

# Teen Aquatics

## Swimmer Teen 1

For teens less comfortable in the water. Entries and exits into shallow and deep water, surface support, submersion and breath control, weight transfer, front and back floating, gliding, kicking, and basic swimming.

Bayview Hill Pool	12 - 16	\$72/ 9	Sat Oct 1	1:30 p.m. - 2:15 p.m.	330736
Bayview Hill Pool	12 - 16	\$72/ 9	Sun Oct 2	1:30 p.m. - 2:15 p.m.	330737
Centennial Pool	12 - 16	\$72/ 9	Sun Oct 2	6:45 p.m. - 7:30 p.m.	318414
Elgin West Pool	12 - 16	\$72/ 9	Fri Sep 30	6:45 p.m. - 7:30 p.m.	322262
Richvale Pool	12 - 16	\$72/ 9	Thu Sep 29	8 p.m. - 8:45 p.m.	326569
Wave Pool	12 - 16	\$72/ 9	Mon Sep 26	8:15 p.m. - 9 p.m.	323765
Bayview Hill Pool	12 - 16	\$64/ 8	Sat Jan 14	2:30 p.m. - 3:15 p.m.	330748
Bayview Hill Pool	12 - 16	\$64/ 8	Sun Jan 15	2:30 p.m. - 3:15 p.m.	330749
Centennial Pool	12 - 16	\$64/ 8	Sun Jan 15	6:45 p.m. - 7:30 p.m.	321115
Elgin West Pool	12 - 16	\$64/ 8	Fri Jan 13	4:15 p.m. - 5 p.m.	322263
Richvale Pool	12 - 16	\$64/ 8	Thu Jan 12	8 p.m. - 8:45 p.m.	330732
Wave Pool	12 - 16	\$64/ 8	Mon Jan 9	8:15 p.m. - 9 p.m.	330677

## Swimmer Teen 1 - Girls Only

This program is for teen girls only. Swimmer Teen 1 is for teens who feel uncomfortable in the water. This level focuses on safely entering and exiting the water along with surface support, submersion, breath control and weight transfer. Movement skills will concentrate on floating, gliding, kicking and basic swimming.

Richvale Pool	12 - 16	\$72/ 9	Tue Sep 27	8:10 p.m. - 8:55 p.m.	326582
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Richvale Pool	12 - 16	\$72/ 9	Tue Jan 10	8:10 p.m. - 8:55 p.m.	330738
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## Swimmer Teen 2

For teens more comfortable in the water. Dives and jumps into deep water, sculling, eggbeater, submersion and breath control, surface dives, front crawl, back crawl, breaststroke.

Bayview Hill Pool	12 - 16	\$72/ 9	Sat Oct 1	1:30 p.m. - 2:15 p.m.	330739
Bayview Hill Pool	12 - 16	\$72/ 9	Sun Oct 2	1:30 p.m. - 2:15 p.m.	330740
Centennial Pool	12 - 16	\$72/ 9	Sun Oct 2	6:45 p.m. - 7:30 p.m.	318415
Elgin West Pool	12 - 16	\$72/ 9	Sat Oct 1	11:30 a.m. - 12:15 p.m.	322264
Richvale Pool	12 - 16	\$72/ 9	Thu Sep 29	8 p.m. - 8:45 p.m.	326579
Wave Pool	12 - 16	\$72/ 9	Mon Sep 26	8:15 p.m. - 9 p.m.	323767
Wave Pool	12 - 16	\$72/ 9	Sat Oct 1	8:45 a.m. - 9:30 a.m.	323766

Bayview Hill Pool	12 - 16	\$64/ 8	Sat Jan 14	2:30 p.m. - 3:15 p.m.	330750
Bayview Hill Pool	12 - 16	\$64/ 8	Sun Jan 15	1:30 p.m. - 2:15 p.m.	33075
Centennial Pool	12 - 16	\$64/ 8	Sun Jan 15	6:45 p.m. - 7:30 p.m.	321116
Elgin West Pool	12 - 16	\$64/ 8	Sat Jan 14	11:30 a.m. - 12:15 p.m.	322265
Richvale Pool	12 - 16	\$64/ 8	Thu Jan 12	8 p.m. - 8:45 p.m.	330752
Wave Pool	12 - 16	\$64/ 8	Mon Jan 9	8:15 p.m. - 9 p.m.	330683
Wave Pool	12 - 16	\$64/ 8	Sat Jan 14	8:30 a.m. - 9:15 a.m.	330682



## Swimmer Teen 2 - Girls Only

This program is for teen girls only. Swimmer Teen 2 is for intermediate levels swimmer. This level will focus on dives, jumps, sculling and eggbeater, all skills in the deep area of the pool. Movement skills will concentrate on front crawl, back crawl and the introduction of breaststroke. **Prerequisite:** Completed Swimmer 2 or Completed Teen 1.

