.75	22863
Swim Kids Level 1	Sep 9, 2021	Oct 28, 2021	Th	2:00 - 2:30 PM	Fall 1	8	\$75.75	23045
Swim Kids Level 1	Sep 9, 2021	Oct 28, 2021	Th	2:30 - 3:00 PM	Fall 1	8	\$75.75	23046
Swim Kids Level 1	Nov 4, 2021	Dec 16, 2021	Th	2:00 - 2:30 PM	Fall 2	6	\$56.75	23047
Swim Kids Level 1	Nov 4, 2021	Dec 16, 2021	Th	2:30 - 3:00 PM	Fall 2	6	\$56.75	23048

SWIM KIDS LEVEL 2 / 3 (COMBINED CLASS)

Level 2: Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5 metres), learn about deep-water activities and the proper use of a Personal Floatation Device (PFD). Fitness activities include the 10 metre flutter kick and a 10 metre distance swim.

Age requirement: 6+ years old

Level 3: This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15 metre swim.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 2 / 3	Sep 13, 2021	Oct 25, 2021	M	4:35 - 5:05 PM	Fall 1	6	\$56.75	22865
Swim Kids Level 2 / 3	Sep 13, 2021	Oct 25, 2021	M	5:45 - 6:15 PM	Fall 1	6	\$56.75	22866
Swim Kids Level 2 / 3	Sep 7, 2021	Sep 30, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22867
Swim Kids Level 2 / 3	Sep 7, 2021	Sep 30, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22868
Swim Kids Level 2 / 3	Sep 8, 2021	Oct 27, 2021	W	4:35 - 5:05 PM	Fall 1	8	\$75.75	22869
Swim Kids Level 2 / 3	Sep 8, 2021	Oct 27, 2021	W	5:45 - 6:15 PM	Fall 1	8	\$75.75	22870
Swim Kids Level 2 / 3	Sep 10, 2021	Oct 29, 2021	F	4:35 - 5:05 PM	Fall 1	8	\$75.75	22871
Swim Kids Level 2 / 3	Sep 10, 2021	Oct 29, 2021	F	5:45 - 6:15 PM	Fall 1	8	\$75.75	22872
Swim Kids Level 2 / 3	Sep 11, 2021	Oct 30, 2021	Sa	9:35 - 10:05 AM	Fall 1	8	\$75.75	22873
Swim Kids Level 2 / 3	Sep 11, 2021	Oct 30, 2021	Sa	10:45 - 11:15 AM	Fall 1	8	\$75.75	22874
Swim Kids Level 2 / 3	Sep 12, 2021	Oct 24, 2021	Su	9:35 - 10:05 AM	Fall 1	7	\$66.25	22875
Swim Kids Level 2 / 3	Sep 12, 2021	Oct 24, 2021	Su	11:20 - 11:50 AM	Fall 1	7	\$66.25	22876
Swim Kids Level 2 / 3	Oct 5, 2021	Oct 28, 2021	Tu Th	4:00 - 4:30 PM	Fall 1	8	\$75.75	22877
Swim Kids Level 2 / 3	Oct 5, 2021	Oct 28, 2021	Tu Th	6:20 - 6:50 PM	Fall 1	8	\$75.75	22878
Swim Kids Level 2 / 3	Nov 1, 2021	Dec 13, 2021	M	4:35 - 5:05 PM	Fall 2	7	\$66.25	22879
Swim Kids Level 2 / 3	Nov 1, 2021	Dec 13, 2021	M	5:45 - 6:15 PM	Fall 2	7	\$66.25	22880
Swim Kids Level 2 / 3	Nov 2, 2021	Nov 25, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	7	\$66.25	22881
Swim Kids Level 2 / 3	Nov 2, 2021	Nov 25, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	7	\$66.25	22882
Swim Kids Level 2 / 3	Nov 3, 2021	Dec 15, 2021	W	4:35 - 5:05 PM	Fall 2	7	\$66.25	22883
Swim Kids Level 2 / 3	Nov 3, 2021	Dec 15, 2021	W	5:45 - 6:15 PM	Fall 2	7	\$66.25	22884
Swim Kids Level 2 / 3	Nov 5, 2021	Dec 17, 2021	F	4:35 - 5:05 PM	Fall 2	7	\$66.25	22885
Swim Kids Level 2 / 3	Nov 5, 2021	Dec 17, 2021	F	5:45 - 6:15 PM	Fall 2	7	\$66.25	22886
Swim Kids Level 2 / 3	Nov 6, 2021	Dec 18, 2021	Sa	9:35 - 10:05 AM	Fall 2	7	\$66.25	22887

