



**Adult Aquatics**  
 Winter 2017

**Registration: Tuesday December 13<sup>th</sup> 2016**  
**5:00pm in person or 5:30pm over the phone @403.762.6450**

**Adult Aquatics**

**(No Swim Lessons Wednesday February 22<sup>nd</sup> 2017)**

Learn To Swim #8373	Wednesday - 7:15pm-7:45pm January 11 <sup>th</sup> 2017 – March 8 <sup>th</sup> 2017	<ul style="list-style-type: none"> <li>• \$50.00+gst</li> <li>• 8 Lessons</li> </ul>
Laps Skills and Drills #8375	Wednesday - 8:00pm-8:30pm January 11 <sup>th</sup> 2017 – March 8 <sup>th</sup> 2017	<ul style="list-style-type: none"> <li>• \$50.00+gst</li> <li>• 8 Lessons</li> </ul>
Masters #8374	Wednesday - 7:00am-8:00am January 11 <sup>th</sup> 2017 – March 29 <sup>th</sup> 2017	<ul style="list-style-type: none"> <li>• \$110.00+gst</li> <li>• 11 Lessons</li> </ul>

<b>Adult Aquatics</b>	
<b><u>Learn To Swim</u></b>	<ul style="list-style-type: none"> <li>• Regardless of your current swimming ability, this course will provide the change to improve your confidence, technique and fitness in the water. No experience required.</li> </ul>
<b><u>Laps Skills and Drills</u></b>	<ul style="list-style-type: none"> <li>• 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 is recommended.</li> </ul>
<b><u>Masters</u></b>	<ul style="list-style-type: none"> <li>• 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 Front Crawl, Back Crawl and Breast Stroke and would like to swim in a fun, social environment that challenges your endurance and speed then the Adult Masters class is for you.</li> </ul>

**Please register at least one week prior to the start date.**  
 Classes with insufficient registration have to be cancelled.