Richvale Pool	12 - 16	\$72/ 9	Tue Sep 27	8:10 p.m. - 8:55 p.m.	326581
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Richvale Pool	12 - 16	\$72/ 9	Tue Jan 10	8:10 p.m. - 8:55 p.m.	326580
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## Swimmer Teen 3

Swimmer Teen 3 is for advanced level swimmers. This level will focus on developing previously introduced water skills (eggbeater, surface dives, etc.). Movement skills will introduce power and strength with head-up approach and focus on endurance of front crawl, back crawl and breaststroke. Endurance swims of 300 meters is required to complete Swimmer Teen 301. **Prerequisite:** Completed Swimmer 4 or Swimmer Teen 2 and 12 years of age.

Elgin West Pool	12 - 16	\$72/ 9	Sun Oct 2	3:15 p.m. - 4 p.m.	322266
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Richvale Pool	12 - 16	\$72/ 9	Thu Sep 29	8 p.m. - 8:45 p.m.	326578
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Wave Pool	12 - 16	\$72/ 9	Mon Sep 26	8:15 p.m. - 9 p.m.	323768
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Wave Pool	12 - 16	\$72/ 9	Thu Sep 29	7 p.m. - 7:45 p.m.	323769
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Elgin West Pool	12 - 16	\$64/ 8	Sun Jan 15	3:15 p.m. - 4 p.m.	322267
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Richvale Pool	12 - 16	\$64/ 8	Thu Jan 12	8 p.m. - 8:45 p.m.	330754
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Wave Pool	12 - 16	\$64/ 8	Mon Jan 9	8:15 p.m. - 9 p.m.	330692
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Wave Pool	12 - 16	\$64/ 9	Thu Jan 12	7 p.m. - 7:45 p.m.	330693
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## Swimmer Teen 3 - Girls Only

This program is for teen girls only. Swimmer Teen 301 is for advanced level swimmer. This level will focus on developing previously introduced water skills (eggbeater, surface dives etc.). Movement skills will introduce power and strength with head-up approach strokes and focus on endurance of front crawl, back crawl and breaststroke. Endurance of 200 m and 300 is required to complete Swimmer Teen 3. **Prerequisite:** Completed Swimmer 4 or Completed Teen 2.

Richvale Pool	12 - 16	\$72/ 9	Tue Sep 27	8:10 p.m. - 8:55 p.m.	326571
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Richvale Pool	12 - 16	\$72/ 9	Tue Jan 10	8:10 p.m. - 8:55 p.m.	330755
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# Adult Aquatics

## Swimmer Adult 1

For adults less comfortable in the water. Entries and exits into shallow and deep water, surface support, submersion and breath control, weight transfer, front and back floating, gliding, kicking, swimming.

Bayview Hill Pool	16+	\$83.95/ 9	Wed Sep 28	9 p.m. - 9:45 p.m.	330733
Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	8:30 p.m. - 9:15 p.m.	318403
Centennial Pool	16+	\$83.95/ 9	Wed Sep 28	1 p.m. - 1:45 p.m.	326017
Centennial Pool	16+	\$83.95/ 9	Sat Oct 1	7 p.m. - 7:45 p.m.	318404
Elgin West Pool	16+	\$83.95/ 9	Tue Sep 27	8:30 p.m. - 9:15 p.m.	322268
Richvale Pool	16+	\$83.95/ 9	Tue Sep 27	9:30 a.m. - 10:15 a.m.	326556
Richvale Pool	16+	\$83.95/ 9	Thu Sep 29	8:15 p.m. - 9 p.m.	326558
Richvale Pool	16+	\$83.95/ 9	Thu Sep 29	10:15 a.m. - 11 a.m.	326557
Wave Pool	16+	\$83.95/ 9	Mon Sep 26	8:15 p.m. - 9 p.m.	323763