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 2 / 3	Nov 6, 2021	Dec 18, 2021	Sa	10:45 - 11:15 AM	Fall 2	7	\$66.25	22888
Swim Kids Level 2 / 3	Oct 31, 2021	Dec 19, 2021	Su	9:35 - 10:05 AM	Fall 2	8	\$75.75	22889
Swim Kids Level 2 / 3	Oct 31, 2021	Dec 19, 2021	Su	11:20 - 11:50 AM	Fall 2	8	\$75.75	22890
Swim Kids Level 2 / 3	Nov 30, 2021	Dec 16, 2021	Tu Th	4:00 - 4:30 PM	Fall 2	6	\$56.75	22891
Swim Kids Level 2 / 3	Nov 30, 2021	Dec 16, 2021	Tu Th	6:20 - 6:50 PM	Fall 2	6	\$56.75	22892
Swim Kids Level 2 / 3	Sep 9, 2021	Oct 28, 2021	Th	2:30 - 3:00 PM	Fall 1	8	\$75.75	23051
Swim Kids Level 2 / 3	Nov 4, 2021	Dec 16, 2021	Th	2:30 - 3:00 PM	Fall 2	6	\$56.75	23052

SWIM KIDS LEVEL 4

This level introduces the front crawl (10 metre) and back swim with shoulder roll (15 metre). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 metre swim.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 4	Sep 13, 2021	Oct 25, 2021	M	4:00 - 4:30 PM	Fall 1	6	\$56.75	22893
Swim Kids Level 4	Sep 13, 2021	Oct 25, 2021	M	6:20 - 6:50 PM	Fall 1	6	\$56.75	22894
Swim Kids Level 4	Sep 7, 2021	Sep 30, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22895
Swim Kids Level 4	Sep 7, 2021	Sep 30, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22896
Swim Kids Level 4	Sep 8, 2021	Oct 27, 2021	W	4:00 - 4:30 PM	Fall 1	8	\$75.75	22897
Swim Kids Level 4	Sep 8, 2021	Oct 27, 2021	W	6:20 - 6:50 PM	Fall 1	8	\$75.75	22898
Swim Kids Level 4	Sep 10, 2021	Oct 29, 2021	F	4:00 - 4:30 PM	Fall 1	8	\$75.75	22899
Swim Kids Level 4	Sep 10, 2021	Oct 29, 2021	F	6:20 - 6:50 PM	Fall 1	8	\$75.75	22900
Swim Kids Level 4	Sep 11, 2021	Oct 30, 2021	Sa	9:00 - 9:30 AM	Fall 1	8	\$75.75	22901
Swim Kids Level 4	Sep 11, 2021	Oct 30, 2021	Sa	11:20 - 11:50 AM	Fall 1	8	\$75.75	22902
Swim Kids Level 4	Sep 12, 2021	Oct 24, 2021	Su	9:00 - 9:30 AM	Fall 1	7	\$66.25	22903
Swim Kids Level 4	Sep 12, 2021	Oct 24, 2021	Su	11:20 - 11:50 AM	Fall 1	7	\$66.25	22904
Swim Kids Level 4	Oct 5, 2021	Oct 28, 2021	Tu Th	4:35 - 5:05 PM	Fall 1	8	\$75.75	22905
Swim Kids Level 4	Oct 5, 2021	Oct 28, 2021	Tu Th	5:10 - 5:40 PM	Fall 1	8	\$75.75	22906
Swim Kids Level 4	Nov 1, 2021	Dec 13, 2021	M	4:00 - 4:30 PM	Fall 2	7	\$66.25	22907
Swim Kids Level 4	Nov 1, 2021	Dec 13, 2021	M	6:20 - 6:50 PM	Fall 2	7	\$66.25	22908
Swim Kids Level 4	Nov 2, 2021	Nov 25, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	7	\$66.25	22909
Swim Kids Level 4	Nov 2, 2021	Nov 25, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	7	\$66.25	22910
