Our Mission

It is the mission of the College of Kinesiology Recreation Services to act as an extension of the College of Kinesiology, through which the College's knowledge and expertise in the areas of health, fitness and active living can be extended to the greater Saskatoon Community.

We are committed to being leaders in physical activity, sport and recreation programming, providing only the highest quality service and instruction to all participants. This commitment to excellence is coupled with a desire to become increasingly accessible to all who desire to participate. We are dedicated to providing successful participation experiences, and ultimately aim to instill, in all participants, a lifelong desire for continued learning, exploration and participation, in physical activity.

Refund Policy: A non-refundable fee of $10 will be levied on all requests of programs $50 and under, and $20 for all programs over $50. Any refunds that are requested within seven days prior to the starting date of the program will be charged 50 percent of the program fee. No refunds will be issued on or after the starting date of any program except for medical reasons (doctor's note required). To receive a refund, the copy of receipt must be returned. All programs reserve the right to charge a $10 transfer fee. We are not responsible for lost or stolen parking permits.
Welcome to the Fall and Winter Activities Guide! The College of Kinesiology embraces and embodies a commitment to holistic health as depicted eloquently in the medicine wheel and reflected throughout the College’s research, teaching and community-focused activities. The University of Saskatchewan has recently adopted the Okanagan Charter, joining a select group of universities across Canada that are making real commitments to creating wellness strategies that encourage and support health and well-being – physical, mental, and emotional – for everyone who studies or works at U of S campuses. We have a unique opportunity to lead by example and generate, share and implement knowledge to enhance the health of citizens and communities, both now and in the future.

As part of our mission to encourage a healthier campus and community, we have developed a partnership with the Aboriginal Students’ Centre. Tours, customized orientation sessions, and participating in Welcome Week activities help ensure that all students feel comfortable in our facilities. This also gives us a chance to introduce the range of community programs and services that are offered in the pages that follow.

I also wanted to highlight a recent interdisciplinary research project that brought together several areas of the college and our campus. Participants from our P.A.A.L (Physical Activity for Active Living) program who have Autism Spectrum Disorder joined with their P.A.A.L. volunteers to participate in a research opportunity led by a Kinesiology faculty member, Dr. Saija Kontulainen. The project is a collaboration with several other researchers, including Dr. Colleen Dell (Sociology) and Dr. Darlene Chalmers (Faculty of Social Work – U of R) among others. ASD children are 12 times more prone to fractures and this project looked at a number of factors to determine the reasons for this disparity including nutrition, physical activity and bone structure. What made this project truly special, however, was the inclusion of therapy dogs to study how the therapy dogs can enhance the impact of physical activity. While this was a first for our college, it was a wonderful way to explore how research can help shape recommendations and programming that have a measurable impact in the daily lives of children and families in our community.

True health is about living in balance and ensuring our choices enhance physical, mental and emotional well-being. We are more successful in making changes when we feel supported by our friends, family and community. Our instructors, personal trainers and staff are here to answer questions and help guide your path while our programs will inspire you with exciting options to make physical activity a part of your daily life. I look forward to joining you as we all strive to get active and achieve that balance!

Sincerely,

Chad London, Ph.D.
Dean, College of Kinesiology
Health and Fitness

What is the Fit Centre?
The Fit Centre is a state of the art fitness facility that is a vital part of the University of Saskatchewan. The Fit Centre operates out of the College of Kinesiology Physical Activity Complex. It is our goal to provide an opportunity for participants to improve and maintain their health by creating a fun, friendly, and invigorating atmosphere for all users.

The Fit Centre caters largely to the Campus Community of students, faculty, and staff. Memberships are also available to U of S Alumni and the general public.

What makes the Fit Centre different?
We want you to feel great not only from your workout but from the experience you have while training here. Our equipment is very well maintained and our staff is professional. All of our student staff members bring unique qualities to our facility. Whether it’s helping you at the front desk, leading you through a fitness class, or a personal training session, we encourage you to lead a healthy and active lifestyle.

Our staff is comprised of students from all over campus with our Fit Desk staff coming from the College of Kinesiology. These students have a strong academic and practical background in anatomy, exercise physiology, human movement, nutrition, and exercise prescription. All of our Fit Desk staff have or are pursuing national accreditation in the fitness industry by obtaining certifications that are regulated by the Canadian Society for Exercise Physiology (CSEP), and are recognized as the highest level of accreditation for fitness appraisal and exercise prescription in Canada. These certifications are: CEP – Certified Exercise Physiologist; and CPT – Certified Personal Trainer.

Follow us on Twitter @UofSFitCentre

Hours of Operation

Campus Fit Centre
Monday to Friday: 6:30 am – 10:30 pm
Saturday & Sunday: 8:00 am – 9:00 pm

Climbing Wall*
Monday to Friday: 12:00 pm – 9:00 pm
Saturday & Sunday: 10:00 am – 8:00 pm

Youth and Family Climb:
Friday: 7:00 pm – 9:00 pm
Saturday & Sunday: 10:00 am – 1:00 pm
* Bouldering is permitted during wall hours only.

Education Activity Area
Monday to Friday: 7:00 am – 11:00 pm
Saturday & Sunday: 8:00 am – 11:00 pm

To Contact Education equipment room call 966-7698

Fit Centre hours are subject to change and the Fit Centre will be closed on statutory holidays.

Fit Centre Location
Address: 87 Campus Drive
Saskatoon, Saskatchewan S7N 5B2

The Fit Centre is located on the first floor of the Physical Activity Complex (PAC).
Membership Conditions and Policies

"The only people who never fail are those who never try."  
- Ilka Chase

Membership and use of the Fit Centre is a privilege which comes with responsibility.

All fitness facilities have "conditions" for membership. By becoming a user of the Fit Centre, you are agreeing to the conditions and policies of membership. The following policies apply to all Fit Centre members. Persistent, non-compliance of any policy may result in revoked membership privileges.

• All memberships are non-refundable and non-transferable

• You must be 18 years of age or a current U of S Student to be eligible for a membership

• Valid student, faculty/staff, or membership cards are required every time you use the facility. Cards are to be left at the Customer Service Desk for the duration of your workout.

– Why do I need to swipe my card? The card is used to track the number of users of the facility, and track who is in the building for security purposes. It also ensures that those using the facility have paid the appropriate membership fees.

• Student, faculty/staff, or membership cards are non-transferable. Unauthorized access of the Fit Centre will result in suspension of membership privileges.

• Proper attire is to be worn in the Fit Centre at all times. Supervisors on duty will monitor overcrowding, unacceptable behavior, and dangerous practices. Likewise they ensure flow on machines based on sign up.

Physical activity has inherent risks. For health and safety, all members will be asked to complete a Physical Activity Readiness Questionnaire (PAR-Q), on a yearly basis. The PAR-Q is used to identify the small percentage of people who should see their doctor before they start becoming more physically active.

Punch Pass/ Drop In Pass

• Entitles access to the Fit Centre, fitness classes, open gym time, swimming pools, racquet courts and track.

• Non-transferable and non-refundable.

• Photo ID necessary upon every visit.

• Does not include towel service or equipment rentals (ie. squash racquets).

PAR-Q

Physical activity has inherent risks. For health and safety, all members will be asked to complete a Physical Activity Readiness Questionnaire (PAR-Q), on a yearly basis. The PAR-Q is used to identify the small percentage of people who should see their doctor before they start becoming more physically active.

Membership Details:

Membership to the Physical Activity Complex (PAC) is open to University of Saskatchewan students, faculty, staff, alumni and the general public. Full-time and part-time students pay for the use of the facility through their annual student fees. ASPA members receive membership through their benefits package. The U of S Community which includes Faculty Association members, Staff (CUPE 1975, CUPE 3287) Alumni, and On Campus Non University (NRC, Ag Canada, RUH, Innovation Place) are all eligible to purchase a membership. Members of the general public may also purchase a membership.

All potential members who are faculty/staff, or alumni must present their U of S ID and/or alumni card when purchasing a membership or when utilizing the facility.

Membership Includes:

• Use of the Campus Fit Centre (13,500 sq. ft. of space)

• 80+ Pieces of cardio equipment

• Fit Studio

• Free weights

• Weight machines

• 30+ fitness classes a week from 6:30 am – 8:00 pm.

• 40 ft. indoor climbing wall

• 200m. Indoor walk/jog track

• 4 squash/racquetball courts

• PAC and Education pool for aqua-fitness, lane and family swim times

• Open gymnasium times (basketball, volleyball, badminton)

• Family change rooms

• Towel and locker service

• Equipment rentals (racquets, racquetball goggles)
**Membership Price**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>U of S Student and ASPA</td>
<td>No additional charge</td>
</tr>
<tr>
<td>PAC Membership</td>
<td>$50/Month + GST</td>
</tr>
<tr>
<td>$440/year + GST</td>
<td></td>
</tr>
<tr>
<td>Student (that are not assessed rec fees)*</td>
<td>$25/month + GST</td>
</tr>
<tr>
<td>Family Swim Pass (non members)</td>
<td>$12/day</td>
</tr>
<tr>
<td>Education Only</td>
<td>$25/month + GST</td>
</tr>
<tr>
<td>Wall Orientation</td>
<td>$5 (valid for 6 months)</td>
</tr>
<tr>
<td>Drop in Pass</td>
<td>$10/day + GST</td>
</tr>
<tr>
<td>10 Punch Pass</td>
<td>$80 + GST</td>
</tr>
</tbody>
</table>

New memberships should be bought in PAC Room 222 Monday to Friday 8:30 am – 4:30 pm. New memberships are sold at the Customer Service Desk, only when there is a supervisor on duty.

Membership renewals can be completed in PAC Room 222 or at the Customer Service Desk.

*Students (that are not assessed rec fees): Includes visiting students. A visiting student is considered a person who is registered in full or part-time studies at a recognized institution and working towards a certificate, diploma, or degree; or they have a student visa to be in the country. Students “visiting” the University of Saskatchewan in order to complete a portion of their studies must be “sponsored” by the hosting college or unit at the University of Saskatchewan. It is the responsibility of the unit or college to forward a list of the names to the Health and Fitness Coordinator or to provide the visiting student with a letter of confirmation to present to staff upon purchase. All visiting student memberships must be purchased through PAC Room 222 Monday to Friday 8:30 am – 4:30 pm.*

**Fitness Class Sign Up and Drop-In Procedure:**

1. Class size is dependent on the class, be sure to sign up early to guarantee a spot.
2. You may sign up online for any class 2 days in advance. Please note, you will not be permitted to sign up for anyone else.
3. A limited number of additional drop in spots become available 1 hour prior to the start of the class. Sign up at the Customer Service Desk.
4. During peak times, tokens will be handed out at the Customer Service Desk starting 1 hour prior to class.
5. Classes start on time. Please don’t enter the classes late as it disrupts the entire class.

**Health and Fitness Seminars**

Through the year we will be offering FREE information sessions on a variety of health and wellness topics. The sessions are open to ALL. Please watch for information around the PAC regarding upcoming sessions.

**Advanced climbing lessons**

September 13th and 27th @ 12:00 pm

These sessions are geared towards climbers who want to take their rock climbing skills to the next level. The session will cover skills for a range of climbing levels – from beginner to intermediate. Some of the skills covered will be: footwork, body placement, route reading, and climbing specific conditioning.

**Instructor:** Carley Reed

Carley Reed is a longstanding member of our rock wall staff, and an experienced climber with over 10 years of competitive experience. Carley has been a climbing coach at Grip It Climbing since 2012. Her coaching philosophy places an emphasis on efficiency and technique.

**Mobility and Warmup** – Oct 15th @ 11:00 am

Learn how to prepare your body properly before an intense workout. This seminar will teach you the tools to increase your mobility so you can maximize your range of motion and remain injury free.

**Instructor:** James Bayne

James holds a Bachelor of Science in Kinesiology with Great Distinction from the University of Saskatchewan and is a Certified Personal Trainer. He is currently pursuing a Bachelor of Science in Nutrition with plans to become a Registered Dietitian. James has been a long time employee of the Fit Centre and HPC. He has experience with a variety of clients, from general fitness enthusiasts to elite athletes. He believes that the development of strong fundamental movement patterns is the key to strength and conditioning for optimal performance and injury prevention.

**Fitness Classes**

Having trouble staying motivated? Can’t keep up the intensity in your workouts? Why not try a Fitness Class and have someone do it for you. Our Fitness Classes are specifically designed for you to achieve a maximum workout.

Something for everyone, the Fit Centre offers a wide variety of drop in fitness classes that will appeal to all levels and all skills. Check out our class descriptions, you’ll be sure to find something that suits your needs. An updated schedule can be found on our webpage or call our Customer Service Desk at 966-1052 for all fitness class details.

**Webpage and Online Booking:**

[http://recservices.usask.ca/fitclasses](http://recservices.usask.ca/fitclasses)
Recovery - Jan 13th @ 2:00 pm

Recovery is one of the least utilized and most important tools to reaching your fitness goals. We will be discussing the importance of proper recovery, as well as strategies on how to recover properly, both within your workouts, and in between training sessions. We will also discuss how to schedule your workouts and recovery periods to optimize your performance.

Instructor: Justin Andrushko
Justin is currently a Doctor of Philosophy (PhD) student and holds a Master of Science degree in Kinesiology from the University of Saskatchewan where he specialized in neuromuscular physiology and adaptations to exercise. Justin also has experience as a strength and conditioning coach, having worked with football players at the high school, university and professional levels. As an athlete Justin was a dual sport athlete competing in track along with over 15 years of football experience, having played at the university level.

Learn-to Fitness - (1 part series)
This course is a great way to LEARN what the Physical Activity Complex has to offer. Our staff will give a guided tour of the facility and teach you the fundamentals to accessing the facility and Fit Centre. You will learn how to use the cardio equipment, strength machines and get a crash course on free weights! Dress to work out!

Choose the day and time that works best for you!

<table>
<thead>
<tr>
<th>Term 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>September 14</td>
<td>3:00 pm - 4:00 pm</td>
</tr>
<tr>
<td>September 17</td>
<td>12:00 pm - 1:00 pm</td>
</tr>
<tr>
<td>September 18</td>
<td>7:00 pm - 8:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>January 11</td>
<td>3:00 pm - 4:00 pm</td>
</tr>
<tr>
<td>January 14</td>
<td>12:00 pm - 1:00 pm</td>
</tr>
<tr>
<td>January 15</td>
<td>7:00 pm - 8:00 pm</td>
</tr>
</tbody>
</table>

Location: Fit Centre (PAC)
Price: FREE
Limit: 8 per session

Student’s only Bootcamp - (10 Week Program)
Do you want to work with a personal trainer, but don’t want to pay big fees? In collaboration with HPC, Campus Recreation is offering a student only Bootcamp at the Education balcony. In these fitness sessions your personal trainer will put you through a mix of strength training circuits and cardio intervals that will show you how to push your limits to help you reach your goals.

<table>
<thead>
<tr>
<th>Term 1 - 10 week program - 2 days per week</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>September 19 - December 1, 2017</td>
<td>3:00 pm - 4:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 2 - 10 week program - 2 days per week</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>January 16 - March 31, 2018</td>
<td>7:30 am - 8:55 am</td>
</tr>
</tbody>
</table>

Time: Tuesdays 7:00 pm & Saturdays 1:00 pm
Location: Education Balcony
Price: $50
Limit: 12

Senior Aqua-Fit

<table>
<thead>
<tr>
<th>September 12 to December 22, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday and Thursday 10:15 am - 11:15 am</td>
</tr>
<tr>
<td>Friday 1:30 pm - 2:30 pm</td>
</tr>
<tr>
<td>$50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>January 9 to April 26, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday and Thursday 10:15 am - 11:15 am</td>
</tr>
<tr>
<td>$75</td>
</tr>
</tbody>
</table>

No Swims – February 20, 22 & 23, 2018
No Swims – April 3, 5 & 6, 2018

Location: Education Pool
Parking can be provided for Spring - Lot S

University of Saskatchewan Member Swim Schedule

Fall and Winter 2017
Effective September 15, 2017 to April 25, 2018

Lane Swims - designed for Faculty/Staff/Student Members ONLY - must be able to swim 25 metres comfortably.

Family Swims - designed for Faculty/Staff/Student Members and their families. Parent/Guardians MUST be in the water with the children.