Bayview Hill Pool	16+	\$74.62/ 8	Mon Jan 9	8:30 p.m. - 9:15 p.m.	330194
Bayview Hill Pool	16+	\$74.62/ 8	Wed Jan 11	8:30 p.m. - 9:15 p.m.	330195
Centennial Pool	16+	\$74.62/ 8	Tue Jan 10	8:30 p.m. - 9:15 p.m.	321104
Centennial Pool	16+	\$74.62/ 8	Sat Jan 14	7 p.m. - 7:45 p.m.	321105
Elgin West Pool	16+	\$74.62/ 8	Tue Jan 10	8:30 p.m. - 9:15 p.m.	322269
Richvale Pool	16+	\$74.62/ 8	Thu Jan 12	8:15 p.m. - 9 p.m.	328067
Richvale Pool	16+	\$74.62/ 8	Tue Jan 10	9:30 a.m. - 10:15 a.m.	328065
Richvale Pool	16+	\$74.62/ 8	Thu Jan 12	10:15 a.m. - 11 a.m.	328066
Wave Pool	16+	\$74.62/ 8	Mon Jan 9	8:15 p.m. - 9 p.m.	330668

## Swimmer Adult 1 - Ladies Only

For ladies less comfortable in the water. Entries and exits into shallow and deep water, surface support, submersion and breath control, weight transfer, front and back floating, gliding, kicking, swimming.

Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	10:30 a.m. - 11:15 a.m.	318405
Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	1 p.m. - 1:45 p.m.	318406
Centennial Pool	16+	\$83.95/ 9	Thu Sep 29	10:30 a.m. - 11:15 a.m.	318407
Centennial Pool	16+	\$83.95/ 9	Thu Sep 29	1 p.m. - 1:45 p.m.	318408
Richvale Pool	16+	\$83.95/ 9	Tue Sep 27	8:10 p.m. - 8:55 p.m.	326563
Richvale Pool	16+	\$83.95/ 9	Wed Sep 28	9 a.m. - 9:45 a.m.	326562
Centennial Pool	16+	\$74.62/ 8	Tue Jan 10	10:30 a.m. - 11:15 a.m.	321106
Centennial Pool	16+	\$74.62/ 8	Thu Jan 12	10:30 a.m. - 11:15 a.m.	321107
Richvale Pool	16+	\$74.62/ 8	Tue Jan 10	8:10 p.m. - 8:55 p.m.	330697
Richvale Pool	16+	\$74.62/ 8	Wed Jan 11	9 a.m. - 9:45 a.m.	330696

## Masters Swimming Beginner

This beginner program provides adults with an opportunity to improve their physical fitness through regular coaching and stroke improvement. Masters swimming adds both fun and friendship to fitness. Your beginner masters swim program includes three workouts per week with a competitive coach (Tuesdays & Thursdays 8:30 - 9:30 p.m., Sundays 9 - 10 a.m.).

Centennial Pool	20+	\$204.30/ 40	Tue,Thu Sep 27, 29 Sun Oct 2	8:30 p.m. - 9:30 p.m. 9 a.m. - 10 a.m.	318341
Centennial Pool	20+	\$194.09/ 38	Tue,Thu Jan 3, 5 Sun Jan 8	8:30 p.m. - 9:30 p.m. 9 a.m. - 10 a.m.	321042

## Masters Swimming Intermediate/Advanced

This intermediate/advanced program provides adults with an opportunity to continue to improve their fitness and endurance. Your intermediate/advanced program includes three workouts per week with a competitive coach (Saturdays 9 - 10 am, Mondays & Wednesdays 8:30 - 9:30 pm).

\*Yearly option includes Fall 2011, Winter 2012 and Spring 2012 sessions.

*Centennial Pool	20+	\$582.27/ 114	Mon,Wed Sep 26, 28 Sat Oct 1	8:30 p.m. - 9:30 p.m. 9 a.m. - 10 a.m.	319340
Centennial Pool	20+	\$204.30/ 40	Mon,Wed Sep 26, 28 Sat Oct 1	8:30 p.m. - 9:30 p.m. 9 a.m. - 10 a.m.	319339
Centennial Pool	20+	\$188.98/ 37	Mon,Wed Jan 2, 4 Sat Jan 7	8:30 p.m. - 9:30 p.m. 9 a.m. - 10 a.m.	321043

## Men's Swim Lessons

Restricted to male participants only. Open to adult and youth (minimum age of 12) males interested in taking swimming lessons. Participants will be divided in groups based on swim ability and have the opportunity to work with a qualified male swim instructor. You can learn to swim, improve your strokes and increase your efficiency in the water.

Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	9:30 p.m. - 10:15 p.m.	318343
Centennial Pool	16+	\$74.62/ 8	Tue Jan 10	9:30 p.m. - 10:15 p.m.	321045

**Recreation is a proven  
therapeutic tool – it helps to  
restore physical, mental and  
social capacities and abilities.**

# Adult Aquatics

## Swimmer Adult 2

For adults more comfortable in the water. Dives and jumps into deep water, sculling, eggbeater, submersion and breath control, surface dives, front crawl, back crawl, breaststroke.