Swim Kids Level 4	Nov 3, 2021	Dec 15, 2021	W	4:00 - 4:30 PM	Fall 2	7	\$66.25	22911
Swim Kids Level 4	Nov 3, 2021	Dec 15, 2021	W	6:20 - 6:50 PM	Fall 2	7	\$66.25	22912
Swim Kids Level 4	Nov 5, 2021	Dec 17, 2021	F	4:00 - 4:30 PM	Fall 2	7	\$66.25	22913
Swim Kids Level 4	Nov 5, 2021	Dec 17, 2021	F	6:20 - 6:50 PM	Fall 2	7	\$66.25	22914
Swim Kids Level 4	Nov 6, 2021	Dec 18, 2021	Sa	9:00 - 9:30 AM	Fall 2	7	\$66.25	22915
Swim Kids Level 4	Nov 6, 2021	Dec 18, 2021	Sa	11:20 - 11:50 AM	Fall 2	7	\$66.25	22916
Swim Kids Level 4	Oct 31, 2021	Dec 19, 2021	Su	9:00 - 9:30 AM	Fall 2	8	\$75.75	22917
Swim Kids Level 4	Oct 31, 2021	Dec 19, 2021	Su	11:20 - 11:50 AM	Fall 2	8	\$75.75	22918
Swim Kids Level 4	Nov 30, 2021	Dec 16, 2021	Tu Th	4:35 - 5:05 PM	Fall 2	6	\$56.75	22919

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 4	Nov 30, 2021	Dec 16, 2021	Tu Th	5:10 - 5:40 PM	Fall 2	6	\$56.75	22920
Swim Kids Level 4	Sep 9, 2021	Oct 28, 2021	Th	2:00 - 2:30 PM	Fall 1	8	\$75.75	23049
Swim Kids Level 4	Nov 4, 2021	Dec 16, 2021	Th	2:00 - 2:30 PM	Fall 2	6	\$56.75	23050

SWIM KIDS LEVEL 5

This level introduces the back crawl (15 metres), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15 metres. An introduction to safe boating skills is also included. Endurance is developed through a 50 metre swim.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 5	Sep 13, 2021	Oct 25, 2021	M	5:05 - 5:50 PM	Fall 1	6	\$69.50	22921
Swim Kids Level 5	Sep 7, 2021	Sep 30, 2021	Tu Th	4:00 - 4:45 PM	Fall 1	8	\$92.50	22922
Swim Kids Level 5	Sep 8, 2021	Oct 27, 2021	W	5:55 - 6:40 PM	Fall 1	8	\$92.50	22923
Swim Kids Level 5	Sep 10, 2021	Oct 29, 2021	F	5:05 - 5:50 PM	Fall 1	8	\$92.50	22924
Swim Kids Level 5	Sep 11, 2021	Oct 30, 2021	Sa	10:05 - 10:50 AM	Fall 1	8	\$92.50	22925
Swim Kids Level 5	Sep 12, 2021	Oct 24, 2021	Su	9:00 - 9:45 AM	Fall 1	7	\$81.00	22926
Swim Kids Level 5	Oct 5, 2021	Oct 28, 2021	Tu Th	4:00 - 4:45 PM	Fall 1	8	\$92.50	22927
Swim Kids Level 5	Nov 1, 2021	Dec 13, 2021	M	5:05 - 5:50 PM	Fall 2	7	\$81.00	22928
Swim Kids Level 5	Nov 2, 2021	Nov 25, 2021	Tu Th	4:00 - 4:45 PM	Fall 2	7	\$81.00	22929
Swim Kids Level 5	Nov 3, 2021	Dec 15, 2021	W	5:55 - 6:40 PM	Fall 2	7	\$81.00	22930
Swim Kids Level 5	Nov 5, 2021	Dec 17, 2021	F	5:05 - 5:50 PM	Fall 2	7	\$81.00	22931
Swim Kids Level 5	Nov 6, 2021	Dec 18, 2021	Sa	10:05 - 10:50 AM	Fall 2	7	\$81.00	22932
Swim Kids Level 5	Oct 31, 2021	Dec 19, 2021	Su	9:00 - 9:45 AM	Fall 2	8	\$92.50	22933
Swim Kids Level 5	Nov 30, 2021	Dec 16, 2021	Tu Th	4:00 - 4:45 PM	Fall 2	6	\$69.50	22934