Education Pool

<table>
<thead>
<tr>
<th>Monday to Friday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 am - 1:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday &amp; Wednesday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 pm - 1:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm - 3:55 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday/Wednesday/Friday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am - 8:55 am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday to Friday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 am - 1:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday &amp; Thursday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm - 5:55 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 4:25 pm</td>
</tr>
</tbody>
</table>

Physical Activity Complex

<table>
<thead>
<tr>
<th>Monday to Friday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 am - 1:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday &amp; Wednesday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm - 10:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday - Lane Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 pm - 1:25 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm - 3:55 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday - Family Swim Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 4:25 pm</td>
</tr>
</tbody>
</table>

Facility Closures

<table>
<thead>
<tr>
<th>Saturday November 11, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noon Swim Adjustments PAC Pool</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday to Friday - February 20 to 23, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-12:55 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday to Friday - April 2 to 6, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-12:55 pm</td>
</tr>
</tbody>
</table>

The schedule can be found online at:
www.recservices.usask.ca
Squash and Racquetball Courts

The PAC is equipped with 4 racquet courts. The courts are available in 45 minute time slots from 6:30 am to 9:30 pm Monday - Friday and 10:15 am to 8:00 pm Saturday and Sunday. Courts can be booked online at http://motion.usask.ca/courts/. We ask that people do not make double bookings and keep to 1 time slot. In fairness to all users, the second slot of a double booking will be cancelled by PAC Staff. If the practice of double booking persists, membership privileges may be revoked. If you are unable to make your booking, please cancel it online. Your fellow racquet court users appreciate your efforts in keeping with these guidelines. If a court is not claimed within 10 minutes after the starting time, the court may be claimed by one person to practice, or by two people to play.

For your personal health and safety, appropriate eye wear is highly recommended! Eye wear can be rented at the equipment desk for members.

Racquets can be rented at the equipment desk. If you break a racquet there is a $35.00 restocking fee. Broken strings are wear and tear, broken frames are not.

Climbing Wall

Yes, we have a climbing wall and yes it is the coolest thing on campus! “The Wall” is a 40 ft. high indoor climbing structure designed to look and feel like an actual rock face. Not only is climbing fun, it’s a great full body workout, so come in to boulder or learn to climb.

All climbers are required to complete a climbing wall orientation and pass a belay test. All climbing equipment is provided. Experienced climbing instructors are on-site and are there to help make sure you have a safe and enjoyable climb.

Familiarize yourself with our state of the art climbing wall. This orientation for beginners and advanced climbers alike will give you an introduction to the safety procedures of our wall.

Wall Orientation

To book an orientation call 966-1052 or come check out the wall and sign up in person.

For group wall bookings call 966-1055 during office hours Monday to Friday 8:30 am - 4:30 pm.

Climbing Wall Hours of Operation

<table>
<thead>
<tr>
<th></th>
<th>Monday – Friday</th>
<th>Saturday and Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12:00 pm - 9:30 pm</td>
<td>10:00 am - 8:00 pm</td>
</tr>
</tbody>
</table>

Youth and Family Drop in Times

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>7:00 pm - 9:00 pm</td>
</tr>
<tr>
<td>Saturday and Sunday</td>
<td>11:00 am - 1:00 pm</td>
</tr>
</tbody>
</table>

Family/Youth Intro to Climb

|                | 10:00 am - 1:00 pm |

Please note: Bouldering is permitted during wall hours only.

Kids/Family Climbing
Family (adult and child) Intro to Climb

Do you have a child between the ages of 5 and 13? Are they a potential “rock lizard”? And are you interested in climbing too? Head on down to the climbing wall and find out. You can learn to safely belay your child while your child gets comfortable on the wall. Feel free to stay and practice during the drop in time directly following the class. Please note that you will be required to pass a belay test in order to belay your child outside of the class time.

Youth Intro to Climb**

For climbers aged 14 – 17 years of age. Learn the basics of climbing including tying in, belaying, and safety procedures on the wall. Feel free to stay and practice during the drop in time directly following the class. Dependent on class numbers, you may be required to register in pairs.

Climbing Wall Fees

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Child/Youth fee</td>
<td>$5</td>
</tr>
<tr>
<td>Non-member adult drop-in fee</td>
<td>$10</td>
</tr>
<tr>
<td>Family Intro to Climb</td>
<td>$15</td>
</tr>
<tr>
<td>Wall Orientation additional</td>
<td>$5</td>
</tr>
<tr>
<td>PAC member</td>
<td>No extra charge</td>
</tr>
</tbody>
</table>

Register online for fitness classes!

http://recservices.usask.ca/fitclasses
Conditions of Underage Climbers

- All under age climbers will require a parent or legal guardian to complete an informed consent form prior to accessing the wall. No exceptions.

- All child climbers, 5 – 13yrs of age, will require direct supervision on the wall by a parent or legal guardian. The adult to child ratio not to exceed 1 parent per 2 children. Supervising adult must be a member of the Fit Centre or pay the daily drop-in fee ($10)

- All youth climbers, 14 – 17yrs of age will require direct supervision on the wall by a responsible adult (i.e. an 18 year old will not be permitted to supervise under age friends etc. The adult to youth ratio not to exceed 1 adult to every 4 youth. Supervising adult must be a member of the Fit Centre or pay the daily drop-in fee ($10)

- Lead climbing will not be permitted for any climber under the age of 18.

- Belaying will not be permitted for any climber under the age of 14; therefore all child climbers will require a parent or legal guardian to belay (see Family Intro to Climb).

- Underage climbers must stay within the vicinity of the wall and shall not have access to any other area within the Fit Centre.

- The Fit Centre is an adult facility; children or youth who are misbehaving will be asked to leave.

- Children should wear comfortable clothing and clean running shoes, no bare feet permitted.

- Must have completed Family/Youth Intro to Climb on either Saturday or Sunday from 10:00 am to 1:00 pm.

**WORDS OF WISDOM**

"Always make a total effort, even when the odds are against you."

- Arnold Palmer

---

**MEND: where families get fit and healthy for free**

MEND is a free, fun program for families with children 7-13 years of age who are above a healthy weight.

For further information:
Call 306-966-5094
Email: mend@usask.ca
Web: mendsk.co

**Programs are starting in October!**

Check out the MEND program for 2-4 year olds.
Call today for more information.
Personal Training

What is Personal Training?

Personal training is one of the best means to help you effectively achieve your goals. Whether you need assistance with motivation, sport specific conditioning, weight loss, or simply want to maintain or improve your overall health, our personal training program can help you do just that. Sessions are generally 1 hour in length, and you will receive One-on-One attention from one of our personal trainers.

Testimonials:

“It’s been an overwhelmingly positive experience training with Stephanie through the HPC — she’s a highly skilled and knowledgeable trainer who walks the talk and has superb interpersonal skills as well. I am stronger than ever thanks to my regular training sessions, and I’m no longer intimidated by a weight room.”

- Lisa, currently training with Stephanie Fusnik

“I discovered HPC a year ago. Since then my training hours with my personal trainer Jennifer have been among the highlights of the week.”

- Julita, currently training with Jennifer Jochim

Why Should You Invest in Personal Training?

Beginners: Get a handle on the basics—learn correct exercise technique and the proper combination of flexibility, resistance, and cardiovascular training for an effective workout.

Intermediate: At this stage, many people may find they have reached a plateau in their exercise routines. Our qualified trainers will demonstrate alternative, and/or new techniques that will allow you to “shake up” your current program and advance to the next level.

Advanced: If you are at the advanced stage of exercise, personal training is a great option for you to help achieve individual goals. Whether you are preparing for success at a sport-specific event, or you want to try a new activity requiring a higher level of fitness, our experienced trainers will help you plan and execute an effective training strategy.

What Should You Look For in a Personal Trainer?

- What are their qualifications?
- How long have they been in personal training?
- Do they have experience in training clients like yourself?
- Do they have certification and liability insurance?

How Do I Sign Up?

Visit our website at http://recservices.usask.ca/getfit/find-a-personal-trainer/index.php or simply drop by the Fit Centre and one of our certified staff will help you sign up for the appropriate package.

Personal Training

<table>
<thead>
<tr>
<th>Sessions per week</th>
<th>1 person</th>
<th>Small Group Training 2 - 4 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>$35</td>
<td>$25/person</td>
</tr>
<tr>
<td>2</td>
<td>$40</td>
<td>$30/person</td>
</tr>
<tr>
<td>1</td>
<td>$50</td>
<td>$35/person</td>
</tr>
</tbody>
</table>
Training Programs to Ensure You Succeed

JASON WEBER
PGD, BSPE, CEP, CSCS
Certified Strength and Conditioning Specialist (CSCS)
Certified Exercise Physiologist (CEP)

Jason is responsible for several programs which include coordinating all personal training at the University, strength and conditioning programs for the Huskie Athletic varsity teams, and all physiological fitness testing.

Jason has over 16 years experience and has coordinated, designed and implemented off season high performance training for athletes competing at all levels from grassroots, Provincial, National and Olympic team athletes as well as Stanley Cup Champions.

Fitness Assessment

Interested in starting a fitness program or just curious about your current fitness level? Regardless of your current level of fitness or your goal, we have an assessment for you. Our experienced training staff of CSEP – CPT’s and CEP’s will determine which is the appropriate evaluation to ensure you get the information you are looking for.

Through the use of our Exercise Physiology Lab we are able to assess aerobic fitness, muscular strength & endurance, flexibility, and body composition.

Aerobic Fitness
Max VO2 Test (run or cycle), Astrand Submaximal Test, CPAFLA Step Test

Muscular Strength and Endurance
Functional Movement Screen, Standard Load, 1 RM

Flexibility and Core Strength

Body Composition
Skinfold/Girth Method

Functional Movement Screen (FMS)
The FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries.

Our trainers will take the time to properly explain all of the procedures and findings of your assessment to help you work towards your fitness goals.

Police Service Testing

POPAT
HPC is the official testing facility for applicants to the Saskatoon Police Service.

PARE
HPC offers testing opportunities for the RCMP, Saskatoon Health Region and SERM.
POPAT/PARE Training Program

So you want to be a police officer? You have applied, been accepted and now all you have to do is run the POPAT test. The test is designed to simulate a chase, a fight and a carry to safety. You must complete the test in less than 4 minutes and 45 seconds. If not properly prepared the POPAT can be an extremely demanding test of strength, stamina and will. At HPC we train the body to accommodate the huge demands placed on it during this test. During training we break the course down bit by bit and work at each fundamental movement that is essential to producing, not just a good time, but a great time. 4:45 min is the minimum time allowance for a successful completion of the POPAT — Don’t be the minimum. Because “UNTIL YOU DO IT YOU HAVEN’T DONE IT”

Program Includes:

- Two 90 minute training sessions per week. Qualified instructors will lead applicants through specific training sessions. Individuals are encouraged to attend at least one supervised training session per week. Sessions are Monday and Wednesday (7:00 – 8:30 pm) at the Physical Activity Complex
- Periodic physical testing of skills specific to the POPAT/PARE
- Two practice trials on the official POPAT/PARE course

Contact: jason.weber@usask.ca
Cost: $210 (GST included) and includes HPC training t-shirt

Team Strength & Conditioning

At the Human Performance Center we feel that Sport Performance Training is so important we offer this course year round, for all sports at all times. There is no off-season, only an opportunity to improve – seize that opportunity! Training program designed for developing athletes of all sports and those motivated individuals looking to take their physical abilities to the next level. Training sessions will focus on exercises that will improve mobility, core stability, whole body efficiency and strength, all while preventing lifestyle or sport related injuries.

This program has been designed to help promote quickness, agility and strength. The conditioning which will be provided will act as a foundation for skill progression and development for the upcoming and future years. Come as team members, a group of friends or as an individual. Athletes will be placed in groups based on sport specific training, age and training ability. Let us challenge you and help you train at a level you never thought possible. Highly motivated and CSEP qualified trainers will regulate the training. Sessions are ongoing year round and individuals are able to start at any time. Sessions are 1hr and we offer flexible times, days and a “pay as you go” option to help accommodate those busy schedules.

Continue to check our website for further updates!
http://recservices.usask.ca
Aquatics

Aquatics Program
Coordinator: Kim Jones
Room 222 Physical Activity Complex
University of Saskatchewan
966-1003
kim.jones@usask.ca

Red Cross Swim Preschool
This program offers children ages 4 months to 6 years both parented and unparented swimming instruction. This eight-level program allows swimmers to enter various levels based on age and ability. Children enjoy the animal themes and mascots that have been added to enhance learning and fun. Starfish, Duck and Sea Turtle focus on water orientation and safety for parents and their children. Progression is based on participation and age. Sea Otter to Whale build swimming skills and age specific water safety; children progress independently to the next level only once all items have been successfully completed. The ratio for the unparented class is one to four.

Red Cross Swim Kids
This program eliminates the possibility of children who are 6 years old learning to swim with preschoolers. Swimmers learn swimming strokes and build their distance/speed as a component of fitness. Swimmers will also focus on making safe decisions in, on and around the water. The program consists of 10 levels that allow for ease of progressions and manageable skill acquisition from one level to the next. Progression is based on the foundation of continuous evaluation and completion of performance criteria in each level. If you are a NEW Participant and have not taken Red Cross Water Safety Lessons in the past, please follow these guidelines for registration on page 12.

GREEN IS THE COLOR – Bring your PACK to the PAC!
Looking to register the whole family at the similar times? Wanting to spend a minimal period of time while you wait for all your children to finish their lessons? Then this option is for you! Check out the GREEN colored sections in our brochure for times and dates.

Lessons are offered in 30 minute, 45 minute and 60 minute blocks dependent on level. When you register, identify what level your children are in and we will then coordinate all children to swim at similar time periods. Red Cross Swim Preschool Sea Otter to Whale, Red Cross Swim Kids Level 1 and 2 are 30 minutes, Swim Kids 3 to 6 are 45 minutes and Swim Kids 7 to 10 are 60 minutes.

Accommodation of lessons is dependent on availability and demand.

Drowning is the 2nd leading cause of preventable death for children under 10.
### What level is appropriate . . .

If you are a NEW Participant and have not taken Red Cross Water Safety Lessons in the past, please follow these guidelines for registration.

