

HOLLAND BLOORVIEW AQUATIC CENTRE

Adult Learn-to-Swim – Fall, 2010

Have you always wanted to learn to swim but just didn't know how to get started? Can't stand cold water? Want to keep up with your children (or grandchildren!) in the pool? Whether you're new to aquatics or just want some tips to make your swimming more efficient, our fabulous instructors can help you reach your personal swimming goals. Our warm water and low swimmer: instructor ratios make learning faster and more comfortable. Small group or private lessons based on demand. Register for the level that's most appropriate for you!

Adult Level One – develop comfort in the water through attainment of basic floatation, movement and breathing skills

Adult Level Two – develop one or more swimming strokes, working towards proficiency and increased endurance

Adult Level Three - intended for swimmers who working on swimming full lengths, continuing to improve proficiency in two or more strokes, and introduction of more complex skills (ie. eggbeater, flip turns, etc.)

When: Tuesdays, September 28th to December 7th (11 lessons)

Time: 8:15-9:00 p.m.

Cost: Group lessons (up to 5 per class (same level))
\$220.00 + HST

How to register: Call Louise Kublick, Aquatics Manager to register by phone at (416) 425-6220 ext. 3713 or by email to lkublick@hollandbloorview.ca. Registration will be based on demand and you will receive confirmation by September 10th.

Come out and get in the swim!