SWIM KIDS LEVEL 6

This level refines front crawl with a focus on hand entry and breathing (25 metres), back crawl with a focus on arm positions and body roll (25 metres), introduces elementary backstroke (15 metres), safety on ice and the rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75 metre swim.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 6	Sep 13, 2021	Oct 25, 2021	M	5:55 - 6:40 PM	Fall 1	6	\$69.50	22935
Swim Kids Level 6	Sep 7, 2021	Sep 30, 2021	Tu Th	4:50 - 5:35 PM	Fall 1	8	\$92.50	22936
Swim Kids Level 6	Sep 8, 2021	Oct 27, 2021	W	4:00 - 4:45 PM	Fall 1	8	\$92.50	22937
Swim Kids Level 6	Sep 10, 2021	Oct 29, 2021	F	5:55 - 6:40 PM	Fall 1	8	\$92.50	22938
Swim Kids Level 6	Sep 11, 2021	Oct 30, 2021	Sa	10:55 - 11:40 AM	Fall 1	8	\$92.50	22939
Swim Kids Level 6	Sep 12, 2021	Oct 24, 2021	Su	9:50 - 10:35 AM	Fall 1	7	\$81.00	22940
Swim Kids Level 6	Oct 5, 2021	Oct 28, 2021	Tu Th	4:50 - 5:35 PM	Fall 1	8	\$92.50	22941
Swim Kids Level 6	Nov 1, 2021	Dec 13, 2021	M	5:55 - 6:40 PM	Fall 2	7	\$81.00	22942
Swim Kids Level 6	Nov 2, 2021	Nov 25, 2021	Tu Th	4:50 - 5:35 PM	Fall 2	7	\$81.00	22943
Swim Kids Level 6	Nov 3, 2021	Dec 15, 2021	W	4:00 - 4:45 PM	Fall 2	7	\$81.00	22944

SWIMMING LESSONS

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 6	Nov 5, 2021	Dec 17, 2021	F	5:55 - 6:40 PM	Fall 2	7	\$81.00	22945
Swim Kids Level 6	Nov 6, 2021	Dec 18, 2021	Sa	10:55 - 11:40 AM	Fall 2	7	\$81.00	22946
Swim Kids Level 6	Oct 31, 2021	Dec 19, 2021	Su	9:50 - 10:35 AM	Fall 2	8	\$92.50	22947
Swim Kids Level 6	Nov 30, 2021	Dec 16, 2021	Tu Th	4:50 - 5:35 PM	Fall 2	6	\$69.50	23086

SWIM KIDS LEVEL 7 / 8 (COMBINED)

Level 7: This level builds skills and endurance for the front crawl (50 metres), back crawl (50 metres) and elementary back-stroke (25 metres) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150 metre swim.