<table>
<thead>
<tr>
<th>IF THEY ARE...</th>
<th>REGISTER IN...</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-12 months or older, able to hold their head up and participating with parent/caregiver</td>
<td>Starfish</td>
</tr>
<tr>
<td>12-24 months or older and participating with parent or caregiver</td>
<td>Duck</td>
</tr>
<tr>
<td>24-36 months or older, and participating with parent or caregiver</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>3-6 years of age and just starting without parent. <strong>1 to 4 ratio</strong></td>
<td>Sea Otter</td>
</tr>
<tr>
<td>3-6 years and can comfortably move and float in water independently, gets eyes and face wet without goggles. <strong>1 to 4 ratio</strong></td>
<td>Salamander</td>
</tr>
<tr>
<td>3-6 years and can jump into chest-deep water without help, float independently and glide on the front and back for 2m without assistance. <strong>1 to 4 ratio</strong></td>
<td>Sunfish</td>
</tr>
<tr>
<td>3-6 years and can comfortably slip into deep water, float on front and back in deep water, do surface support for 5 seconds and achieve a distance of 5m with front, back and rollover glides. <strong>1 to 4 ratio</strong></td>
<td>Crocodile</td>
</tr>
<tr>
<td>3-6 years and can float/move in deep water with assistance, breathe rhythmically 10 times, flutter, do surface support for 10 seconds and swim 10 meters. <strong>1 to 4 ratio</strong></td>
<td>Whale</td>
</tr>
<tr>
<td>6 years or older. Just starting out in swimming lessons, or have turned 6 after completing Starfish, Duck, Sea Turtle, Sea Otter or Salamander</td>
<td>Red Cross Kids Level 1</td>
</tr>
<tr>
<td>6 years or older. Can float unassisted on front and back for 3 seconds, can glide with kick for 5 meters or have turned 6 after completing Sunfish</td>
<td>Red Cross Kids Level 2</td>
</tr>
<tr>
<td>6 years or older. Is comfortable in deep water, can breathe rhythmically 15 times, front swim for 5 meters and swim 10 meters continuously or have turned 6 after completing Crocodile/Whale.</td>
<td>Red Cross Kids Level 3</td>
</tr>
<tr>
<td>Are comfortable floating and moving independently in deep water, can swim front swim at least 10 meters while recovering arms above water, and can perform a front/side combination, exhaling on front and inhaling in the side glide position for 10 meters</td>
<td>Red Cross Kids Level 4</td>
</tr>
<tr>
<td>Can tread water for 45 seconds, swim front crawl at least 10 meters with arms recovering above the water and swim 25 meters continuously</td>
<td>Red Cross Kids Level 5</td>
</tr>
<tr>
<td>Can tread water for 1 minute, swim efficient front and back crawl at least 15 meters, perform the whip kick on back at least 10 meters and swim 50 meters continuously</td>
<td>Red Cross Kids Level 6</td>
</tr>
<tr>
<td>Can swim front and back crawl at least 25 meters, swim coordinated elementary backstroke at least 15 meters and swim 75 meters continuously</td>
<td>Red Cross Kids Level 7</td>
</tr>
<tr>
<td>Can swim front and back crawl at least 50 meters, swim elementary backstroke for 25 meters and perform whip kick on front for 15 meters and swim 150 meters continuously</td>
<td>Red Cross Kids Level 8</td>
</tr>
<tr>
<td>Can swim front/back crawl at least 75 meters, swim elementary backstroke for 25 meters and breaststroke for 15 meters, and swim 300 meters continuously</td>
<td>Red Cross Kids Level 9</td>
</tr>
<tr>
<td>Can swim front/back crawl at least 100 meters, swim elementary backstroke for 50 meters, breaststroke at least 25 meters and swim 400 meters continuously</td>
<td>Red Cross Kids Level 10</td>
</tr>
<tr>
<td>Adolescents or adults interested in participating in swimming and Water Safety based on their own abilities, interests and goals. Are just starting out or are uncomfortable in the water.</td>
<td>Adult Swim Basics 1</td>
</tr>
<tr>
<td>Adolescents or adults interested in participating in swimming and Water Safety. Red Cross Swim Basics 2 focuses on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance. Participants should be comfortable in water just over their heads, be able to glide on back for 10m and have basic techniques for Front Crawl with the ability to travel a distance of 10m. Swim Basics 1 is required for first time swimmers.</td>
<td>Adult Swim Basics 2</td>
</tr>
<tr>
<td>Adolescents or adults interested in participating in swimming and Water Safety based on their own abilities, interests and goals. Can float and glide and are comfortable in water above their head.</td>
<td>Adult Swim Strokes</td>
</tr>
</tbody>
</table>
Red Cross Program Structure

**Red Cross Swim Preschool**
- Starfish
- Duck
- Sea Turtle
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale

**Red Cross Swim Kids**
- Level 1
- Level 2
- Level 3
- Level 4
- Level 5
- Level 6
- Level 7
- Level 8
- Level 9
- Level 10

**Adult & Teen Lessons**
- Adult & Teen Swim Basics 1
  - Basic swimming skills
- Adult & Teen Swim Basics 2
  - Introduction to strokes
- Adult & Teen Swim Strokes
  - Swimming strokes
- Adult & Teen Swim Sports
  - Lifetime swimming fitness

**Progression Base**

**Red Cross Swim Preschool**
Participants progress through the lower levels based on participation and age. Preschoolers aged three to five move through the upper levels based on skill evaluation.

**Red Cross Swim Kids**
Uses continuous evaluation for swimmers to progress through the levels.

**Adult and Teen Swim**
Based on personal interest and goal setting.

**Legend:**
- Completed or Incompleted
- Completed
- Incompleted

Wanting to learn how to swim?
It’s never too late to start!

Check out page 27 for information about our youth lessons for children 10 years and up who are late starters to the swim program. Information about our adult swim programs can be found on page 30.
### MONDAY (10 Lessons)

**PAC POOL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level/Option</th>
<th>Session</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Level 3/4</td>
<td>4:30-5:15</td>
<td>$102.00</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>Level 7/8</td>
<td>4:30-5:30</td>
<td>$114.00</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 9/10</td>
<td>4:30-5:30</td>
<td>$90.00</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Sea Otter/Salamander</td>
<td>4:30-5:00</td>
<td>$90.00</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Sea Otter/Salamander</td>
<td>5:30-6:00</td>
<td>$90.00</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 5/6</td>
<td>5:00-5:30</td>
<td>$102.00</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 5/6</td>
<td>6:00-6:30</td>
<td>$102.00</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Sunfish/Crocodile/Whale</td>
<td>6:45-7:15</td>
<td>$90.00</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Youth Level 4/5/6</td>
<td>6:45-7:30</td>
<td>$102.00</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 1/2</td>
<td>6:30-6:30</td>
<td>$85.00</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 9/10</td>
<td>6:30-7:30</td>
<td>$114.00</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 5/6</td>
<td>6:30-6:30</td>
<td>$102.00</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Youth Level 1/2/3</td>
<td>7:30-8:00</td>
<td>$90.00</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Youth Stroke Improvement</td>
<td>7:30-8:30</td>
<td>$114.00</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 5/6</td>
<td>5:30-6:00</td>
<td>$90.00</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 1/2</td>
<td>5:00-5:45</td>
<td>$102.00</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 7/8</td>
<td>5:45-6:30</td>
<td>$85.00</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 3/4</td>
<td>6:15-6:45</td>
<td>$90.00</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 3/4</td>
<td>6:15-6:45</td>
<td>$90.00</td>
</tr>
</tbody>
</table>

**EDUCATION POOL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level/Option</th>
<th>Session</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Level 2/3</td>
<td>4:30-5:00</td>
<td>$85.00</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>Level 2/3</td>
<td>4:30-5:00</td>
<td>$85.00</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Salamander/Sunfish</td>
<td>5:00-5:30</td>
<td>$90.00</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Level 4/5</td>
<td>5:00-5:45</td>
<td>$102.00</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 4/5</td>
<td>5:00-5:45</td>
<td>$102.00</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 1</td>
<td>5:45-6:15</td>
<td>$85.00</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 1</td>
<td>5:45-6:15</td>
<td>$85.00</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Starfish/Duck</td>
<td>6:15-6:45</td>
<td>$85.00</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 3/4</td>
<td>6:00-6:30</td>
<td>$85.00</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 3/4</td>
<td>6:00-6:30</td>
<td>$85.00</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 2/3</td>
<td>6:30-7:00</td>
<td>$90.00</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 2/3</td>
<td>7:00-7:30</td>
<td>$85.00</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 7/8</td>
<td>7:30-8:30</td>
<td>$114.00</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 3/4</td>
<td>7:15-7:45</td>
<td>$85.00</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 3/4</td>
<td>7:15-7:45</td>
<td>$85.00</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 5/6</td>
<td>7:30-8:00</td>
<td>$114.00</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 5/6</td>
<td>7:30-8:00</td>
<td>$114.00</td>
</tr>
</tbody>
</table>

### Fall 2017 Lessons

Canada has more lake area than any other country in the world. Canada’s lakes & rivers contain enough water to flood the entire country to a depth of more than 2 meters!
<table>
<thead>
<tr>
<th>Time</th>
<th>Adult Swim Basics 1</th>
<th>Starfish/Duck/Sea Otter</th>
<th>Level 5/6</th>
<th>Duck/Sea Turtle</th>
<th>Level 4/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-6:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30-8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-9:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30-10:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MONDAY & WEDNESDAY (10 Lessons) SEPTEMBER 18 TO DECEMBER 4, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
<th>Level 10</th>
<th>Level 1</th>
<th>Level 2/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MONDAY & WEDNESDAY (10 Lessons) OCTOBER 25 TO DECEMBER 4, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
<th>Level 10</th>
<th>Level 1</th>
<th>Level 2/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TUESDAY (10 Lessons) SEPTEMBER 19 TO NOVEMBER 28, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
<th>Level 10</th>
<th>Level 1</th>
<th>Level 2/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### TUESDAY & THURSDAY (10 Lessons)  
**SEPTEMBER 19 TO OCTOBER 19, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pool</th>
<th>Level</th>
<th>Level Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 pm</td>
<td>Salamander/Sunfish</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Sea Otter</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 4/5</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 6/7</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Adult Swim Basics 1</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:15 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
</tbody>
</table>

### TUESDAY & THURSDAY (10 Lessons)  
**OCTOBER 24 TO NOVEMBER 30, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pool</th>
<th>Level</th>
<th>Level Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 pm</td>
<td>Salamander/Sunfish</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Sea Otter</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 4/5</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 6/7</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Adult Swim Basics 1</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:15 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>5:30-6:00 ($85.00)</td>
<td></td>
</tr>
</tbody>
</table>

### WEDNESDAY (10 Lessons)  
**SEPTEMBER 20 TO NOVEMBER 29, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pool</th>
<th>Level</th>
<th>Level Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td>Sea Otter/Salamander</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 9/10</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:15 pm</td>
<td>Level 5/6</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Level 7/8</td>
<td>Level 1/2</td>
<td>4:30-5:00 ($85.00)</td>
<td></td>
</tr>
</tbody>
</table>
### EDUCATION POOL

**SEPTEMBER 20 TO NOVEMBER 29, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
<th>Level 9/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 pm</td>
<td><strong>Sea Otter</strong></td>
<td><strong>Sea Otter</strong></td>
<td><strong>Sea Otter</strong></td>
<td><strong>Sea Otter</strong></td>
</tr>
<tr>
<td>5:30 pm</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
<td>5:15-5:45 ($90.00)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>5:30-6:00 ($85.00)</td>
<td>6:00-6:30 ($85.00)</td>
<td>6:00-6:30 ($85.00)</td>
<td>6:00-6:30 ($85.00)</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>6:15-6:45 ($90.00)</td>
<td>6:15-6:45 ($90.00)</td>
<td>6:15-6:45 ($90.00)</td>
<td>6:15-6:45 ($90.00)</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>6:45-7:15 ($90.00)</td>
<td>6:45-7:15 ($90.00)</td>
<td>6:45-7:15 ($90.00)</td>
<td>6:45-7:15 ($90.00)</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>7:00-7:30 ($90.00)</td>
<td>7:00-7:30 ($90.00)</td>
<td>7:00-7:30 ($90.00)</td>
<td>7:00-7:30 ($90.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
<td>7:15-8:15 ($114.00)</td>
</tr>
</tbody>
</table>

**SEPTEMBER 21 TO NOVEMBER 30, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
<th>Level 9/10</th>
</tr>
</thead>
</table>
| 4:30 pm | **Sea Otter/Les</p>
Wanting to learn how to swim?
It's never too late to start!

Check out page 27 for information about our youth lessons for children 10 years and up who are late starters to the swim program.

Information about our adult swim programs can be found on page 30.
Women’s Only Lessons

In an attempt to better meet the needs of our diverse participants, the U of S Aquatic Programs offer women’s only swimming lessons on Saturday afternoons.

*No male children are allowed on the deck or in lessons.*
## Winter Lessons

### MONDAY & WEDNESDAY (10 Lessons)

#### JANUARY 15 TO FEBRUARY 14, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm</td>
<td>5:00-5:30 ($85.00)</td>
<td>4:15-4:45 ($85.00)</td>
<td>5:00-5:30 ($102.00)</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Sea Otter/Salamander</td>
<td>Sea Otter/Salamander</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Sunfish/Crocodile/Whale</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>6:15-6:45 ($90.00)</td>
<td>6:15-6:45 ($90.00)</td>
<td>6:15-6:45 ($85.00)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 5/6</td>
<td>Level 5/6</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Adult Swim Basics 2</td>
<td>Adult Swim Basics 2</td>
<td>Adult Swim Basics 2</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 9/10</td>
<td>Level 9/10</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Adult Swim Basics 2</td>
<td>Adult Swim Basics 2</td>
<td>Adult Swim Basics 2</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>9:15 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
<td>Level 6/7</td>
</tr>
</tbody>
</table>

### MONDAY (10 Lessons)

#### JANUARY 15 TO MARCH 26, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45 pm</td>
<td>Salamander/Sunfish</td>
<td>Level 4/5</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
</tbody>
</table>

### Aquatics

#### EDUCACTION POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45 pm</td>
<td>Salamander/Sunfish</td>
<td>Level 4/5</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 4/5</td>
<td>Level 4/5</td>
<td>Level 3</td>
</tr>
</tbody>
</table>

#### PAC POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45 pm</td>
<td>Sea Otter</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Level 2/3</td>
<td>Level 2/3</td>
<td>Level 1/2</td>
</tr>
</tbody>
</table>

No Lesson February 19, 2018
### MONDAY & WEDNESDAY (10 Lessons)
**FEBRUARY 26 TO MARCH 28, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm</td>
<td>5:00-5:30 ($85.00)</td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>5:45-6:15 ($90.00)</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Sunfish/Crocodile/Whale</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>6:15-6:45 ($90.00)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm</td>
<td>5:00-5:30 ($85.00)</td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Sunfish/Crocodile/Whale</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>6:15-6:45 ($90.00)</td>
</tr>
</tbody>
</table>

### TUESDAY (10 Lessons)
**JANUARY 16 TO MARCH 27, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 3/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Salamander/Sunfish</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>4:30-5:00 ($90.00)</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:00-5:30 ($85.00)</td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>5:45-6:15 ($85.00)</td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:15-7:15 ($114.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:30 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>4:45-5:30 ($102.00)</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 1</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:30-6:00 ($85.00)</td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>6:45-7:15 ($85.00)</td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 4/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Level 4/5</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>4:30-5:15 ($102.00)</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:00-5:30 ($85.00)</td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Salamander/Sunfish</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>6:15-6:45 ($90.00)</td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>6:00-6:30 ($90.00)</td>
</tr>
<tr>
<td>7:30 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 pm</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:30-7:30 ($114.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

### TUESDAY (10 Lessons)
**JANUARY 16 TO MARCH 27, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 4/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>Level 4/5</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>4:30-5:00 ($90.00)</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:30-6:00 ($102.00)</td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td>Level 4/5</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>5:45-6:30 ($102.00)</td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>6:45-7:15 ($85.00)</td>
</tr>
<tr>
<td>7:30 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 pm</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:30-7:00 ($90.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>7:00-7:30 ($85.00)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 pm</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>7:45-8:30 ($102.00)</td>
</tr>
<tr>
<td>8:15 pm</td>
<td></td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>8:15-9:15 ($114.00)</td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>8:15-9:15 ($114.00)</td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Adult Swim Basics 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm</td>
<td>Adult Swim Basics 1</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>8:30-9:15 ($102.00)</td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Sea Otter</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>5:00-5:30 ($90.00)</td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:15-6:45 ($90.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 pm</td>
<td>Level 6</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:30-7:15 ($102.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 6</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>6:30-7:15 ($102.00)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 pm</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:30-7:30 ($114.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>6:30-7:30 ($114.00)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Adult Swim Basics 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 pm</td>
<td>Adult Swim Basics 1</td>
</tr>
<tr>
<td>8:45 pm</td>
<td>8:30-9:15 ($102.00)</td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