Bayview Hill Pool	16+	\$83.95/ 9	Wed Sep 28	9 p.m. - 9:45 p.m.	330734
Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	8:30 p.m. - 9:15 p.m.	318409
Centennial Pool	16+	\$83.95/ 9	Wed Sep 28	1 p.m. - 1:45 p.m.	326018
Elgin West Pool	16+	\$83.95/ 9	Tue Sep 27	8:30 p.m. - 9:15 p.m.	322269
Richvale Pool	16+	\$83.95/ 9	Tue Sep 27	10:15 a.m. - 11 a.m.	326564
Richvale Pool	16+	\$83.95/ 9	Thu Sep 29	8:15 p.m. - 9 p.m.	326566
Richvale Pool	16+	\$83.95/ 9	Thu Oct 6	9:30 a.m. - 10:15 a.m.	326565
Wave Pool	16+	\$83.95/ 9	Mon Sep 26	8:15 p.m. - 9 p.m.	323764
Bayview Hill Pool	16+	\$74.62/ 8	Mon Jan 9	8:30 p.m. - 9:15 p.m.	330196
Bayview Hill Pool	16+	\$74.62/ 8	Wed Jan 11	8:30 p.m. - 9:15 p.m.	330197
Centennial Pool	16+	\$74.62/ 8	Tue Jan 10	8:30 p.m. - 9:15 p.m.	321110
Elgin West Pool	16+	\$74.62/ 8	Tue Jan 10	8:30 p.m. - 9:15 p.m.	322271
Richvale Pool	16+	\$74.62/ 8	Tue Jan 10	10:15 a.m. - 11 a.m.	330717
Richvale Pool	16+	\$74.62/ 8	Thu Jan 12	8:15 p.m. - 9 p.m.	330719
Richvale Pool	16+	\$74.62/ 8	Thu Jan 12	9:30 a.m. - 10:15 a.m.	330718
Wave Pool	16+	\$74.62/ 8	Mon Jan 9	8:15 p.m. - 9 p.m.	330672

## Swimmer Adult 2 - Ladies Only

For ladies more comfortable in the water. Dives and jumps into deep water, sculling, eggbeater, submersion and breath control, surface dives, front crawl, back crawl, breaststroke.

Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	10:30 a.m. - 11:15 a.m.	318410
Centennial Pool	16+	\$83.95/ 9	Tue Sep 27	1 p.m. - 1:45 p.m.	318411
Centennial Pool	16+	\$83.95/ 9	Thu Sep 29	10:30 a.m. - 11:15 a.m.	318412
Centennial Pool	16+	\$83.95/ 9	Thu Sep 29	1 p.m. - 1:45 p.m.	318413
Richvale Pool	16+	\$83.95/ 9	Wed Sep 28	9:45 a.m. - 10:30 a.m.	326567
Richvale Pool	16+	\$83.95/ 9	Tue Oct 4	8:10 p.m. - 8:55 p.m.	326568
Centennial Pool	16+	\$74.62/ 8	Tue Jan 10	10:30 a.m. - 11:15 a.m.	321111
Centennial Pool	16+	\$74.62/ 8	Thu Jan 12	10:30 a.m. - 11:15 a.m.	321112
Richvale Pool	16+	\$74.62/ 8	Wed Jan 11	9:45 a.m. - 10:30 a.m.	330728
Richvale Pool	16+	\$74.62/ 8	Tue Jan 10	8:10 p.m. - 8:55 p.m.	330729

## Swimmer Adult 3

For adults very comfortable in the water. This course will develop swimming techniques for all swimmer. Prior knowledge of basic front crawl, back crawl and breaststroke is required.

Richvale Pool	16+	\$83.95/ 9	Thu Sep 29	8:15 p.m. - 9 p.m.	326572
Richvale Pool	16+	\$74.62/ 8	Thu Jan 12	8:15 p.m. - 9 p.m.	330731



Take the Masters Swim Program and refine your swimming skills.



**THE CHARACTER ATTRIBUTE FOR MARCH IS PERSEVERANCE.**  
**“I will not give up when things get tough. I will stick to my goals and work hard to achieve them, despite obstacles.”**

Richmond Hill is a Character Community that celebrates positive personal characteristics and behaviours, and encourages positive attributes throughout the community. For more information about Richmond Hill's involvement, visit [RichmondHill.ca/CharacterCommunity](http://RichmondHill.ca/CharacterCommunity).