Age requirement: 6+ years old

Level 8: This level is an introduction to breaststroke (15 metres) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, how to perform rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for three minutes. Endurance is developed through a 300 metre swim. Front and back crawl distances are increased to 75 metres each.

Age requirement: 6+ years old

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Kids Level 7 / 8	Sep 13, 2021	Oct 25, 2021	M	4:00 - 5:00 PM	Fall 1	6	\$82.00	22948
Swim Kids Level 7 / 8	Sep 7, 2021	Sep 30, 2021	Tu Th	5:40 - 6:40 PM	Fall 1	8	\$109.25	22949
Swim Kids Level 7 / 8	Sep 8, 2021	Oct 27, 2021	W	4:50 - 5:50 PM	Fall 1	8	\$109.25	22950
Swim Kids Level 7 / 8	Sep 10, 2021	Oct 29, 2021	F	4:00 - 5:00 PM	Fall 1	8	\$109.25	22951
Swim Kids Level 7 / 8	Sep 11, 2021	Oct 30, 2021	Sa	9:00 - 10:00 AM	Fall 1	8	\$109.25	22952
Swim Kids Level 7 / 8	Sep 12, 2021	Oct 24, 2021	Su	10:40 - 11:40 AM	Fall 1	7	\$95.50	22953
Swim Kids Level 7 / 8	Oct 5, 2021	Oct 28, 2021	Tu Th	5:40 - 6:40 PM	Fall 1	8	\$109.25	22954
Swim Kids Level 7 / 8	Nov 1, 2021	Dec 13, 2021	M	4:00 - 5:00 PM	Fall 2	7	\$95.50	22955
Swim Kids Level 7 / 8	Nov 2, 2021	Nov 25, 2021	Tu Th	5:40 - 6:40 PM	Fall 2	7	\$95.50	22956
Swim Kids Level 7 / 8	Nov 3, 2021	Dec 15, 2021	W	4:50 - 5:50 PM	Fall 2	7	\$95.50	22957
Swim Kids Level 7 / 8	Nov 5, 2021	Dec 17, 2021	F	4:00 - 5:00 PM	Fall 2	7	\$95.50	22958
Swim Kids Level 7 / 8	Nov 6, 2021	Dec 18, 2021	Sa	4:00 - 5:00 PM	Fall 2	7	\$95.50	22959
Swim Kids Level 7 / 8	Oct 31, 2021	Dec 19, 2021	Su	10:40 - 11:40 AM	Fall 2	8	\$109.25	22960
Swim Kids Level 7 / 8	Nov 30, 2021	Dec 16, 2021	Tu Th	5:40 - 6:40 PM	Fall 2	6	\$82.00	23087

Red Cross Adapted Swim Program

Swimming is an essential life skill for safety, fun and fitness! Children with disabilities are encouraged to register in the Red Cross Adapted Swim program. Children will learn and follow the Red Cross Preschool and Swim Kids levels with small group classes. The skills taught are broken down into smaller, more manageable progressions to create a positive learning environment and make the success of each swimmer more achievable.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Red Cross Swim Adapted	Sep 11, 2021	Oct 30, 2021	Sa	11:55 - 12:25 PM	Fall 1	8	\$120.00	22961
Red Cross Swim Adapted	Sep 11, 2021	Oct 30, 2021	Sa	12:30 - 1:00 PM	Fall 1	8	\$120.00	22962
Red Cross Swim Adapted	Sep 12, 2021	Oct 24, 2021	Su	11:55 - 12:25 PM	Fall 1	7	\$105.00	22963
Red Cross Swim Adapted	Sep 12, 2021	Oct 24, 2021	Su	12:30 - 1:00 PM	Fall 1	7	\$105.00	22964
Red Cross Swim Adapted	Nov 6, 2021	Dec 18, 2021	Sa	11:55 - 12:25 PM	Fall 2	7	\$105.00	22965
Red Cross Swim Adapted	Nov 6, 2021	Dec 18, 2021	Sa	12:30 - 1:00 PM	Fall 2	7	\$105.00	22966
Red Cross Swim Adapted	Oct 31, 2021	Dec 19, 2021	Su	11:55 - 12:25 PM	Fall 2	8	\$120.00	22967
Red Cross Swim Adapted	Oct 31, 2021	Dec 19, 2021	Su	12:30 - 1:00 PM	Fall 2	8	\$120.00	22968

SWIMMING LESSONS

Red Cross Swim Basics (Teen/Adult Lessons)

Red Cross Swim Basics is a two-level learn-to-swim program for adults and teens. These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water.