---

Aquatics
<table>
<thead>
<tr>
<th>TUESDAY &amp; THURSDAY (10 Lessons)</th>
<th>FEBRUARY 27 TO MARCH 29, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDUCATION POOL</strong></td>
<td></td>
</tr>
<tr>
<td>6:15 pm Salamander/Sunfish</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>6:30 pm Sea Otter</td>
<td>6:15-7:00 ($90.00)</td>
</tr>
<tr>
<td>6:45 pm Level 1/2</td>
<td>7:00-7:30 ($85.00)</td>
</tr>
<tr>
<td>7:00 pm Level 7/8</td>
<td></td>
</tr>
<tr>
<td>7:15 pm Adult Swim Basics 2</td>
<td></td>
</tr>
<tr>
<td>7:30 pm Level 3/4</td>
<td></td>
</tr>
<tr>
<td>7:45 pm Level 9/10</td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
</tr>
<tr>
<td>8:15 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY (10 Lessons)</th>
<th>JANUARY 17 TO MARCH 28, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PAC POOL</strong></td>
<td>No Lesson February 21, 2018</td>
</tr>
<tr>
<td>4:30 pm Level 3/4</td>
<td></td>
</tr>
<tr>
<td>4:30-5:15 ($102.00)</td>
<td></td>
</tr>
<tr>
<td>4:45 pm Level 1/2</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>4:30-5:00 ($85.00)</td>
<td>4:30-5:30 ($114.00)</td>
</tr>
<tr>
<td>5:00 pm Sunfish/Crocodile/Whale</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>5:15-5:45 ($90.00)</td>
<td>4:30-5:15 ($90.00)</td>
</tr>
<tr>
<td>5:30 pm Level 5/6</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:30-6:15 ($102.00)</td>
<td>5:30-6:15 ($102.00)</td>
</tr>
<tr>
<td>4:30-5:15 ($90.00)</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>5:15-6:00 ($90.00)</td>
<td>5:15-6:45 ($85.00)</td>
</tr>
<tr>
<td>5:45 pm Level 3/4</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>5:45-6:15 ($85.00)</td>
<td>5:30-6:30 ($90.00)</td>
</tr>
<tr>
<td>6:00 pm Starfish/Duck/Sea Turtle</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>6:00-6:30 ($85.00)</td>
<td>4:30-5:15 ($90.00)</td>
</tr>
<tr>
<td>6:30 pm Level 9/10</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>6:30-7:30 ($114.00)</td>
<td>4:30-5:30 ($114.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:15 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY (10 Lessons)</th>
<th>JANUARY 17 TO MARCH 28, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDUCATION POOL</strong></td>
<td>No Lesson February 21, 2018</td>
</tr>
<tr>
<td>5:00 pm Salamander/Sunfish</td>
<td>Crocodile/Whale</td>
</tr>
<tr>
<td>5:15-5:45 ($90.00)</td>
<td>5:00-5:30 ($90.00)</td>
</tr>
<tr>
<td>5:30 pm Level 3/4</td>
<td>Salamander/Sunfish</td>
</tr>
<tr>
<td>5:45-6:15 ($85.00)</td>
<td>5:30-6:00 ($90.00)</td>
</tr>
<tr>
<td>6:00 pm Sea Otter</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>6:15-6:15 ($90.00)</td>
<td>6:15-6:45 ($85.00)</td>
</tr>
<tr>
<td>6:15 pm Level 2/3</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>7:00-7:30 ($85.00)</td>
<td>7:15-8:15 ($114.00)</td>
</tr>
<tr>
<td>7:15 pm Level 5/6</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>7:30-8:15 ($102.00)</td>
<td>7:15-8:15 ($114.00)</td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY (10 Lessons)</th>
<th>JANUARY 18 TO MARCH 29, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDUCATION POOL</strong></td>
<td></td>
</tr>
<tr>
<td>4:30 pm Level 1/2</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>4:30-5:00 ($85.00)</td>
<td>4:45-5:15 ($90.00)</td>
</tr>
<tr>
<td>4:45 pm Salamander/Sunfish</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>5:00-5:30 ($90.00)</td>
<td>5:15-6:00 ($102.00)</td>
</tr>
<tr>
<td>5:15 pm Level 3/4</td>
<td></td>
</tr>
<tr>
<td>5:45-6:00 ($85.00)</td>
<td></td>
</tr>
<tr>
<td>5:30 pm Sea Otter</td>
<td></td>
</tr>
<tr>
<td>6:15-6:45 ($90.00)</td>
<td></td>
</tr>
<tr>
<td>5:30 pm Crocodile/Whale</td>
<td></td>
</tr>
<tr>
<td>6:45-7:15 ($90.00)</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 3/4</td>
</tr>
<tr>
<td>6:15-6:45 ($85.00)</td>
<td>6:15-6:45 ($85.00)</td>
</tr>
<tr>
<td>6:45 pm Crocodile/Whale</td>
<td>6:45-7:15 ($90.00)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
</tr>
</tbody>
</table>
### FRIDAY (9 Lessons) JANUARY 19 TO MARCH 23, 2018

#### PAC POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 5/6</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>4:30-5:15</td>
<td>4:30-5:15</td>
<td>4:30-5:00</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>5:15-5:45</td>
<td>4:45-5:15</td>
<td>4:45-5:30</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Sea Otter/Salamander</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:15-5:45</td>
<td>5:30-6:15</td>
<td>5:15:6-45</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 5/6</td>
<td>Level 5/6</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>6:00-6:30</td>
<td>6:30-7:15</td>
<td>6:00-6:30</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Adult Swim Basics 1</td>
<td>Level 1/2</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Youth Level 7/8/9/10</td>
<td>Level 1/2</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>Level 9/10</td>
<td>Level 3/4</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Salamander/Sunfish</td>
<td>Level 4/5/6</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 5/6</td>
<td>Level 5/6</td>
<td>Adult Swim Basics 2</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>Level 1/2</td>
<td>Level 3/4</td>
<td>Level 4/5/6</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>8:15 pm</td>
<td>Level 3/4</td>
<td>Level 3/4</td>
<td>Level 4/5/6</td>
</tr>
</tbody>
</table>

#### EDUCATION POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>4:30-5:15</td>
<td>4:30-5:00</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>5:15-5:45</td>
<td>4:45-5:30</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Sunfish/Salamander/Sunfish</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>5:15-5:45</td>
<td>5:30-6:15</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Level 3/4</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>6:00-6:30</td>
<td>6:00-6:30</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Level 1</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Starfish/Duck/Sea Turtle</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Level 3/4</td>
<td>Level 2/3</td>
</tr>
<tr>
<td>6:45 pm</td>
<td>6:30-7:00</td>
<td>6:30-7:00</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Level 9/10</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>7:15 pm</td>
<td>Level 3/4</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Level 5/6</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>7:45 pm</td>
<td>7:15-8:15</td>
<td>7:15-8:15</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Level 7/8</td>
<td>Level 7/8</td>
</tr>
</tbody>
</table>

### SATURDAY (9 Lessons) JANUARY 20 TO MARCH 24, 2018

#### PAC POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 am</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
</tr>
<tr>
<td>9:45 am</td>
<td>10:45-11:30</td>
<td>10:45-11:30</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Sunfish/Crocodile/Whale</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>10:15 am</td>
<td>10:00-10:30</td>
<td>11:00-11:30</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Level 3/4</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>10:45 am</td>
<td>10:45-11:30</td>
<td>10:45-11:30</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Level 5/6</td>
<td>Sea Otter/Salamander</td>
</tr>
<tr>
<td>11:15 am</td>
<td>10:45-11:30</td>
<td>11:00-11:30</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Level 1/2</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>11:30-12:00</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>12:15 pm</td>
<td>12:15-1:00</td>
<td>11:00-11:30</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Level 3/4</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>12:45 pm</td>
<td>12:15-1:00</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Level 5/6</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>12:15-1:00</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Level 3</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>1:45 pm</td>
<td>1:30-2:00</td>
<td>12:15-12:45</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Salamander/Sunfish</td>
<td>Salamander/Sunfish</td>
</tr>
<tr>
<td>2:15 pm</td>
<td>1:45-2:15</td>
<td>12:45-1:15</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Level 1/2</td>
<td>Level 1/2</td>
</tr>
<tr>
<td>2:45 pm</td>
<td>2:15-2:45</td>
<td>12:45-1:15</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Salamander/Sunfish</td>
<td>Salamander/Sunfish</td>
</tr>
<tr>
<td>3:15 pm</td>
<td>2:45-3:15</td>
<td>12:45-1:15</td>
</tr>
</tbody>
</table>
## Aquatics

### SATURDAY (9 Lessons)

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
<th>Level 5/6</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>9:30 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>9:45 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
</tbody>
</table>

### WOMEN’S ONLY LESSONS

In an attempt to better meet the needs of our diverse participants, the U of S Aquatic Programs will be offering women only swimming lessons on Saturday afternoons.

*No male children are allowed on the deck or in lessons.*

---

### SUNDAY (9 Lessons)

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
<th>Level 5/6</th>
<th>Level 1/2</th>
<th>Level 3/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>9:30 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
<tr>
<td>9:45 am</td>
<td>9:00-9:15</td>
<td>9:00-9:30</td>
<td>9:30-10:00</td>
<td>9:30-10:00</td>
<td>11:00-12:00</td>
<td>11:15-12:00</td>
<td>9:45-10:15</td>
<td>10:45-11:15</td>
</tr>
</tbody>
</table>

---

### Lane Swim

- **1:45 - 3:15** ($80.00)
### February Break Lessons

<table>
<thead>
<tr>
<th>TUESDAY TO FRIDAY (8 Lessons)</th>
<th>FEBRUARY 20 TO 23, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PAC POOL</strong></td>
<td></td>
</tr>
<tr>
<td>9:00 am / 1:00 pm</td>
<td></td>
</tr>
<tr>
<td>9:15 am / 1:15 pm</td>
<td></td>
</tr>
<tr>
<td>9:30 am / 1:30 pm</td>
<td></td>
</tr>
<tr>
<td>9:45 am / 1:45 pm</td>
<td></td>
</tr>
<tr>
<td>10:00 am / 2:00 pm</td>
<td></td>
</tr>
<tr>
<td>10:15 am / 2:15 pm</td>
<td></td>
</tr>
<tr>
<td>10:30 am / 2:30 pm</td>
<td></td>
</tr>
<tr>
<td>10:45 am / 2:45 pm</td>
<td></td>
</tr>
<tr>
<td>11:00 am / 3:00 pm</td>
<td></td>
</tr>
<tr>
<td>11:15 am / 3:15 pm</td>
<td></td>
</tr>
<tr>
<td>11:30 am / 3:30 pm</td>
<td></td>
</tr>
<tr>
<td>11:45 / 3:45 pm</td>
<td></td>
</tr>
<tr>
<td><strong>Level 7/8</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 / 1:00-2:00</td>
<td>($97.00)</td>
</tr>
<tr>
<td><strong>Level 9/10</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 / 1:00-2:00</td>
<td>($97.00)</td>
</tr>
<tr>
<td><strong>Level 3/4</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45 / 1:00-1:45</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Level 5/6</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45 / 1:00-1:45</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Sea Otter/Salamander</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:30 / 1:00-1:30</td>
<td>($80.00)</td>
</tr>
<tr>
<td><strong>Sunfish/Crocodile/Whale</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:30 / 1:00-1:30</td>
<td>($80.00)</td>
</tr>
<tr>
<td><strong>Level 1/2</strong></td>
<td></td>
</tr>
<tr>
<td>9:45-10:15 / 1:45-2:15</td>
<td>($75.00)</td>
</tr>
<tr>
<td><strong>Level 1/2</strong></td>
<td></td>
</tr>
<tr>
<td>10:30-11:00 / 2:30-3:00</td>
<td>($75.00)</td>
</tr>
<tr>
<td><strong>Level 3/4</strong></td>
<td></td>
</tr>
<tr>
<td>10:45-11:30 / 2:45-3:30</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Level 5/6</strong></td>
<td></td>
</tr>
<tr>
<td>10:45-11:30 / 2:45-3:30</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Youth Level 4/5/6</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:45</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Level 7/8</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:30</td>
<td>($75.00)</td>
</tr>
<tr>
<td><strong>Level 1/2</strong></td>
<td></td>
</tr>
<tr>
<td>10:15-10:45 / 1:45-2:15</td>
<td>($85.00)</td>
</tr>
<tr>
<td><strong>Level 9/10</strong></td>
<td></td>
</tr>
<tr>
<td>11:30-12:00 / 3:30-4:00</td>
<td>($80.00)</td>
</tr>
</tbody>
</table>

### Easter Break Lessons

<table>
<thead>
<tr>
<th>MONDAY TO FRIDAY (10 Lessons)</th>
<th>APRIL 2 TO 6, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PAC POOL</strong></td>
<td></td>
</tr>
<tr>
<td>9:00 am / 1:00 pm</td>
<td></td>
</tr>
<tr>
<td>9:15 am / 1:15 pm</td>
<td></td>
</tr>
<tr>
<td>9:30 am / 1:30 pm</td>
<td></td>
</tr>
<tr>
<td>9:45 am / 1:45 pm</td>
<td></td>
</tr>
<tr>
<td>10:00 am / 2:00 pm</td>
<td></td>
</tr>
<tr>
<td>10:15 am / 2:15 pm</td>
<td></td>
</tr>
<tr>
<td>10:30 am / 2:30 pm</td>
<td></td>
</tr>
<tr>
<td>10:45 am / 2:45 pm</td>
<td></td>
</tr>
<tr>
<td>11:00 am / 3:00 pm</td>
<td></td>
</tr>
<tr>
<td>11:15 am / 3:15 pm</td>
<td></td>
</tr>
<tr>
<td>11:30 am / 3:30 pm</td>
<td></td>
</tr>
<tr>
<td>11:45 / 3:45 pm</td>
<td></td>
</tr>
<tr>
<td><strong>Level 7/8</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 / 1:00-2:00</td>
<td>($114.00)</td>
</tr>
<tr>
<td><strong>Level 9/10</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 / 1:00-2:00</td>
<td>($114.00)</td>
</tr>
<tr>
<td><strong>Level 3/4</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45 / 1:00-1:45</td>
<td>($102.00)</td>
</tr>
<tr>
<td><strong>Level 5/6</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45 / 1:00-1:45</td>
<td>($102.00)</td>
</tr>
<tr>
<td><strong>Sea Otter/Salamander</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:30 / 1:00-1:30</td>
<td>($90.00)</td>
</tr>
<tr>
<td><strong>Sunfish/Crocodile/Whale</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-9:30 / 1:00-1:30</td>
<td>($90.00)</td>
</tr>
<tr>
<td><strong>Level 1/2</strong></td>
<td></td>
</tr>
<tr>
<td>9:45-10:15 / 1:45-2:15</td>
<td>($90.00)</td>
</tr>
<tr>
<td><strong>Youth Level 4/5/6</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:45</td>
<td>($88.00)</td>
</tr>
<tr>
<td><strong>Level 7/8</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:30</td>
<td>($85.00)</td>
</tr>
<tr>
<td><strong>Level 1/2</strong></td>
<td></td>
</tr>
<tr>
<td>10:15-10:45 / 1:45-2:15</td>
<td>($85.00)</td>
</tr>
<tr>
<td><strong>Level 9/10</strong></td>
<td></td>
</tr>
<tr>
<td>11:30-12:00 / 3:30-4:00</td>
<td>($80.00)</td>
</tr>
<tr>
<td><strong>Level 3/4</strong></td>
<td></td>
</tr>
<tr>
<td>10:45-11:30 / 2:45-3:30</td>
<td>($102.00)</td>
</tr>
<tr>
<td><strong>Level 5/6</strong></td>
<td></td>
</tr>
<tr>
<td>10:45-11:30 / 2:45-3:30</td>
<td>($102.00)</td>
</tr>
<tr>
<td><strong>Youth Level 4/5/6</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:45</td>
<td>($102.00)</td>
</tr>
<tr>
<td><strong>Level 7/8</strong></td>
<td></td>
</tr>
<tr>
<td>11:00-11:45 / 3:00-3:30</td>
<td>($114.00)</td>
</tr>
<tr>
<td><strong>Level 9/10</strong></td>
<td></td>
</tr>
<tr>
<td>11:30-12:00 / 3:30-4:00</td>
<td>($114.00)</td>
</tr>
<tr>
<td><strong>Level 3/4</strong></td>
<td></td>
</tr>
<tr>
<td>10:45-11:15 / 2:45-3:15</td>
<td>($85.00)</td>
</tr>
</tbody>
</table>
## April Lessons

**PAC POOL**

**MONDAY & WEDNESDAY** (8 Lessons)  
APRIL 2 TO APRIL 25, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 9/10</th>
<th>Level 7/8</th>
<th>Level 5/6</th>
<th>Level 6/7</th>
<th>Level 3/4</th>
<th>Level 2/3</th>
<th>Sunfish/Crocodile/Whale</th>
<th>Sea Otter/Salamander</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>4:30 - 5:30 ($75.00)</td>
<td>4:30 - 5:30 ($75.00)</td>
<td>4:30 - 5:15 ($80.00)</td>
<td>5:15 - 6:00 ($80.00)</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>4:30 - 5:00 ($80.00)</td>
<td>4:30 - 5:00 ($80.00)</td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EDUCATION POOL**

