



OAK "I Can Swim" Program 2015-2016 Appleby College Pool (540 Lakeshore Road West)

SESSION 1:

Option A: Friday 5:00 pm: September 18 – December 4
(11 x 60 minutes lessons). NO class October 9

Option B: Friday 6:00 pm: September 18 – December 4
(11 x 60 minutes lessons). NO class October 9

Option C: Saturday: 9:30; 10:30 OR 11:30 am. Sept. 19 – Dec. 5
(11 x 60 minutes lessons). NO class October 10

SESSION 2:

Option A: Friday 5:00 pm: January 15 – March 4
(7 x 60 minutes lessons). NO class February 12

Option B: Friday 6:00 pm: January 15 – March 4
(7 x 60 minutes lessons). NO class February 12

Option C: Saturday: 9:30; 10:30 or 11:30 am
January 16 – March 5 (7 lessons) NO class Feb 13

SESSION 3:

Option A: Friday 5:00 pm: April 1 – May 27
(8 x 60 minutes lessons). NO classes May 20

Option B: Friday 6:00 pm: April 1 – May 27
(8 x 60 minutes lessons). NO classes May 20

Option C: Saturday: 9:30; 10:30 or 11:30 am
April 2 - May 28 (8 lessons). NO classes May 21

SESSION 4:

2 lessons per week (8 x 60 minutes lessons)
Wednesday June 8, 15, 22, 29 & Saturday June 4, 11, 18, 25

Option A: Wednesday 5:30 pm & Saturday 9:30 am

Option B: Wednesday 6:30 pm & Saturday 10:30 am

Option C: Wednesday 7:30 pm & Saturday 11:30 am

2015/2016 Season

To help streamline the registration process, families have the option to register for the full season (September 2015 – June 2016). This will help to ensure that you have the session and time that best suits your schedule.

Families will register online starting September 1st 2015 (date will be confirmed on the OAK website). Please follow the registration instructions on the OAK website to register and make payment (www.oakvilleaquatics.ca).

Please note that only sessions 8 weeks and over OR two consecutive sessions qualify for the "child fitness tax credit". You will need to determine precise qualifications at time of filing. Your payment invoice contains all the information required for the "child fitness tax credit". Please print it off for your records.

We regret that we are unable to accommodate "make up" class requests as we strictly adhere to maximum class sizes.



Oakville Aquatic Club: 905 842-0903



OAK offers the I Can Swim "stages" program which teaches children the fundamental skills of proper swimming technique using a progressive skill acquisition format in the major swimming components. These skills are the essential platform for pre competitive swimming and a general ease and comfort in the water.

ICS emphasizes individual swimming progression and stroke refinement, rather than using a traditional pass/fail approach. The skills acquired allow for an easy transition to all aquatic sports.

Emphasis is on the individual learner's needs, with a maximum of five students per instructor. Most groups will have both an instructor and an assistant. Certified instructors use continuous encouragement and positive feedback to teach freestyle, breaststroke, backstroke, butterfly, dives and turns.

The hour-long lesson means more time spent swimming and improvements in your child's skills, endurance, speed and fitness level. The program focuses the learning around promotion of self-esteem and confidence building.

Please note that participants MUST be 5 years old by the start date of the session. A swimmer can only be registered once for each session.

Please note that current registered competitive OAK swimmers (Acorns and up) are NOT ELIGIBLE to register for "I Can Swim" lessons from September through to the end of May (sessions 1 to 3.)

Please respect the privacy of others; children aged seven years and older must use the gender appropriate change rooms. Note: Appleby College does NOT have any family change rooms.

All stages are offered at each time option.

Oakville Aquatic Club
P.O. Box 86044
Oakville, ON. L6H 5V6
Tel: 905 842 0903



2015-2016 Lesson Fee Details

	Option A	Option B	Option C
Session 1:	\$297.00	\$297.00	\$297.00
Session 2:	\$189.00	\$189.00	\$189.00
Session 3:	\$216.00	\$216.00	\$216.00
Session 4:	\$216.00	\$216.00	\$216.00

Location of Lessons:

Appleby College Pool

540 Lakeshore Road West (4th Line & Lakeshore Road)

A map of the location of the pool can be found at:

<http://www.appleby.on.ca/uploaded/Assets/forms/Currentcolourmap.pdf>



Oakville Aquatic Club
1051 Glenashton Drive, Oakville
Telephone: 905 842-0903
email: office@oakvilleaquatics.ca

Refund requests are subject to a \$20 withdrawal fee.

No refunds after the start of each session.

If you have any questions, please call the OAK Office at 905 842 0903 or email office@oakvilleaquatics.ca

Photography by Callie Nicole Photography: <http://www.callienicolephotography.com>



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2015 - 2016 learn to swim programs

Oakville Aquatic Club is proud to offer the Nationally recognized I Can Swim program.

ICS is an innovative swim program, designed by Swimming/Natation Canada, for children ages 5 to 12.

www.oakvilleaquatics.ca