



FALL

Aquatic Programs



Private & Semi-Private Lessons

September 9 – December 15

No lessons Thanksgiving Weekend – October 12, 13, 14
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

Group Lessons

Saturdays & Sundays

September 14 – December 15 (13 wks)

No lessons Thanksgiving Weekend – October 12-13
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			11:30am-12pm	

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

Power Swim

Saturdays 1:00pm-2:00pm

September 14 – December 14 (13 wks)

No lessons Thanksgiving Weekend – October 12
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!

Aqua Kids

Tuesdays – 4:30-5:30pm

September 9 – December 15 (14 wks)

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 6-12 yrs/ Maximum of 15 children per class)

Playcare Members – Included with membership

	Member	Non-Member
Private 7 x 30-minute	\$189.00	\$217.00
Private 7 x 45-minute	\$259.00	\$308.00
Private 7 x 60-minute	\$336.00	\$392.00
Semi-Private 7 x 30-minute	\$126.00	\$154.00
Semi-Private 7 x 45-minute	\$175.00	\$231.00
Semi-Private 7 x 60-minute	\$231.00	\$301.00
Group 13 x 30-minute	\$195.00	\$221.00
Group 13 x 45-minute	\$214.50	\$253.50
Power Swim 13 x 60-minutes	\$286.00	\$325.00
Aqua Kids 14 weeks	\$112.00	\$140.00

Aquatics Director: Kayleigh Armstrong
613.523.4024 x 234

kayleigh@ottawaathleticclub.com

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.

Group Lessons are purchased in packages of 13.

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 7 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 block of lessons. 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.



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