**MONDAY & WEDNESDAY** (8 Lessons)  
APRIL 2 TO APRIL 25, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 7/8</th>
<th>Level 3/4</th>
<th>Level 5/6</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:15 pm</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>5:00 - 5:45 ($80.00)</td>
<td>5:15 - 5:45 ($75.00)</td>
<td>7:15-8:15 ($97.00)</td>
<td>7:30-8:15 ($97.00)</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TUESDAY & THURSDAY** (8 Lessons)  
APRIL 3 TO APRIL 26, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 8/9</th>
<th>Level 7/8</th>
<th>Level 4</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
<th>Level 1/2</th>
<th>Adult Swim Basics 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>4:30 - 5:30 ($75.00)</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>5:00 - 5:45 ($80.00)</td>
<td>5:15 - 6:00 ($80.00)</td>
<td>7:15 - 8:15 ($97.00)</td>
<td>8:15 - 9:00 ($86.00)</td>
<td></td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ADULT SWIM**

**EDUCATION POOL**

**MONDAY & WEDNESDAY** (8 Lessons)  
APRIL 2 TO APRIL 25, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
<th>Level 3/4</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
<th>Level 1/2</th>
<th>Level 6/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>5:30 - 6:00 ($80.00)</td>
<td>7:30-8:00 ($75.00)</td>
<td>8:00-8:30 ($75.00)</td>
<td>5:30-6:30 ($80.00)</td>
<td>7:30-8:30 ($75.00)</td>
<td>8:00-8:30 ($75.00)</td>
<td>8:00-8:30 ($75.00)</td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PAC POOL**

**MONDAY & WEDNESDAY** (8 Lessons)  
APRIL 2 TO APRIL 25, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
<th>Level 3/4</th>
<th>Level 5/6</th>
<th>Level 7/8</th>
<th>Level 1/2</th>
<th>Level 6/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>5:30 - 6:00 ($75.00)</td>
<td>6:30-7:30 ($75.00)</td>
<td>6:30-7:30 ($75.00)</td>
<td>6:30-7:30 ($80.00)</td>
<td>6:30-7:30 ($75.00)</td>
<td>6:30-7:30 ($75.00)</td>
<td>6:30-7:30 ($75.00)</td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TUESDAY & THURSDAY** (8 Lessons)  
APRIL 3 TO APRIL 26, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 8/9</th>
<th>Level 7/8</th>
<th>Level 4</th>
<th>Level 3/4</th>
<th>Level 7/8</th>
<th>Level 1/2</th>
<th>Level 6/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm</td>
<td>4:30 - 5:30 ($75.00)</td>
<td>4:30 - 5:00 ($75.00)</td>
<td>5:00 - 5:45 ($80.00)</td>
<td>5:15 - 6:00 ($80.00)</td>
<td>7:15 - 8:15 ($97.00)</td>
<td>8:15 - 9:00 ($86.00)</td>
<td>8:00-9:00 ($75.00)</td>
</tr>
<tr>
<td>4:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Youth Lessons

These classes follow the Red Cross Swim Program and are designed for the youth age group who are late starters to the swim program so they can learn with peers that are their own age. This is also a great option for those youth looking to be involved in the academic outdoor education programs. **(Minimum age 10 and up – depending on level completed).**

<table>
<thead>
<tr>
<th>FALL LESSONS - Minimum age 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Level 1/2/3 Monday</td>
</tr>
<tr>
<td>Youth Level 1/2/3 Tuesday</td>
</tr>
<tr>
<td>Youth Level 1/2/3 Wednesday</td>
</tr>
<tr>
<td>Youth Level 1/2/3 Friday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Saturday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Monday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Wednesday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Thursday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Friday</td>
</tr>
<tr>
<td>Youth Level 4/5/6 Saturday</td>
</tr>
<tr>
<td>Youth Level 7/8/9/10 Monday</td>
</tr>
<tr>
<td>Youth Level 7/8/9/10 - Set 2 Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>Youth Level 7/8/9/10 Wednesday</td>
</tr>
<tr>
<td>Youth Level 7/8/9/10 Saturday</td>
</tr>
<tr>
<td>Youth Stroke Improvement Monday</td>
</tr>
<tr>
<td>Youth Stroke Improvement Wednesday</td>
</tr>
</tbody>
</table>

About two thirds of drowning victims are near the water, but hadn’t intended to get wet.
Aquatics

Junior Lifeguard Club

The Lifesaving Society designed the Junior Lifeguard Club for a serious purpose — but the process is all fun! Children, ages 8 and up, work to develop and improve swimming and other aquatic skills with emphasis on: swimming skills, lifesaving skills, fitness, lifesaving knowledge and community education. All classes will be held at the Physical Activity Complex.

The Junior Lifeguard Club is divided into two groups based on skill level.

The beginner group will focus on components from the Rookie, Ranger and Star Patrol – participants must be able to swim 150 meters and tread water for 3 minutes.

The advanced session will include the Bronze awards – completion of Swim Kids Level 10 is strongly recommended.

WINTER LESSONS - Minimum age 10

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Lessons</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Monday</td>
<td>8:00-8:30 pm</td>
<td>January 15 to March 26, 2018</td>
<td>8 lessons, PAC</td>
<td>$85.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>7:30-8:00 pm</td>
<td>January 17 to March 28, 2018</td>
<td>10 lessons, PAC</td>
<td>$102.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Friday</td>
<td>7:00-7:30 pm</td>
<td>January 19 to March 23, 2018</td>
<td>9 lessons, PAC</td>
<td>$80.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>8:15-8:45 pm</td>
<td>April 3 to 26, 2018</td>
<td>8 lessons, EDUC</td>
<td>$75.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Monday</td>
<td>8:00-8:45 pm</td>
<td>January 15 to March 26, 2018</td>
<td>10 lessons, PAC</td>
<td>$102.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Wednesday</td>
<td>7:45-8:30 pm</td>
<td>January 17 to March 28, 2018</td>
<td>10 lessons, PAC</td>
<td>$102.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Friday</td>
<td>7:30-8:15 pm</td>
<td>January 19 to March 23, 2018</td>
<td>9 lessons, PAC</td>
<td>$95.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>11:00-11:45 am</td>
<td>February 20 to 23, 2018</td>
<td>8 lessons, PAC</td>
<td>$88.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Wednesday</td>
<td>11:00-11:45 am</td>
<td>April 2 to 6, 2018</td>
<td>10 lessons, PAC</td>
<td>$102.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>7:45-8:30 pm</td>
<td>April 3 to 26, 2018</td>
<td>8 lessons, EDUC</td>
<td>$88.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Monday</td>
<td>8:00-9:00 pm</td>
<td>January 15 to March 26, 2018</td>
<td>10 lessons, PAC</td>
<td>$114.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Friday</td>
<td>7:30-8:30 pm</td>
<td>January 19 to March 23, 2018</td>
<td>9 lessons, PAC</td>
<td>$106.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Friday</td>
<td>9:45-10:45 am &amp; 1:45-2:45 pm</td>
<td>April 2 to 6, 2018</td>
<td>10 lessons, PAC</td>
<td>$114.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Monday</td>
<td>8:00-9:00 pm</td>
<td>April 3 to 26, 2018</td>
<td>8 lessons, EDUC</td>
<td>$97.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>Wednesday</td>
<td>9:45-10:45 am &amp; 1:45-2:45 pm</td>
<td>February 20 to 23, 2018</td>
<td>8 lessons, PAC</td>
<td>$97.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>8:15-9:15 pm</td>
<td>April 3 to 26, 2018</td>
<td>8 lessons, EDUC</td>
<td>$97.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The Lifesaving Society designed the Junior Lifeguard Club for a serious purpose — but the process is all fun! Children, ages 8 and up, work to develop and improve swimming and other aquatic skills with emphasis on: swimming skills, lifesaving skills, fitness, lifesaving knowledge and community education. All classes will be held at the Physical Activity Complex.

The Junior Lifeguard Club is divided into two groups based on skill level.

The beginner group will focus on components from the Rookie, Ranger and Star Patrol – participants must be able to swim 150 meters and tread water for 3 minutes.

The advanced session will include the Bronze awards – completion of Swim Kids Level 10 is strongly recommended.

Fall

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Monday</td>
<td>5:30-6:30 pm</td>
<td>Sept. 18 to Dec. 4, 2017</td>
<td>No lessons Oct. 9 &amp; Nov. 13, 2017</td>
<td>$112.00</td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>7:30-9:30 pm</td>
<td>Sept. 19 to Nov. 28, 2017</td>
<td>No lesson Nov. 14, 2017</td>
<td>$160.00</td>
</tr>
</tbody>
</table>

Winter

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Monday</td>
<td>5:30-6:30 pm</td>
<td>Jan. 15 to March 26, 2018</td>
<td>No lesson Feb. 19, 2018</td>
<td>$112.00</td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday</td>
<td>7:30-9:30 pm</td>
<td>Jan. 16 to March 27, 2018</td>
<td>No lesson Feb. 20, 2018</td>
<td>$160.00</td>
</tr>
</tbody>
</table>
Masters

This program is for adults, ages 18 and up, who are looking for a fitness program based on the speed-swimming workout. Participants may choose which days of the week they wish to swim. Participants must be able to proficiently swim 100 meters of Front Crawl, Back Crawl and Breast Stroke. Swim distances per workout will range from 700 m to 1200 m. All workouts are held at the Physical Activity Complex.

<table>
<thead>
<tr>
<th>PAC POOL</th>
<th>Tuesday and Thursday: 7:15-8:15 pm / Saturday: 3:30-4:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>September 16 to December 21, 2017 (No swims October 7 &amp; November 11, 2017)</td>
</tr>
<tr>
<td></td>
<td>1 x a week $135.00</td>
</tr>
<tr>
<td></td>
<td>2 x a week $145.00</td>
</tr>
<tr>
<td></td>
<td>3 x a week $175.00</td>
</tr>
<tr>
<td>Winter</td>
<td>January 9 to April 26, 2018 (No swims February 17 &amp; March 31, 2018)</td>
</tr>
<tr>
<td></td>
<td>1 x a week $135.00</td>
</tr>
<tr>
<td></td>
<td>2 x a week $145.00</td>
</tr>
<tr>
<td></td>
<td>3 x a week $175.00</td>
</tr>
</tbody>
</table>

Registration begins Monday, August 14th, 2017!

http://recservices.usask.ca
Register at beactive.usask.ca or call (306) 966-1001.
**Adult Lessons**

These lessons are a three level program designed to meet the needs of adolescents and adults. Learn to swim in the comfortable atmosphere of the University pools. The basic skills to swimming such as floats, glides, face submersion, rhythmic breathing, and comfort are the focus of Adult Swim Basics 1. Adult Basics 2 is an introduction to swimming strokes and more in-depth water safety skills. Adult Swim Strokes focuses on refining strokes and skill enhancement. The strokes that are taught include: front crawl, back crawl, breaststroke, sidestroke and elementary backstroke. Water safety knowledge and skills are also included in the class instruction. Ages 17 and up are welcome with all levels of ability.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Date</th>
<th>Duration</th>
<th>Tuition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Swim Basics 1</td>
<td>Monday</td>
<td>8:30-9:15 pm</td>
<td>September 18 to December 4, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td></td>
<td>(No Lessons October 9 &amp; November 13, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 1 - Set 1</td>
<td>Tuesday &amp; Thursday</td>
<td>8:45-9:30 pm</td>
<td>September 19 to October 19, 2017</td>
<td>10 lessons</td>
<td>EDUC $102.00</td>
</tr>
<tr>
<td>Adult Swim Basics 1</td>
<td>Wednesday</td>
<td>7:30-8:15 pm</td>
<td>September 20 to November 29, 2017</td>
<td>10 lessons</td>
<td>EDUC $102.00</td>
</tr>
<tr>
<td>(No Lesson November 15, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 1</td>
<td>Saturday</td>
<td>2:45-3:30 pm</td>
<td>September 16 to December 2, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lesson October 7 &amp; November 11, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 1 (WOMEN'S ONLY)</td>
<td>Saturday</td>
<td>4:00-4:30 pm</td>
<td>September 16 to December 2, 2017</td>
<td>10 lessons</td>
<td>EDUC $85.00</td>
</tr>
<tr>
<td>(No Lesson October 7 &amp; November 11, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 2</td>
<td>Monday</td>
<td>8:15-9:00 pm</td>
<td>September 18 to December 4, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lessons October 9 &amp; November 13, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 2 - Set 2</td>
<td>Tuesday &amp; Thursday</td>
<td>9:00-9:45 pm</td>
<td>October 24 to November 30, 2017</td>
<td>10 lessons</td>
<td>EDUC $102.00</td>
</tr>
<tr>
<td>(No Lesson November 14 &amp; 16, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 2</td>
<td>Wednesday</td>
<td>7:15-8:00 pm</td>
<td>September 20 to November 29, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lesson November 15, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 2</td>
<td>Saturday</td>
<td>2:30-3:15 pm</td>
<td>September 16 to December 2, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lessons October 7 &amp; November 11, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Basics 2 (WOMEN'S ONLY)</td>
<td>Saturday</td>
<td>3:30-4:00 pm</td>
<td>September 16 to December 2, 2017</td>
<td>10 lessons</td>
<td>EDUC $85.00</td>
</tr>
<tr>
<td>(No Lessons October 7 &amp; November 11, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Strokes</td>
<td>Monday</td>
<td>8:15-9:00 pm</td>
<td>September 18 to December 4, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lessons October 9 &amp; November 13, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Swim Strokes</td>
<td>Wednesday</td>
<td>7:45-8:30 pm</td>
<td>September 20 to November 29, 2017</td>
<td>10 lessons</td>
<td>PAC $102.00</td>
</tr>
<tr>
<td>(No Lesson November 15, 2017)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim Fit</td>
<td>Tuesday &amp; Thursday</td>
<td>10:15-11:15 am</td>
<td>September 12 to December 21, 2017</td>
<td>28 lessons</td>
<td>EDUC $90.00</td>
</tr>
</tbody>
</table>
Register Now for February Break, Easter Break and April’s twice a week lessons

Pages 25 & 26
Leaderhip Programs

Have your previous Lifeguard and/or Instructor awards expired? There are easy renewal options available to get back on deck. Please contact the Lifesaving Society at (306) 780-9255 or the Red Cross at (306) 721-1634 or (306) 721-1614.

Canadian Red Cross Class Descriptions

Water Safety Instructor (WSI)
The WSI course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on and around the water. This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include a WSI – Skills Evaluation, WSI – Online, WSI – Teaching Experience, and WSI Classroom and Pool Components. Must be 15 years old and have completed ONE of: Red Cross Assistant Lifeguard, CPR-C/Standard First Aid, or Bronze Cross. ALL candidates will be required to demonstrate skills and strokes to the Level 10 standard.

Assistant Lifeguard Program
A pre-requisite course for the professional lifeguard certification that teaches injury prevention, teamwork, basic rescues and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria. Certification is valid for 2 years. Must be 12 years old and have completed Swim Kids 10.

Lifeguard Program
Professional lifeguard certification course for individuals working at pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete a final skills and knowledge assessment. Certification is valid for 2 years. Must be 15 years old, completed the Assistant Lifeguard Program or Bronze Cross AND CPR-C/Standard First-Aid.

CPR-C/Standard First-Aid
This 20 hour program provides certification in CPR-C/Standard First-Aid. Information covers the following: The EMS system, Check, Call, Care, Airway Emergencies, Breathing & Circulation Emergencies, First-Aid for Respiratory and Cardiac Emergencies, Head & Spine Injuries, Wound Care, Sudden Medical Emergencies, Environmental Emergencies.

Canadian Lifesaving Society Class Descriptions

Canadian Swim Patrol
The Canadian Swim Patrol Program involves Rookie, Ranger, and Star. The University of Saskatchewan Aquatics Program offers Rookie, Ranger and Star through the Junior Lifeguard Club. This program provides enriched training for children who are ready to go beyond learn-to-swim and leads into the Bronze Family program.

Bronze Family
The Bronze Family program consists of Bronze Star, Bronze Medallion and Bronze Cross. This program is designed for swimmers who are looking to further enhance their lifesaving knowledge and skills for a variety of situations. Bronze classes prepare participants who are wishing to become Lifeguards for the National Lifeguard Award (NLA). Those wishing to take Bronze Medallion must be 13 years of age or have Bronze Star. Those wishing to take Bronze Cross must have Bronze Medallion.

National Lifeguard Award (NLA)
National Lifeguard Award is a program designed to prepare and certify candidates to be Lifeguards. People who are looking to lifeguard at swimming pools, water parks and lakefronts must have their NLA certification. This program focuses on the legal obligations of lifeguards, team work, advanced emergency care in aquatic emergencies and spinal immobilization. Candidates wishing to take NLA must be 16 years of age, have previously taken Bronze Cross and have a CPR-C/Standard First Aid certification.

