



## OAK Lesson Program 2016-2017

Appleby College Pool (540 Lakeshore Road West)

### Skills required to qualify for:

#### **Lesson A**

(born in 2009 or 2010):

1. Be independent
2. Bob with rhythmic breathing
3. Float on front and kick
4. Float on back and kick

#### **Lesson B**

(born in 2008):

1. Kick on front with board for 10 metres
2. Kick on back with board for 25 metres
3. Jump into deep water unassisted
4. Tread water for 30 seconds

#### **Lesson C**

(born in 2007):

1. Front crawl arm motion for 15 metres
2. Back crawl arm motion for 15 metres
3. Breast stroke / whip kick leg motion
4. Dive

#### **Lesson D**

(born in 2005 or 2006):

1. Swim 1 length front crawl
2. Swim 1 length back crawl
3. Kick with flutter board for 3 lengths
4. Fly leg motion / dolphin kick
5. Complete a somersault in the water

Included in the fee, each child will receive goggles and an OAK cap at the first lesson as quality goggles are critical to be able to swim properly

**PLEASE NOTE THE LESSON WITHDRAWAL POLICY HAS CHANGED.  
FULL DETAILS CAN BE FOUND ON THE OAK LESSON TAB ON THE WEBSITE**

## 2016/2017 Season

Families will register online starting September 2<sup>nd</sup> 2016 (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](http://www.oakvilleaquatics.ca)). Exact dates are posted on OAK website.

Each lesson participant is required to pay for and complete the Swim Canada registration that OAK will initiate for you. The registration fee covers each swimmer from September 1 2016 to August 31 2017 and covers membership with Swim Canada, Swim Ontario and OAK as well as entry into the final meet in May.

Please note that only the lessons in 2016 qualify for the "child fitness tax credit" as the credit is being phased out. You will need to determine precise qualifications at time of filing. Your payment receipt 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 and age limits.



Oakville Aquatic Club  
1051 Glenashton Drive, Oakville

Telephone: 905 842-0903 / email: [office@oakvilleaquatics.ca](mailto:office@oakvilleaquatics.ca)



OAK has recently restructured its entire program to better suit the needs of our athletes. We have new groups and group names to usher in the next Olympic quadrennial. These changes have been made in accordance with long term athlete development principles adopted by Canadian Sport for Life. OAK lessons are now geared for children from 6 to 11.

Our newly designed OAK lessons will include the basic skills lessons previously offered as well as incorporating additional techniques focused towards competitive swimming. Additionally, lessons will include "Fast-Fun" racing and exciting group activities. A competitive racing opportunity will be offered at the end of the season and is tentatively scheduled for Saturday May 27<sup>th</sup>, 2017.

Emphasis will be on the individual learner's needs. To enhance learning, OAK continues to offer our low swimmer to teacher ratio. We now have similar aged children in each hour long session. OAK uses innovative instruction methods to teach children the fundamental skills of swimming and the most valuable swimming components. These skills build the essential platform for competitive swimming and create the opportunity to further develop strength and endurance in the water.

**Note 1:** Swimmers MUST have the posted skill requirements for their age in order to qualify for OAK lesson registration.

**Note 2:** A try-out is not required for OAK lessons. Participants MUST be born in the years 2005 to 2010.

**Note 3:** Please be on deck ready to swim for the beginning of the lesson. It is disruptive to both the swimmers and teachers when swimmers arrive late.

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.

## 2016-2017 Lesson Fee Details

	Age	Year of Birth	Day/Time	Season Fee
<b>Lesson A:</b> (Sept 24 to May 20)	6 – 7 years	2009-2010	Saturday 9:30-10:30am	\$1000 + \$50 registration fee
<b>Lesson B:</b> (Sept 24 to May 20)	8 years	2008	Saturday 10:30-11:30am	\$1000 + \$50 registration fee
<b>Lesson C:</b> (Sept 24 to May 20)	9 years	2007	Saturday 11:30am -12:30pm	\$1000 + \$50 registration fee
<b>Lesson D:</b> (Sept 23 to May 19)	10-11 years	2005-2006	Friday 8:00-9:00pm	\$1000 + \$50 registration fee

**Location of Lessons:  
Appleby College Pool**

540 Lakeshore Road West (4<sup>th</sup> 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>



PLEASE NOTE THE LESSON WITHDRAWAL POLICY HAS CHANGED.  
FULL DETAILS CAN BE FOUND ON THE OAK LESSON TAB ON THE WEBSITE

Please direct questions to the OAK Office: 905 842 0903 or email [office@oakvilleaquatics.ca](mailto:office@oakvilleaquatics.ca)



Photo by Callie Nicole Photography

## 2016-2017 OAK lesson program

The Oakville Aquatic Club is proud to announce  
our newly designed swim lesson programs  
for children ages 6 to 11.

[www.oakvilleaquatics.ca](http://www.oakvilleaquatics.ca)