

Adult Aquatics

Fall 2016

Registration: August 24th 2016**5:00pm in person****5:30pm over the phone @403.762.6450**

Adult Aquatics

Learn To Swim #8293	Wednesday September 21 st – November 9 th 7:15pm-7:45pm	<ul style="list-style-type: none"> • \$50.00+gst • 8 Lessons
Laps Skills and Drills #8295	Wednesday September 21 st – November 9 th 8:00pm-8:45pm	<ul style="list-style-type: none"> • \$70.00+gst • 8 Lessons
Adult Masters #8294	Wednesday September 21 th – November 9 rd 7:00am-8:00am	<ul style="list-style-type: none"> • \$95.00+gst • 8 Lessons

Course	Course Information	Pricing
<u>Learn To Swim</u>	Regardless of your current swimming ability, this course will provide the chance to improve your comfort, technique and fitness in the water. No previous experience is required and all ages are welcome.	<ul style="list-style-type: none"> • \$50.00+gst • 8 Lessons
<u>Laps Skills and Drills</u>	Swimmers are challenged to read swim sets while learning how to incorporate different levels of intensity, distance, as well as a combination of strokes to improve their technique and strength in the water. Being able to swim front crawl, back crawl and breast stroke comfortably and confidently is recommended.	<ul style="list-style-type: none"> • \$70.00+gst • 8 Lessons
<u>Adult Masters</u>	Start your day off with a splash in the pristine waters of the Sally Borden Pool. The focus is on stroke improvement, technique and increasing endurance. If you have knowledge of all four strokes and would like to swim in a fun, social environment that challenges your endurance and speed then the Adult Masters class is for you.	<ul style="list-style-type: none"> • \$95.00+gst • 8 Lessons