Lifesaving Instructor (LSI)
The Lifesaving Instructor Program is an instructor training program that enables successful candidates to instruct the Swim Program, Canadian Swim Patrol program and the Bronze Family program. This course also includes Examiner Standards which enables the candidate to eventually examine their own classes after apprenticing other exams. Candidates taking Lifesaving Instructor must have a Bronze Cross or NLA and be 16 years of age.

First-Aid and CPR Instructor Course
Participants will learn how to teach Red Cross courses from the babysitter level up to standard first aid and child care first aid. Recertification for this award is required every 3
years and is 8 hours in length. There are two formats to this course.

The full First-Aid and CPR instructor course is a 40 hour program including demonstration of skills. Upon completion of the core component of the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award. **Candidate MUST be 18 YEARS of age and have a proof of a CURRENT Standard First-Aid and CPR-C.**

The second format to reach certification is a First-Aid Instructor Transfer Course and is 16 hours in length including demonstration of skills PLUS completion of a study guide. Upon completion of the core component of the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award. **Candidate MUST be 18 years of age, and have a CURRENT CPR-C certification, and ONE of the following: Proof of CURRENT First-Aid Instructor with another organization, CPR instructor with another organization, Red Cross WSI certification, Red Cross First-Aid Instructor whose certification has been expired for two years or more, but less than seven years, or a teacher with an education degree and teaching experience.** Upon completion of the core component of the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award.

---

**Steps to Become a Lifeguard and/or Instructor**

---

**Canadian Red Cross**

**OR**

**Canadian Lifesaving Society**

---

**Instructor**

**Water Safety Instructor**

Prerequisites: 15 years of age **AND** one of:
- Red Cross Assistant Lifeguard, CPR-C/Standard First Aid, Bronze Cross

---

**Lifeguard**

**Assistant Lifeguard**

Prerequisites: 12 years of age **AND** Level 10

---

**Lifeguard**

**Prerequisites:**
- 15 years of age **AND** Assistant Lifeguard or Bronze Cross **AND** CPR-C/Standard First Aid

---

**Instructor**

**Lifesaving Instructor/Examiner Standards Clinic**

Prerequisites:
- 16 years of age **AND** Bronze Cross or NLA

---

**Lifeguard**

**Prerequisites:**
- 13 years of age or Bronze Star

---

**Lifeguard**

**National Lifeguard Award**

Prerequisite: 16 years of age **AND** Bronze Cross **AND** CPR-C/Standard First Aid

---

**Books Required For Leadership Courses**

- **Bronze Star/Medallion/Cross** - The Canadian Lifesaving Manual *
- **National Lifeguard Award** - ALERT: Lifeguarding in Action *
- **Lifesaving Instructor** - Lifesaving Instructor Manual *

* Denotes manuals purchased from the Lifesaving Society (306) 780-9255

---

**Books can also be purchased from:**

University Bookstore
Marquis Hall
Hours of Operation: 8:30 am-5:00 pm Mon-Fri
(306) 966-4468 or 1-888-214-8888 (mail order only)
Leadership Classes
September 2017 to August 2018

Canadian Red Cross Courses

CANADIAN RED CROSS WATER SAFETY INSTRUCTOR (WSI)
Pre-Requisite - 15 years of age and ONE of: Red Cross Assistant Lifeguard, CPR/Standard First Aid (Legally required to Lifeguard in Saskatchewan), Bronze Cross

The NEW WSI involves a series of modules that will lead to the completion of the program.
1. Upon registration, you will receive course materials that will provide you with the necessary tools to successfully work through the on-line module and workbook. (Approximately 20 hours in length)
2. At the time of registration, you will choose a SESSION "A" and a SESSION "B". (MUST register for both A and B Sessions)
3. The On-line and workbook section MUST be completed prior to your arrival at SESSION "A."
4. SESSION "A" MUST be successfully completed prior to admission into SESSION "B."

COST - Including, Course Materials, Skills Evaluation, Instructional and Classroom Components - $525.00

SESSION A

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday/Saturday/Sunday</td>
<td>September 22/23/24/30/ October 1, 2017</td>
<td>5-10/8-5/8-5/8-5/8-5 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Tuesday/Wednesday/Thursday/Friday</td>
<td>February 20/21/22/23, 2018</td>
<td>8-7/8-7/8-7/8-4 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Monday/Tuesday/Wednesday/Thursday/Friday</td>
<td>April 2/3/4/5/6, 2018</td>
<td>8-5/8-5/8-5/8-5/8-1 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday/Saturday/Sunday</td>
<td>April 20/21/22/28/29, 2018</td>
<td>5-10/8-5/8-5/8-5/8-5 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Monday/Tuesday/Wednesday/Thursday/Friday</td>
<td>July 9/10/11/12/13, 2018</td>
<td>8-5/8-5/8-5/8-5/8-1 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Monday/Tuesday/Wednesday/Thursday/Friday</td>
<td>August 20/21/22/23/24, 2018</td>
<td>8-5/8-5/8-5/8-5/8-1 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

SESSION B

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>October 13/14/15, 2017</td>
<td>5-10/8-6/8-6 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>November 24/25/26, 2017</td>
<td>5-10/8-6/8-6 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>February 23/24/25, 2018</td>
<td>4-7/8/7/8-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>April 6/7/8, 2018</td>
<td>1-6/8-6/8-6 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>May 4/5/6, 2018</td>
<td>5-10/9-6/9-6 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>June 8/9/10, 2018</td>
<td>5-10/9-6/9-6 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>July 13/14/15, 2018</td>
<td>1-6/8-8-6 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>August 24/25/26, 2018</td>
<td>1-6/8-8-6 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

CANADIAN RED CROSS ASSISTANT LIFEGUARD
Pre-Requisite - 12 years of age and Red Cross Swim Kids Level 10

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>September 16 to December 2, 2017</td>
<td>12:00-3:00 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>January 20 to March 24, 2018</td>
<td>12:00-3:30 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Wednesday/Thursday/ Friday/Saturday</td>
<td>April 4/5/6/7, 2018</td>
<td>12:00-8:00 pm</td>
<td>PAC/161</td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>July 9/10/11/12/13, 2018</td>
<td>4:30-10:00 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>August 13/14/15/16/17, 2018</td>
<td>4:30-10:00 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>
### CANADIAN RED CROSS LIFEGUARD - Pre-Requisite
- 15 years of age and Red Cross Assistant Lifeguard, OR Bronze Cross and CPR/Standard First-Aid

<table>
<thead>
<tr>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>October 20/21/22/27/28/29, 2017</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>March 2/3/4/9/10/11, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>May 4/5/6/11/12/13, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Wednesday to Sunday</td>
<td>August 8/9/10/11/12, 2018</td>
<td>1:00-9:00 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS WATER SAFETY INSTRUCTOR RECERT - Must be recertified every 2 years and be less than 5 years old from original date of Certification or Re-certification.

<table>
<thead>
<tr>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>September 9, 2017</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>September 30, 2017</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>December 2, 2017</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 14, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 15, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 28, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 29, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>May 12, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>June 2, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>August 25, 2018</td>
<td>9 am-3 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS LIFEGUARD RECERT - Must be recertified every 2 years and be less than 5 years old from original date of Certification or Re-certification.

<table>
<thead>
<tr>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>September 23, 2017</td>
<td>9 am-5 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Saturday</td>
<td>December 9, 2017</td>
<td>9 am-5 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 22, 2018</td>
<td>9 am-5 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Sunday</td>
<td>June 10, 2018</td>
<td>9 am-5 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

### CANADIAN LIFESAVING SOCIETY BRONZE STAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>September 18 to December 4, 2017</td>
<td>6:30-7:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Monday</td>
<td>January 15 to March 26, 2018</td>
<td>6:30-7:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Tuesday to Friday</td>
<td>July 3/4/5/6, 2018</td>
<td>7:15-9:45 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>July 30/31/August 1/2/3, 2018</td>
<td>7:15-9:15 pm</td>
<td>PAC</td>
</tr>
</tbody>
</table>

### CANADIAN LIFESAVING SOCIETY BRONZE MEDALLION - Pre Requisite - 13 years of age OR Bronze Star

<table>
<thead>
<tr>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>September 18 to December 4, 2017</td>
<td>7:30-9:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>October 20/21/22, 2017</td>
<td>6-10/9-6/9-6 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Monday</td>
<td>January 15 to March 26, 2018</td>
<td>7:30-9:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>January 26/27/28, 2018</td>
<td>6-10/9-6/9-6 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Tuesday/Wednesday/Thursday</td>
<td>February 20/21/22, 2018</td>
<td>8:00 am-3:30 pm</td>
<td>EDUC</td>
</tr>
<tr>
<td>Monday/Tuesday/Wednesday</td>
<td>April 2/3/4, 2018</td>
<td>8:00 am-3:30 pm</td>
<td>EDUC</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>May 4/5/6, 2018</td>
<td>6-10/9-6/9-6 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 1 to June 19, 2018</td>
<td>7:00-9:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>July 16/17/18/19/20, 2018</td>
<td>5:30-9:30 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>July 27/28/29, 2018</td>
<td>6-10/9-6/9-6 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Tuesday to Friday</td>
<td>August 7/8/9/10, 2018</td>
<td>5:00-9:30 pm</td>
<td>PAC</td>
</tr>
</tbody>
</table>

Registration is ongoing for all Leadership courses!

**CANADIAN LIFESAVING SOCIETY LIFESAVING INSTRUCTOR/ADVANCED INSTRUCTOR/EXAM STANDARDS (LSI)** - Pre Requisite - 16 years of age and Bronze Cross OR NLA

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday to Sunday</td>
<td>April 4/5/6/7/8, 2018</td>
<td>8:00 am-6:00 pm</td>
<td>EDUC/1251</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>May 25/26/27/June 1/2/3, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

**CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)** - Pre Requisite - 16 years of age, Bronze Cross and CPR-C/Standard First-Aid

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>December 1/2/3/8/9/10, 2017</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Tuesday to Saturday</td>
<td>February 20/21/22/23/24, 2018</td>
<td>8:00 am-6:00 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>March 16/17/18/23/24/25, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
<tr>
<td>Wednesday to Sunday</td>
<td>April 4/5/6/7/8, 2018</td>
<td>8:00 am-6:00 pm</td>
<td>EDUC/1109</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>May 11/12/13/25/26/27, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/161</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>June 1/2/3/8/9/10, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/161</td>
</tr>
<tr>
<td>Friday/Saturday/Sunday</td>
<td>August 17/18/19/24/25/26, 2018</td>
<td>5-10/9-7/9-7 pm</td>
<td>PAC/188</td>
</tr>
</tbody>
</table>

**CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD RECERT** - Must be recertified every 2 years in order to use as a lifeguarding award.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>September 10, 2017</td>
<td>2 pm-7 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>October 1, 2017</td>
<td>2 pm-7 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>December 3, 2017</td>
<td>2 pm-7 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 14, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 15, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 28, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>April 29, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>May 13, 2018</td>
<td>2 pm-7 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>June 3, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Sunday</td>
<td>August 26, 2018</td>
<td>9 am-3 pm</td>
<td>PAC</td>
</tr>
</tbody>
</table>

**SASKATCHEWAN HEALTH - POOL OPERATORS COURSE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>September 24, 2017</td>
<td>8 am-6 pm</td>
<td>Room 246</td>
</tr>
<tr>
<td>Saturday/Sunday</td>
<td>December 9/10, 2017</td>
<td>9 am-4 pm</td>
<td>Room 246</td>
</tr>
<tr>
<td>Saturday/Sunday</td>
<td>March 3/4, 2018</td>
<td>9 am-4 pm</td>
<td>Room 246</td>
</tr>
<tr>
<td>Friday</td>
<td>April 27, 2018</td>
<td>8 am-6 pm</td>
<td>Room 246</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 22, 2018</td>
<td>8 am-6 pm</td>
<td>Room 246</td>
</tr>
<tr>
<td>Saturday/Sunday</td>
<td>June 16/17, 2018</td>
<td>9 am-4 pm</td>
<td>Room 246</td>
</tr>
</tbody>
</table>
### CANADIAN LIFESAVING SOCIETY BRONZE CROSS - Pre-Requisite - Bronze Medallion

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday September 21 to November 30, 2017</td>
<td>7:30-9:30 pm</td>
<td>PAC $160</td>
<td></td>
</tr>
<tr>
<td>Friday/Saturday March 2/3, 2018</td>
<td>6-10/9-1 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
<tr>
<td>Friday/Saturday April 27/28, 2018</td>
<td>6-10/9-1 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
<tr>
<td>Friday/Saturday July 13/14, 2018</td>
<td>6-10/9-1 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday January 18 to March 29, 2018</td>
<td>7:30-9:30 pm</td>
<td>PAC $160</td>
<td></td>
</tr>
<tr>
<td>Friday/Saturday February 23/24/25, 2018</td>
<td>6-10/9-5/9-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
<tr>
<td>Thursday/Friday/Saturday April 5/6/7, 2018</td>
<td>8:00 am-3:30 pm</td>
<td>EDUC $160</td>
<td></td>
</tr>
<tr>
<td>Thursday May 3 to June 21, 2018</td>
<td>7:00-9:30 pm</td>
<td>PAC $160</td>
<td></td>
</tr>
<tr>
<td>Friday/Saturday May 11/12/13, 2018</td>
<td>6-10/9-5/9-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
<tr>
<td>Monday to Friday July 23/24/25/26/27, 2018</td>
<td>5:30-9:30 pm</td>
<td>PAC $160</td>
<td></td>
</tr>
<tr>
<td>Friday/Saturday August 10/11/12, 2018</td>
<td>6-10/9-5/9-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$160</td>
</tr>
<tr>
<td>Monday to Friday August 20/21/22/23/24, 2018</td>
<td>5:30-9:30 pm</td>
<td>PAC $160</td>
<td></td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS CPR/AED/FIRST-AID INSTRUCTOR- FULL COURSE

Candidate MUST be 18 YEARS of age and have a proof of a CURRENT Standard First-Aid and CPR-HCP.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday January 19/20/21/27/28, 2018</td>
<td>5-10/8-6/8-5 pm</td>
<td>Room 234</td>
<td>$500</td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS CPR/AED/FIRST-AID INSTRUCTOR-TRANSFER COURSE - Candidate MUST be 18 years of age and have proof of a current FAI certification with another agency or WSI, SFA & CPR-HCP Certification.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday/Saturday/Sunday January 19/20/21, 2018</td>
<td>5-10/8-6/8-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$325</td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS CPR/STANDARD FIRST-AID RECERT - Must be recertified every 3 years, once the original/recertified award has expired, you must re take the entire course.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday September 30, 2017</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday October 28, 2017</td>
<td>9 am-5 pm</td>
<td>Room 234</td>
<td>$88</td>
</tr>
<tr>
<td>Sunday November 19, 2017</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Sunday December 10, 2017</td>
<td>9 am-5 pm</td>
<td>Room 234 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Sunday January 21, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday February 3, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday February 25, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday March 10, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday April 14, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday April 15, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Sunday May 6, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday June 16, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday July 21, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
<tr>
<td>Saturday August 18, 2018</td>
<td>9 am-5 pm</td>
<td>Room 232 &amp; 231</td>
<td>$88</td>
</tr>
</tbody>
</table>

### CANADIAN RED CROSS FIRST AID INSTRUCTOR RECERT

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday December 2, 2017</td>
<td>8-5 pm</td>
<td>Room 234</td>
<td>$135</td>
</tr>
</tbody>
</table>
PAAL is a program for children, youth, and adults with physical and/or intellectual impairments. The goal of the program is to provide a variety of physical activity experiences with an emphasis on fun, skill development, and social interaction. There will be a modified alternative activity provided for those who are unable to participate in any of the following activities. For more information please call Kim Jones (306) 966-1003 or Jodi Simpson (306) 966-1011.

Aquatics
Water safety, continuous activity, and games are used to provide children and youth with new challenges to enhance their current swimming abilities. The water’s relaxing effect and stimulating qualities are used to develop lifetime skills.

Movement Education
Through music and voice, children are encouraged to explore spatial and body awareness. Creativity, musicality and self-expression are emphasized.