RED CROSS SWIM BASICS 1

Red Cross Swim Basics 1 is for those with no previous swimming experience. We help increase swimmers' comfort level and confidence in the water through floats, glides, kicking and swimming. Participants will work with their water safety instructor to set goals to develop their swimming skills.

RED CROSS SWIM BASICS 2

Red Cross Swim Basics 2 is for those with some swimming experience who can perform a front swim for 10 metres comfortably. Participants will work with their water safety instructor to set goals to develop their swimming skills.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Swim Basics 1	Sep 13, 2021	Oct 25, 2021	M	7:00 - 8:00 PM	Fall 1	6	\$82.00	22983
Swim Basics 1	Nov 1, 2021	Dec 13, 2021	M	7:00 - 8:00 PM	Fall 2	7	\$95.50	22984
Swim Basics 2	Sep 13, 2021	Oct 25, 2021	M	7:00 - 8:00 PM	Fall 1	6	\$82.00	22985
Swim Basics 2	Nov 1, 2021	Dec 13, 2021	M	7:00 - 8:00 PM	Fall 2	7	\$95.50	22986

Private & Semi-Private Swim Lessons

Learn how to swim in a one-on-one environment or master a new swimming skill with our private lessons! Private lessons are available for swimmers of any age or ability.

Private Lesson: \$40.00 per 30-minute lesson

Semi-Private Lesson: \$70.00 per 30-minute lesson (covers both participants)

Level	Start Date	End Date	Day	Time	Term	Classes	Barcode
Private Lesson	Sep 13, 2021	Oct 25, 2021	M	5:10 PM	Fall 1	6	22969
Private Lesson	Sep 7, 2021	Oct 26, 2021	Tu	5:10 PM	Fall 1	8	22970
Private Lesson	Sep 8, 2021	Oct 27, 2021	W	5:10 PM	Fall 1	8	22971
Private Lesson	Sep 9, 2021	Oct 28, 2021	Th	5:10 PM	Fall 1	8	22972
Private Lesson	Sep 10, 2021	Oct 29, 2021	F	5:10 PM	Fall 1	8	22973
Private Lesson	Sep 11, 2021	Oct 30, 2021	Sa	10:10 AM	Fall 1	8	22974
Private Lesson	Sep 12, 2021	Oct 24, 2021	Su	10:10 AM	Fall 1	7	22975
Private Lesson	Nov 1, 2021	Dec 13, 2021	M	5:10 PM	Fall 2	7	22976
Private Lesson	Nov 2, 2021	Dec 14, 2021	Tu	5:10 PM	Fall 2	7	22977
Private Lesson	Nov 3, 2021	Dec 15, 2021	W	5:10 PM	Fall 2	7	22978
Private Lesson	Nov 4, 2021	Dec 16, 2021	Th	5:10 PM	Fall 2	6	22979
Private Lesson	Nov 5, 2021	Dec 17, 2021	F	5:10 PM	Fall 2	7	22980
Private Lesson	Nov 6, 2021	Dec 18, 2021	Sa	10:10 AM	Fall 2	7	22981
Private Lesson	Oct 31, 2021	Dec 19, 2021	Su	10:10 AM	Fall 2	8	22982

HEALTH AND FITNESS

Choose how you want to play! Our wide variety of drop-in and register-only classes offer something for everyone.

