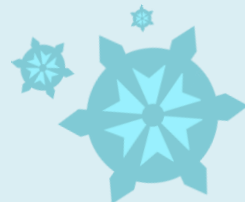




Winter Aquatic Programs



Private & Semi-Private Lessons

Whether you wish to progress through the Red Cross Swim levels or simply want to learn how to swim, we offer Private or Semi-Private Lessons tailored to your goals.

- **Private Lessons** are a one-on-one opportunity for participants of all ages and abilities to work toward their goals with a qualified Red Cross instructor.
- Small groups of participants of a similar swimming ability may register together for **semi-private lessons**.

Lesson times are available as follows

Weekdays

Monday-Friday: 4:00-8:00pm

Weekends

Sat: 10:00am - 2:00pm

Sun: 9:00am - 2:00pm

Session can be purchased in blocks of 5 or 10 lessons to secure your spot.

Group Lessons

Saturdays & Sundays

January 13 – March 25

Develop swimming techniques and, gain confidence in the water while having fun and progressing toward your goal! Low ratio group lessons have a maximum of 4 participants.

Lesson times are available as follows:

	Starfish	Duck	Sea Turtle	Sea Otter
Sat	10:30-11am	10:30-11am		11-11:30am
Sun			10:30-11am	10:30-11am
	Salamander	Sunfish	Crocodile	Whale
Sat	11:30-12pm	11:30-12pm		
Sun		11-11:30am	11:30am-12pm	

	Level 1	Level 2	Level 3	Level 4
Sat.	12:30-1pm	12:30-1pm	12-12:30pm	
Sun				
	Level 5	Level 6	Level 7	Level 8/9/10
Sat.				11:30-12:15pm
Sun	11-11:45am	11-11:45am	11-11:45am	

Power Swim

Saturdays 1:00pm-2:00pm

January 13 to March 24

Strong swimmers, aged 8 to 14 or Level 6+, will be motivated by this power swim program. A swimming workout, filled with drills and stroke correction, made fun by our certified leaders. Progress is encouraged by races and personal bests are celebrated!

Red Cross Babysitting Course

Saturdays February 3 & 10 10am-2pm

Get ready for your first job as a babysitter! This program provides helpful hints on accident prevention, child behavior, home safety, injury prevention, emergency procedures and creative children's activities.

Standard First Aid and CPR

Saturdays and Sundays

January 20 & 21 | March 24 & 25

Register with Andre Bourguignon
andre@ottawaathleticclub.com

Prices

	Member	Non-Member
Private 5x30-minute	\$125.00	\$145.00
Private 5x45-minute	\$175.00	\$210.00
Private 5x60-minute	\$230.00	\$270.00
Semi-Private 5x30-minute	\$80.00	\$100.00
Semi-Private 5x45-minute	\$115.00	\$155.00
Semi-Private 5x60-minute	\$155.00	\$205.00
Group 10x30-minute	\$130.00	\$150.00
Group 10x45-minute	\$145.00	\$175.00
Power Swim 10x60-minute	\$200.00	\$250.00
Red Cross Babysitting Course	\$65.00	\$85.00

Aquatics Director: Kayleigh Armstrong

613.523.4024 x234

kayleigh@ottawaathleticclub.com

www.ottawaathleticclub.com

OAC Aquatic Lesson Policies

Lesson Packages:

Private/Semi Private Lessons are booked and purchased in packages of 5 or 10. (Holidays will be excluded)

Group Lessons are purchased in packages of 10. (Holidays will be excluded)

Rescheduling Policy:

Private/semi-private: Lessons must be cancelled with a minimum of 24 hours' notice to be eligible for rescheduling. We only allow 1 lesson to be rescheduled for every package of 5 lessons purchased.

Rescheduled lessons must take place within the time frame of your purchased lessons.

*Please note that this may result in the lesson being rescheduled with another instructor.

Group: Group lessons cannot be rescheduled. If a lesson has been cancelled on our part we will issue a credit to your account for further lessons.

Rebooking lessons for a new session:

Students **will not** be automatically registered for the next session. In order to maintain or book lessons in your preferred spot, please contact the Aquatics Director when registration opens for each session. All time slots will be filled on a first come first serve basis. Registration dates for each session are established in advance and are displayed on the Aquatics flyer available at the Welcome Desk.

Instructor change:

If an instructor is unable to be present for their scheduled lesson they will find a replacement and the lesson will not be cancelled. The Aquatics Director will make every effort to inform the participant(s) that a new instructor will be filling in. This may not always be possible (an instructor calls in sick and there is no time to contact all participants, the contact information on file is not current, etc.) Our absentee policy requires all lifeguards to provide lesson plans for the replacement instructor to ensure that the participant can continue to work on what they would normally be doing with their regular instructor.

Payment:

All payments must be made before lessons begin.

Spring Sessions begin Tuesday April 3
Registration available as of Thursday March 1

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