Gymnastics/Creative Games
Children and youth explore movement patterns at their own pace. The surroundings and available apparatus are appropriate for rolling, tumbling, and balancing; as well as, a number of gymnastic and creative games.

PAAL Fitness – Fitness for Life
This program is designed to provide adults 18 years and older with opportunities for strength training and cardiovascular fitness through an environment that is structured, supervised, and social. Volunteers work alongside participants to motivate and facilitate workouts. Lifelong participation through exercise is the overall goal of PAAL Fitness. Approval for admittance into the program is required.

PAAL Swimmers
The PAAL Swimmer program allows individuals an opportunity to gain physical fitness through a recreational, non-competitive swim program. Participants will receive instruction on stroke techniques through various drills adapted to meet the needs of the swimmers. Participants must be able to swim 50 meters independently. Coaches and volunteers are present, however independence is necessary as this is not a one on one experience. Approval for admittance into this program is required.

Learn-To-Swim
With a one instructor to four participant ratio and volunteer assistance, PAAL participants can learn fundamental skills as well as advanced techniques to swimming. Please note that this will not be a one on one experience.
Children’s Activity Camps
February 20 - 23, 2018

Program Description

The Children’s Activity Camps are weeklong, half-day camps for children ages 5 to 12. A variety of different sports and activities are offered to provide children with an opportunity to learn new skills in a safe, fun, non-competitive environment. The emphasis in the camps is to have fun, meet other children, and become physically active.

Participants may register in either a morning or an afternoon camp, or they may register in both if they wish to stay for a full day of activity. Camps run from 8:30 a.m. – 12:00 noon and from 1:00 – 4:30 p.m., with lunch supervision provided for children staying all day. Please note although lunch supervision is provided – children must bring their own lunch and parents MUST register for this service at the time of registration.

We offer an extended hours program where children are supervised from 8:00 – 8:30 a.m. and 4:30 – 5:30 p.m. at a cost of $35 per child for the week.

Registration begins Monday, August 14th, 2017!
Register at beactive.usask.ca or call (306) 966-1001
Offerings

**How the Body Moves**
(Ages 5-8 at the Physical Activity Complex)

Children in this camp will gain experience in the basic, fundamental movement patterns involved in gymnastics. Many skills are taught in a game setting, which makes this camp suitable and enjoyable for younger participants. Throughout the week, children will be exposed to a variety of gymnastics apparatus including balance beams, bars, rings, and parallel bars.

**Sports and Water Mania**
(Ages 5 – 8 at the Physical Activity Complex)

Children will be introduced to and participate in a variety of cooperative games and sports over the course of the week. An emphasis will be placed on fun, social interaction, and skill development. Pool time each day will consist of co-operative games. All children are required to wear PFDs in the pool.

**Basketball**
(Ages 8 – 12 at the Physical Activity Complex)

Children will be introduced to fundamental basketball skills including dribbling, passing, and shooting. Children will learn these skills through various drills and games. Instruction will provide progression from individual skill development to team skills by the end of the week.

**Sports “R” Fun and Wall Climbing**
(Ages 8 – 12 at the Physical Activity Complex)

Children will receive instruction in one different sport each day and will experience climbing the wall in the PAC. Please note waiver forms MUST be filled out prior to children being allowed on the wall. Certified instructors and climbers will belay for the children during the week.

**Prices**

- $130.00 half day
- $260.00 full day
- $35.00 extended hours

**8:30 am – 12:00 noon**

- How the Body Moves Ages 5-8 (Limit 24)
- Basketball Ages 8 -12 (Limit 28)

**1:00 pm – 4:30 pm**

- Sports and Water Mania Ages 5 – 8 (Limit 28)
- Sports “R” Fun and Wall Climbing Ages 8 – 12 (Limit 24)
Coordinator: Michelle Weimer

Philosophy

For over 55 years it has been the philosophy of the school that dance should be a personally rewarding and positive experience for each and every child. Children should enjoy their dance classes and thrive in the non-competitive atmosphere that our school offers. Most children may not become professional dancers, but they should have the opportunity to gain what dance offers in terms of building positive self-esteem and developing creativity, critical thinking, and an appreciation for dance as an art form. Our teachers have extensive technical knowledge, not only in the dance form that they teach, but also in the many teaching strategies that are required to accommodate the various learning styles of children. Although we recognize that some competition is healthy, and opportunities are available for those who wish to, we do not believe that competition plays a role in presenting dance as an art form. Children should be motivated to do well because they want to explore the joy of dance under the guidance of warm and nurturing teachers.

Tuition rates are based on the number of classes taken. For example, if your child is taking two - 1 hour long classes, you pay the 2 hour rate or if you have 2 children each taking a 1 hour class, you pay the 2 hour rate.

- Fees are calculated by a total number of hours per week of classes taken.
- Maximum dance fee will not exceed $2200
- Extra classes for privates, examinations, and competition are not included in this schedule.

Why Take More Than One Class?

Students who wish to intensify their training in a particular dance style should take more than one class, as well as ballet, to enhance their development of technique. Students taking more than one class per week, including one of each of the different dance styles, will enjoy the technical cross-over benefits.

Fee Schedule:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Fee</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ hour</td>
<td>$400</td>
<td>3 hours</td>
<td>$1400</td>
</tr>
<tr>
<td>¾ hour</td>
<td>$450</td>
<td>3 ¼ hours</td>
<td>$1500</td>
</tr>
<tr>
<td>1 hour</td>
<td>$500</td>
<td>3 ½ hours</td>
<td>$1600</td>
</tr>
<tr>
<td>1 ¼ hours</td>
<td>$750</td>
<td>4 hours</td>
<td>$1700</td>
</tr>
<tr>
<td>1 ½ hours</td>
<td>$850</td>
<td>4 ¼ hours</td>
<td>$1800</td>
</tr>
<tr>
<td>1 ¾ hours</td>
<td>$900</td>
<td>4 ½ hours</td>
<td>$1900</td>
</tr>
<tr>
<td>2 hours</td>
<td>$950</td>
<td>5 hours</td>
<td>$2000</td>
</tr>
<tr>
<td>2 ¼ hours</td>
<td>$1100</td>
<td>4 ¾ hours</td>
<td>$2100</td>
</tr>
<tr>
<td>2 ½ hours</td>
<td>$1200</td>
<td></td>
<td>$2200</td>
</tr>
<tr>
<td>2 ¾ hours</td>
<td>$1300</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Hourly rate for fees is rounded to the next closest hour and apply to families who have more than one child taking classes in the school and/or dancers taking more than one class.

Athletes take ballet classes to strengthen the core and increase flexibility!
Example:

<table>
<thead>
<tr>
<th>One child taking</th>
<th>Regular Price</th>
<th>Discounted price:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 3 Ballet (1 hour)</td>
<td>$500</td>
<td>2 1/4 hours</td>
</tr>
<tr>
<td>Level 3 Jazz (1 hour)</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td>Level 3 Tap (1/4 hour)</td>
<td>$475</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$1475</td>
<td><strong>$1300</strong></td>
</tr>
<tr>
<td><strong>Savings</strong></td>
<td>$175</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Two children enrolled</th>
<th>Regular Price</th>
<th>Discounted price:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Primary Ballet (1/4 hour)</td>
<td>$475</td>
<td>3 1/2 hours</td>
</tr>
<tr>
<td>Level 2 Jazz (1 hour)</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td>Level 2 Tap (1/4 hour)</td>
<td>$475</td>
<td></td>
</tr>
<tr>
<td>Grade 2 Ballet (1 hour)</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$1950</td>
<td><strong>$1600</strong></td>
</tr>
<tr>
<td><strong>Savings</strong></td>
<td>$350</td>
<td></td>
</tr>
</tbody>
</table>

Payment Options:

For those students only taking one class:

- **Full payment with Visa, MasterCard, AMEX, debit card, cheque, or cash at the time of registration.**
- **Two cheques of equal payment will be accepted.** The first one dated at the time of registration and the other for November 1, 2017.
- **Six cheques of equal payment will be accepted.** The first cheque dated at the time of registration and the others should be dated September 30, October 31, November 30, December 31, 2017 and January 31, 2018. Make all cheques payable to: **University of Saskatchewan**.

**Note:** Payment plans by post-dated cheques only. We will no longer accept pre-authorized credit card debits of equal monthly payments. **NSF CHARGES APPLY.**

- Make cheques payable to: **University of Saskatchewan**.

**NSF Policy:**

Cheques returned due to non-sufficient funds will be charged a $25.00 NSF fee. Payment or arrangement of payment must be made within 14 days or the student(s) will not be considered registered and may be asked to withdraw from the program. Cheques will not be accepted from customers with an outstanding balance or who have previously had cheques returned.

**Please allow at least 4 weeks for cheques to clear.**

Cancellation/Withdrawal Policy:

There is a $20.00 administration fee for withdrawals/cancellations. Prior to the first class, those who withdraw will receive a full refund less the $20.00 administration fee. Refunds will be pro-rated (less administration fee) for withdrawals and cancellations up to December 1st, 2017. **There will be no refunds after December 1, 2017.**

Classes may be cancelled due to insufficient enrollment, please register by the second week of classes each term.

Dates to Remember

<table>
<thead>
<tr>
<th>Classes Begin: Children</th>
<th>Monday, September 11, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults: Term 1</td>
<td>September 25 - December 11, 2017 (no classes Nov. 13 - 17, 2017 for fall midterm break)</td>
</tr>
<tr>
<td><em>Free Drop In Week: Sept 18-22, 2017</em></td>
<td></td>
</tr>
<tr>
<td>Adults: Term 2</td>
<td>January 22 - April 5, 2018 (no classes Feb 17-23, 2018)</td>
</tr>
<tr>
<td><em>Free Drop In Week: Jan 15-19, 2018</em></td>
<td></td>
</tr>
<tr>
<td>Yoga Dance: Term 1</td>
<td>September 23 - December 9, 2017 (no classes Oct. 7/Nov. 11, 2017)</td>
</tr>
<tr>
<td>Yoga Dance: Term 2</td>
<td>January 27 - April 14, 2018 (no classes Feb. 17/March 31, 2018)</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>Saturday, Oct. 7, 2017 - Monday, Oct. 9, 2017 (no classes)</td>
</tr>
<tr>
<td>Remembrance Day</td>
<td>Saturday, Nov. 11 - Monday, Nov. 13, 2017 (no classes)</td>
</tr>
<tr>
<td>Parents’ and Friends’ Week</td>
<td>October 23 - October 27, 2017 (inclusive)</td>
</tr>
<tr>
<td>Christmas Break</td>
<td>December 22, 2017 - January 5, 2018 (no classes)</td>
</tr>
<tr>
<td>Parents’ and Friends’ Week</td>
<td>February 5 - February 10, 2018 (inclusive)</td>
</tr>
<tr>
<td>Mid-Term Break</td>
<td>February 17 - February 23, 2018 (no classes)</td>
</tr>
<tr>
<td>Easter Break</td>
<td>Friday, March 30, 2018 - Friday, April 6, 2018 (no classes)</td>
</tr>
<tr>
<td>Picture Day</td>
<td>PAC Studio (April/May 2018) TBA</td>
</tr>
<tr>
<td>Annual Dance Recital</td>
<td>St. Joseph’s Theatre (May 2018) TBA</td>
</tr>
</tbody>
</table>
Descriptors

All dance forms have ballet technique at their base. Students with strong ballet technique will progress more rapidly in other dance forms. We strongly encourage students who study jazz, tap, or musical theatre to include a ballet class as part of their training.

Creative Dance

Creative Dance: Ages 4 and 8 years.

Child must be 4 or 5 years old by December 31, 2017. No previous dance experience is needed. The focus is on self-expression, creativity, rhythm and musicality through movement. Emphasis is placed on proper placement and spatial awareness. These classes prepare the child for entry into more technical dance classes.

Dress Requirements: Girls: Black tank leotard and leggings. Boys: Black or white t-shirt and shorts or sweatpants. Bare feet.

Important Information: Students taking the following dance classes do not necessarily advance to the next level each year. Often it takes at least 2 years to learn, complete, and be proficient in the technical work of each level. Please see the teacher or coordinator for the appropriate class placement each year.

Classical Ballet

Ages 6 and up. Child must be 6 years old by December 31, 2017.

The University School of Dance follows the children’s Royal Academy of Dance syllabus as training for ballet. Ballet technique is the root of all performance oriented dance forms and helps develop poise, flexibility, strength, and proper alignment as well as precision, agility, and fluidity in movement. Students who include ballet as part of their dance training, will experience it’s technical benefits in their other dance classes and should advance in level and skill more rapidly than those who do not include ballet. It is recommended that those dancer’s involved in competitions and in the advanced levels of jazz and tap take at least one ballet class to strengthen their technique.

Dress Requirements:

- **Pre-Primary and Primary:** Leotard Mondor style # 1645 (pink tank style), ballet pink tights, ballet slippers with elastics (no split sole shoes or ribbons)
- **Grade 1 & 2:** Leotard Mondor style # 1645 (light blue tank style), ballet pink tights, ballet slippers with elastics (no split sole shoes or ribbons) and character shoes with pink elastic and the lower heel.
- **Grades 3:** Leotard Mondor style # 1645 (navy blue tank style), ballet pink tights, ballet slippers with elastics (no split sole shoes or ribbons) and character shoes with pink elastic and cuban heel.
- **Grade 4 and up:** Black tank classic style leotard, ballet pink tights, ballet slippers with elastics (no soft pointe shoes), and character shoes with pink elastic and cuban heel.
- **Boys Uniform:** White short-sleeve leotard or tight t-shirt, black leggings, white socks, and black ballet slippers with elastics.

Beginner/Teen Ballet

Ages 9-12 years/Ages 13 and up.

No previous dance experience is necessary. For those students just beginning or wish to improve their technique in another discipline.

Advanced Ballet Classes

Open Ballet Class: Designed for the dancer who has worked at the equivalent of the RAD Grade 6/Intermediate Foundations or higher. These classes are non-syllabus classes.

Pointe Classes: Permission required from coordinator and instructors. Those dancers who are eligible for Pointe must take 2 ballet classes per week, NO EXCEPTIONS, ATTENDANCE IS MANDATORY. Students who miss more than 4 classes may be asked to withdraw from the class with no refund. New pointe shoes must be purchased for the final showing by March 31st, 2018.

**For all ballet classes, hair must be pulled up in a bun and off of the neck so that the instructor has a clear view of the body.

Modern Jazz

Ages 5 years and up.

This class is for the student who wishes to learn the technique and various styles of Modern Jazz Dance. The class consists of a warm-up, jazz/ballet technique and movement combinations done to a variety of popular music.

Those students who are wishing to register in the Advanced Jazz class must also be taking a ballet class.

Dress Requirements: Any color tank leotard or t-shirt (boys), tights or sweats (boys) and black jazz shoes (all jazz classes except for Lyrical Jazz which require beige jazz shoes).

Lyrical Jazz

Ages 10 and up.

This class explores self-expression using ballet, jazz, and modern/contemporary technique. It focuses on smooth movement techniques that emphasize the lyrics of modern music.

Those students registering for lyrical jazz must be taking one jazz and one ballet class per week.

Dress Requirements: Any color tank leotard or t-shirt, tights or sweats, and beige jazz shoes.
Musical Theatre
Ages 9 years and up.
These classes will emphasize the techniques of singing, acting/drama, theatre dance as well as music reading, theory and harmony. Students will develop a repertoire of solo and group songs and dances appropriate to their age level. Particular emphasis will be placed on breath control and the challenges of speaking and singing while dancing.

Dress Requirements: Black tank leotard, black leggings and black jazz shoes.

Highland Dance
Ages 7 years and up.
This is a high-energy dance form that uses similar techniques as ballet. Children learn a variety of dances (Fling, Sword and Lilt) to both traditional bagpipes and modern celtic music.

Dress Requirements: Black tank leotard or t-shirt, black leggings (short or long) and highland shoes (Beginners may wear black ballet slippers with elastics).

Tap Dance: Ages 6 years and up. These classes will explore the variety of rhythmic patterns through the development of basic tap techniques with an emphasis on creativity and self expression.

Dress Requirements: Black tank leotard or t-shirt and beige tap shoes (females) and black tap shoes (males).
No jingle taps or boots.

Hip-Hop: Ages 9 and up. If you want to groove like they do in dance videos and the clubs, then this is the class for you! Get your groove on and learn some hot dance moves from today’s hottest hits.

