



# Winter Aquatic Programs



Lesson will not run the weekend of  
February 16, 17, 18 and the week of March 11-17

## Private & Semi-Private Lessons

January 7 – March 31

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	Weekends
Monday-Friday: 4:00-8:00pm	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 12 – March 31

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
<b>Sat.</b>	10:30-11am	10:30-11am		11-11:30am
<b>Sun</b>			10:30-11am	10:30-11am
	Salamander	Sunfish	Crocodile	Whale
<b>Sat.</b>	11:30-12pm	11:30-12pm		
<b>Sun</b>			11:30am-12pm	

	Level 1/2	Level 3/4	
<b>Saturday</b>	12:30-1pm	12:00 – 12:30pm	
<b>Sunday</b>			
	Level 5/6	Level 7/8	Level 9/10
<b>Saturday</b>			
<b>Sunday</b>	11-11:45am	11:45-12:30pm	12:30-1:15pm

## Power Swim

Saturdays 1:00pm-2:00pm

January 12 to March 30

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 2 & 9 – 10:00am-2:00pm

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. Receive hands on experience in our Playcare room!

## Aqua Kids

Tuesdays – 4:30-5:30pm

January 15 – March 5 (8 weeks)

Jump in and join the fun! Make waves, move your body, become comfortable challenging your cardio and muscular endurance and have fun under the guidance of a CALA certified aquafitness instructor. This class is sure to be a splash! (Ages 6-13 yrs/ Maximum of 15 children per class)  
Playcare Members – Included with membership

	Member	Non-Member
Private 5x30-minute	\$135.00	\$155.00
Private 5x45-minute	\$185.00	\$220.00
Private 5x60-minute	\$240.00	\$280.00
Semi-Private 5x30-minute	\$90.00	\$110.00
Semi-Private 5x45-minute	\$125.00	\$165.00
Semi-Private 5x60-minute	\$165.00	\$215.00
Group 10x30-minute	\$150.00	\$170.00
Group 10x45-minute	\$165.00	\$195.00
Power Swim 10x60-minute	\$220.00	\$250.00
Red Cross Babysitting Course	\$70.00	\$90.00

Aquatics Director: Kayleigh Armstrong

613.523.4024 x234

[kayleigh@ottawaathleticclub.com](mailto:kayleigh@ottawaathleticclub.com)

[www.ottawaathleticclub.com](http://www.ottawaathleticclub.com)

# OAC AQUATIC LESSON POLICIES

## Payment:

All payments must be made at time of registration.

## Lesson Packages:

Private/Semi Private Lessons are booked and purchased in packages of 7 or 14. (Holidays will be excluded)

Group Lessons are purchased in packages of 13. (Thanksgiving weekend there will be no lessons)

## 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 subsequent 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.

## 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.

**Aquatics Director: Kayleigh Armstrong**

**613.523.4024x234**

**[kayleigh@ottawaathleticclub.com](mailto:kayleigh@ottawaathleticclub.com)**

**[www.ottawaathleticclub.com](http://www.ottawaathleticclub.com)**