- If you're just starting to get active or returning to fitness after an injury, illness or new diagnosis, try Gentle Fitness.
- If you're looking to get toned or build your cardio, join our Get Energized classes.
- Bring your body and mind together at our Mind and Body classes.
- Strengthen the bond with your child while increasing your strength and endurance with our Parent and Baby classes.

There are no bounds as to how you want to work out and achieve your goals!

Gentle Fitness: Aquatics

Start your fitness journey here! Vecova's Gentle Fitness classes are perfect for those who are just starting to get active or returning to fitness after an injury, illness or new diagnosis. These classes will help promote your wellness while you have fun!

Gentle Fitness comes in two streams: **Aquatics** and **Land**. Please view our Dryland Fitness program guide for a list of Land Gentle Fitness programs. These programs are highly recommended for graduates of the Alberta Health Services (AHS) Healthy Living Programs.

AQUA MOBILITY LEVEL 1

This class promotes improved overall health for people recovering from surgery or injury or people who have limited mobility due to a degenerative disease process, like arthritis. Areas of concentration include increasing range of motion, joint mobility and improving core strength, limb strength, endurance and flexibility. Targeting these areas will improve balance and overall motor function.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Aqua Mobility Level 1	Sep 7, 2021	Oct 26, 2021	Tu	10:00 - 10:45 AM	Fall 1	8	\$96.00	22987
Aqua Mobility Level 1	Nov 2, 2021	Dec 14, 2021	Tu	10:00 - 10:45 AM	Fall 2	7	\$84.00	22988

AQUA MOBILITY LEVEL 2

This class is a continuation of Aqua Mobility Level 1. Participants will continue to build on their cardio, endurance, strength and balance. Participants should have completed 1-2 sessions in Level 1 before moving to Level 2. Aquatic resistance equipment may be used.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Aqua Mobility Level 2	Sep 9, 2021	Oct 28, 2021	Th	10:00 - 10:45 AM	Fall 1	8	\$96.00	22989
Aqua Mobility Level 2	Nov 4, 2021	Dec 16, 2021	Th	10:00 - 10:45 AM	Fall 2	6	\$72.00	22990

AQUA MOBILITY (ALL LEVELS)

This class welcomes all levels. The instructor will offer variations to the movements so each individual can choose the level that best suits their needs. As individuals improve throughout the session, they will notice a change in their strength, cardio and balance.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Aqua Mobility All Levels	Sep 8, 2021	Oct 27, 2021	W	10:00 - 10:45 AM	Fall 1	8	\$96.00	21688
Aqua Mobility All Levels	Nov 3, 2021	Dec 15, 2021	W	10:00 - 10:45 AM	Fall 2	7	\$84.00	22991

AQUATIC FITNESS

SHALLOW WATER AQUAFIT

This shallow water class will challenge the cardiovascular system and work multiple muscle groups using the natural resistance of the water. The instructor will guide participants through a variety of safe stretch, balance and strength exercises.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Shallow Water Aquafit	Sep 7, 2021	Oct 26, 2021	Tu	9:00 - 9:45 AM	Fall 1	8	\$80	23018
Shallow Water Aquafit	Sep 9, 2021	Oct 28, 2021	Th	9:00 - 9:45 AM	Fall 1	8	\$80	23020
Shallow Water Aquafit	Nov 2, 2021	Dec 14, 2021	Tu	9:00 - 9:45 AM	Fall 2	7	\$70	23023
Shallow Water Aquafit	Nov 4, 2021	Dec 16, 2021	Th	9:00 - 9:45 AM	Fall 2	6	\$60	23025

Mind and Body: Aquatics

Your mind and body deserve the best. Treat yourself to one of our Mind and Body classes and watch your social, physical and mental health improve.

Mind and Body comes in two streams: **Aquatics** and **Land**. Please view our Dryland Fitness program guide for a list of Land Mind and Body programs.

AQUA YOGA

Aqua Yoga is a full mind and body aquatic experience. This low-impact class focuses on performing yoga poses in warm water which can help develop strength, static balance and range of motion. The class also has a cardio component to work on endurance and muscle conditioning.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Aqua Yoga	Sep 8, 2021	Oct 27, 2021	W	8:00 - 8:45 PM	Fall 1	8	\$96.00	23000
Aqua Yoga	Sep 8, 2021	Oct 27, 2021	W	3:00 - 3:45 PM	Fall 1	8	\$96.00	22998
Aqua Yoga	Nov 3, 2021	Dec 15, 2021	W	8:00 - 8:45 PM	Fall 2	7	\$84.00	23001
Aqua Yoga	Nov 3, 2021	Dec 15, 2021	W	3:00 - 3:45 PM	Fall 2	7	\$84.00	22999

Parent and Baby: Aquatics

Getting fit and staying healthy is important for all parents. Vecova's Parent and Baby classes help parents strengthen the bond with their child while increasing your strength and endurance. The style of instruction allows parents to tend to their child at any point and then return to their workout.

Parent and Baby comes in two streams: **Aquatics** and **Land**. Please view our Dryland Fitness program guide for a list of Land Parent and Baby programs.

PARENT AND BABY AQUACIZE

Try one of Vecova's most popular fitness classes! Parents and babies alike will enjoy their time in our warm-water pool. Babies stay in floatation boats next to their parent. The 45-minute workout includes cardio and strength components.

Age requirement: Baby must be 4 to 18 months with good head support

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Parent and Baby Aquacize	Sep 13, 2021	Oct 25, 2021	M	2:00 - 2:45 PM	Fall 1	6	\$72.00	22992
Parent and Baby Aquacize	Sep 8, 2021	Oct 27, 2021	W	2:00 - 2:45 PM	Fall 1	8	\$96.00	22993
Parent and Baby Aquacize	Sep 10, 2021	Oct 29, 2021	F	2:00 - 2:45 PM	Fall 1	8	\$96.00	22994
Parent and Baby Aquacize	Nov 1, 2021	Dec 13, 2021	M	2:00 - 2:45 PM	Fall 2	7	\$84.00	22995
Parent and Baby Aquacize	Nov 3, 2021	Dec 15, 2021	W	2:00 - 2:45 PM	Fall 2	7	\$84.00	22996
Parent and Baby Aquacize	Nov 5, 2021	Dec 17, 2021	F	2:00 - 2:45 PM	Fall 2	7	\$84.00	22997

AQUATIC FITNESS

PARENT AND BABY AQUACIZE: PRESCHOOL WATER ADVENTURE (TODDLER OPTION)

Engage your other child while you get fit! While parents are in Parent and Baby Aquacize with their baby, a second child can participate in a water playtime of their own. Children will be led by an instructor to explore movement in the water. Parent must be registered in the Parent and Baby Aquacize for children to register in this class.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Parent and Baby Preschool Water Adventure	Sep 8, 2021	Oct 27, 2021	W	2:00 - 2:45 PM	Fall 1	8	\$64.00	23004
Parent and Baby Preschool Water Adventure	Nov 3, 2021	Dec 15, 2021	W	2:00 - 2:45 PM	Fall 2	7	\$56.00	23005

PRENATAL DEEP WATER WORKOUT (DWW)

This gentle deep water workout is designed for expectant mothers. The instructor will guide participants through safe movements to include light cardio, strength and stretching. Enjoy free time at the end of the class to simply relax in a prone position in the warm water. Requirements: A ParMed-X for Pregnancy must be signed by a doctor prior to participation.

Level	Start Date	End Date	Day	Time	Term	Classes	Cost	Barcode
Prenatal DWW	Sep 8, 2021	Oct 27, 2021	W	7:30 - 8:15 PM	Fall 1	8	\$96.00	23002
Prenatal DWW	Nov 3, 2021	Dec 15, 2021	W	7:30 - 8:15 PM	Fall 2	7	\$84.00	23003