Dress Requirements: regular sneakers or jazz sneakers.

Contemporary Dance: Ages 12 and up. These classes use creative/modern, ballet, and/or jazz technique to tell a story, present a theme, or emotion. Dancers who register for this class must have training in one or all of those areas.

Dress Requirements: leotard, tights, legging, yoga pants, or shorts, and bare feet.

Yoga Dance
Ages 4-12 years.
(10 weeks/term):
Let Your Yoga Dance is a creative dance program that combines yoga and breath with music from around the world. Allowing their yoga to dance, children have fun as they sway, jiggle, stomp, skip, jump, flow, and rest. This joy-filled dance emphasizes improving body, brain, and heart health. It helps children of all ages experience a blissful body, joyous heart, and a peaceful mind.
Dance for Special Populations

**Kids…..in motion Dance Team and Agility Ballet Company (ABC)** is for children ages 7 years and up with mobility challenges whose primary mode of transportation is the wheelchair. The focus of the class is the development of a variety of locomotor, rhythmic and creative skills using enjoyable dance experiences. Children have the opportunity to explore a variety of dance forms such as ballet, jazz dance, and creative dance and to gain confidence through performances and workshops.

**Dress Requirements:** Proper dance attire. Agility Ballet Company auditions by invitation only.

**Spiritflyers:** This program is for children and youth, ages 7 years and up, who have cognitive and/or physical challenges. The program exposes the children/youth to a variety of dance forms such as ballet, creative movement, jazz and musical theatre. The primary focus is on developing proper technique for dance, expression of self through movement and confidence through personal presentation. Associated benefits include: the ability to follow instructions, and the development of concentration and socialization skills. Participants must be able to participate in the program independently.

**Dress Requirements:** Dance leotard or t-shirt (boys) and ballet slippers and/or jazz shoes.

**Register online**
at beactive.usask.ca or call 306-966-1001.

Adult Dance Classes:

**Ballet, Jazz, Contemporary, Modern, Highland, Hip Hop, and Tap Dance**

These classes are for the beginner or experienced adult dancer who either has never had the opportunity to take classes and would like to experience the benefits of dance or who is quite experienced but has not danced for several years and wishes to get back to taking classes for both fitness and enjoyment.

Each term runs for 10 weeks.

| Term 1 - September 25, 2017  
| Term 2 - January 22, 2018        |
| Free Drop-ins Sept 18-22, 2017  
| Free Drop-ins Jan. 15-19, 2018 |

**Fee Schedule (10 weeks/term):** The more hours taken, the greater the discount. Any refunds are pro-rated and only available within the first 3 weeks of each term. NO REFUNDS AFTER 2 REGULAR CLASSES. Classes may be cancelled due to insufficient enrollment, please register by the second week of classes each term.

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ hour class</td>
<td>$100</td>
</tr>
<tr>
<td>1 hour class</td>
<td>$150</td>
</tr>
<tr>
<td>1 ¼ hours</td>
<td>$200</td>
</tr>
<tr>
<td>2 hours</td>
<td>$250</td>
</tr>
<tr>
<td>2 ¼ hours</td>
<td>$300</td>
</tr>
<tr>
<td>Drop in fee</td>
<td>$18/class (1 hr) &amp; $15/class (45 min).</td>
</tr>
</tbody>
</table>

Please contact coordinator for more information.

Photo by finelite.ca / http://www.finelite.com
### University School of Dance

#### 2017-2018 Schedule

<table>
<thead>
<tr>
<th>Creative Dance (Must be 4 or 5 years old by December 31, 2016)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Dance (4 years)</td>
<td>Sat 10:00-10:30 am PAC 101 $400</td>
</tr>
<tr>
<td>Creative Dance (5 years)</td>
<td>Sat 10:30-11:15 am PAC 101 $450</td>
</tr>
<tr>
<td>Creative Dance (5 &amp; 6 years)</td>
<td>Tues 5:45-6:30 pm Will 129 $450</td>
</tr>
<tr>
<td>Creative Dance (7 &amp; 8 years)</td>
<td>Tues 6:30-7:30 pm Will 129 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ballet: Royal Academy of Dance Children’s and Vocational Work</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Primary Ballet (6 years)</td>
<td>Sat 11:15-12:00 pm PAC 101 $450</td>
</tr>
<tr>
<td>Primary Ballet A (7-8 years)</td>
<td>Sat 12:45-1:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Primary Ballet B (7-8 years)</td>
<td>Mon 5:00-6:00 pm Will 123 $500</td>
</tr>
<tr>
<td>Grade 1</td>
<td>Sat 1:45-2:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Grade 2</td>
<td>Sat 2:45-3:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Grade 3</td>
<td>Wed 5:15-6:15 pm PAC 101 $500</td>
</tr>
<tr>
<td>Grade 4</td>
<td>Wed 6:15-7:15 pm PAC 101 $500</td>
</tr>
<tr>
<td>Grade 5</td>
<td>Wed 7:15-8:15 pm PAC 101 $500</td>
</tr>
<tr>
<td>Grade 6</td>
<td>Thurs 6:15-7:15 pm PAC 101 $500</td>
</tr>
<tr>
<td>Open Advanced</td>
<td>Mon 5:30-6:30 pm PAC 101 $500</td>
</tr>
<tr>
<td>Beginner A Pointe</td>
<td>Thurs 5:30-6:30 pm PAC 101 $500</td>
</tr>
<tr>
<td>Intermediate B Pointe</td>
<td>Thurs 7:15-8:00 pm PAC 101 $450</td>
</tr>
<tr>
<td>Beginner Ballet (9-11yrs)</td>
<td>Mon 7:00-8:00 pm Will 123 $500</td>
</tr>
<tr>
<td>Teen Ballet (12 yrs and up)</td>
<td>Mon 8:00-9:00 pm Will 123 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jazz</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Beginner Jazz (6-8 yr)</td>
<td>Sat 12:00-12:45 pm PAC 101 $450</td>
</tr>
<tr>
<td>Beginner Jazz A (7-9 yr)</td>
<td>Mon 6:00-7:00 pm Will 123 $500</td>
</tr>
<tr>
<td>Beginner Jazz B (7-9 yr)</td>
<td>Tues 5:30-6:30 pm Will 123 $500</td>
</tr>
<tr>
<td>Pre-Elementary Jazz</td>
<td>Tues 5:45-6:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Elementary Jazz</td>
<td>Tues 6:45-7:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Intermediate Jazz</td>
<td>Tues 7:30-8:30 pm Will 123 $500</td>
</tr>
<tr>
<td>Advanced Jazz</td>
<td>Tues 8:45-9:45 pm PAC 101 $500</td>
</tr>
<tr>
<td>Novice Jazz (9-11 yrs)</td>
<td>Tues 6:45-7:45 pm Will 129 $500</td>
</tr>
<tr>
<td>Teen Jazz (12 yrs and up)</td>
<td>Tues 8:30-9:30 pm Will 123 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lyrical Jazz</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Lyrical Jazz</td>
<td>Thurs 5:45-6:45 pm Will 129 $500</td>
</tr>
<tr>
<td>Intermediate Lyrical</td>
<td>Tues 6:30-7:30 pm Will 123 $500</td>
</tr>
<tr>
<td>Senior Lyrical Jazz</td>
<td>Tues 7:45-8:45 pm PAC 101 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contemporary</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Contemporary (12 yrs and up)</td>
<td>Thurs 8:00-9:00 pm PAC 101 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Musical Theatre</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Musical theatre (9-11 yr)</td>
<td>Thurs 6:45-7:45 pm Will 129 $500</td>
</tr>
<tr>
<td>Musical Theatre (12 yr and up)</td>
<td>Thurs 7:45-8:45 pm Will 129 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hip Hop</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Hip Hop (9-11)</td>
<td>Wed 6:30-7:30 pm Will 123 $500</td>
</tr>
<tr>
<td>Intermediate Hip Hop (12+)</td>
<td>Wed 5:30-6:30 pm Will 123 $500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highland Dance</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Highland</td>
<td>Mon 5:45-6:45 pm Will 129 $500</td>
</tr>
<tr>
<td>Experienced Highland</td>
<td>Mon 6:45-7:45 pm Will 129 $500</td>
</tr>
</tbody>
</table>

### Staff

**Michelle Weimer, Coordinator, B.Ed. (Dance)**
- Over 30 years teaching experience in jazz, creative dance and musical theatre at the University School of Dance
- Founding member/instructor of PAAL program
- Co-director/supervisor and founding member of Project Move
- Specialist in dance education
- A sessional lecturer College of Kinesiology since 1997

**Kathleen Bindle**
- 4th year teaching with the school
- Experienced in ballet, jazz, hip hop, lyrical, and tap
- Is a long-time member of the Agility Ballet Company
- Loves kids!

**Catherine Deux**
- B.A Dance (Ballet) A.R.A.D.
- 11th season teaching at the University School of Dance!
- BA (Dance) from the University of Calgary
- Completed RAD Advanced examination (Distinction)
- Nursing student at the U of S

**Meagan Fabian**
- Experienced in ballet, jazz, modern, lyrical, hip hop, and musical theatre
- Former Spirit Flyer assistant and PAAL volunteer
- Currently and EA with the Separate School Division
- Former member of “Dance on the Prairies” Modern dance troupe

**Sara Klippenstein**
- 13th year teaching at the U of S
- Expertise in Jazz, Tap, and Hip Hop
- Has won numerous awards and medals through competition
- Completed certificate in C.D.T.A. (Tap) Stage Division

**Madison Kowerchuk-Webster**
- B.KIN
- Trained at the USD for 17 years in ballet, jazz, and lyrical
- Teaching assistant in the school for many years
- Volunteer with PAAL
Tap Dance

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Tap A (6-8 yrs)</td>
<td>Mon 5:00-5:45 pm</td>
<td>Will 129</td>
<td>$450</td>
</tr>
<tr>
<td>Beginner Tap B (6-8 yrs)</td>
<td>Thurs 6:30-7:15 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Level 1 Tap</td>
<td>Thurs 5:45-6:30 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Level 2 Tap</td>
<td>Sat 3:00-3:45 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Level 3 Tap</td>
<td>Sat 12:00-12:45 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Level 4 Tap</td>
<td>Sat 2:15-3:00 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Level 5 Tap</td>
<td>Sat 1:30-2:15 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Novice Tap (9-11 yrs)</td>
<td>Wed 6:00-6:45 pm</td>
<td>Will 129</td>
<td>$450</td>
</tr>
<tr>
<td>Teen Tap (12 yrs and up)</td>
<td>Wed 7:45-8:30 pm</td>
<td>Will 129</td>
<td>$450</td>
</tr>
</tbody>
</table>

Wheelchair Dance

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids in Motion (Junior Level)</td>
<td>Thurs 4:30-5:30 pm</td>
<td>PAC 101</td>
<td>$500</td>
</tr>
<tr>
<td>Agility Ballet Company</td>
<td>TBA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Spirit Flyers

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginners (Child)</td>
<td>Sat 11:15-12:00 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Experienced (Child)</td>
<td>Sat 12:45-1:30 pm</td>
<td>Will 123</td>
<td>$450</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Sat 4:00-5:00 pm</td>
<td>PAC 101</td>
<td>$500</td>
</tr>
<tr>
<td>Advanced</td>
<td>Sat 5:00-6:00 pm</td>
<td>PAC 101</td>
<td>$500</td>
</tr>
</tbody>
</table>

Yoga Dance - 10 weeks (price per term)

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 yrs</td>
<td>Sat 11:15 am-12:00 pm</td>
<td>Will 129</td>
<td>$100</td>
</tr>
<tr>
<td>7-9 yrs</td>
<td>Sat 12:00-12:45 pm</td>
<td>Will 129</td>
<td>$100</td>
</tr>
<tr>
<td>10-12 yrs</td>
<td>Sat 12:45-1:45 pm</td>
<td>Will 129</td>
<td>$150</td>
</tr>
</tbody>
</table>

Adult Dance Classes

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Ballet (Beginner)</td>
<td>Wed 8:15-9:15 pm</td>
<td>PAC 101</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Ballet (Intermediate)</td>
<td>Monday 6:30-7:30 pm</td>
<td>PAC 101</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Ballet (Experienced)</td>
<td>Mon 7:30-8:30 pm</td>
<td>PAC 101</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Jazz/Hip Hop (Beginner)</td>
<td>Tues 8:30-9:30 pm</td>
<td>Will 129</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Jazz (Experienced)</td>
<td>Thurs 8:45-9:45 pm</td>
<td>Will 129</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Tap (Beginner)</td>
<td>Thurs 8:45-9:30 pm</td>
<td>Will 123</td>
<td>$100</td>
</tr>
<tr>
<td>Adult Tap (Intermediate)</td>
<td>Thurs 7:15-8:00 pm</td>
<td>Will 123</td>
<td>$100</td>
</tr>
<tr>
<td>Adult Tap (Experienced)</td>
<td>Thurs 8:00-8:45 pm</td>
<td>Will 123</td>
<td>$100</td>
</tr>
<tr>
<td>Adult Modern (Beginner)</td>
<td>Tues 7:30-8:30 pm</td>
<td>Will 129</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Hip Hop (Exp. only)</td>
<td>Wed 8:30-9:30 pm</td>
<td>Will 123</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Contemporary (Exp. only)</td>
<td>Wed 7:30-8:30 pm</td>
<td>Will 123</td>
<td>$150</td>
</tr>
<tr>
<td>Adult Highland</td>
<td>Mon 7:45-8:45 pm</td>
<td>Will 129</td>
<td>$150</td>
</tr>
</tbody>
</table>

See Adult Fee Schedule on page 45

Staff

Erica Osterried
B. ED
- Former dancer with the U of S School of Dance
- Experience in tap, jazz, ballet, and lyrical
- Assistant for many years with the Spirit Flyers program

Amanda Plante
B. Sc. (Biology), M. Sc. (Toxicology)
- Registered Yoga Teacher, 200-RYT with Yoga Alliance
- Registered Children's Yoga Teacher, RCYT with Yoga Alliance
- Certified Let Your Yoga Dance Instructor
- Certified Integrative Amrit Method Yoga Nidra Facilitator

Josie Roden
- Dancer with Abiding Lines Dance Company
- 4th year Computer Science student at the U of S
- Member of the National Tap Team 2014
- Member of the National Hip Hop team 2016

Krista Sharp
- Currently working on Education Assistant Certificate at Sask. Polytechnic
- Arts and Science Honor student at U of S
- Experience in ballet, jazz, lyrical, modern, and hip hop
- Children's Ministry summer program coordinator

Jodi Simpson-Liburdi
B.Sc. (NIN), B. Ed, PGD (Special Education)
- 14th year teaching at the University School of Dance.
- Expertise in creative dance/jazz, CDTA tap, and teaching children with special needs.
- Instructor for Spirit Flyers and Kids in Motion Junior Dance Team.
- Coordinates the College of Kinesiology's PAAL program.
- High School Special Education Teacher in Saskatoon Separate Schools.

Mariana Souza
A.R.A.D. (Adv.) Dance Diploma (Sao Paulo, Brazil)
- 3rd year Kinesiology Student
- Completed RAD Adv. 2 examination
- Former teacher at Lucianne Murta Escola de Ballet (Brazil)
- Certification in Russian Ballet methodology
Campus Rec Clubs

U of S Anne Collingridge Figure Skating Club 2017 – 2018 Season

Ice Times
- Monday: 12:30 - 1:15 pm
- Tuesday: 11:45 am - 12:30 pm
- Thursday: 11:45 am – 12:30 pm
- Friday: 1:30 - 2:15 pm

Dates
- Term 1: Thursday, September 7th – Friday December 15th, 2017
- Term 2: Thursday, January 4th – Friday, April 6th, 2018

Ice Show
- Sunday, March 25, 2018, 2 - 4 pm

Fees

<table>
<thead>
<tr>
<th></th>
<th>Students</th>
<th>Non-Students</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Single Term Fee</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 day per week</td>
<td>$250</td>
<td>$270</td>
</tr>
<tr>
<td>2 days per week</td>
<td>$340</td>
<td>$360</td>
</tr>
<tr>
<td>3 days per week</td>
<td>$420</td>
<td>$440</td>
</tr>
<tr>
<td>4 days per week</td>
<td>$490</td>
<td>$510</td>
</tr>
<tr>
<td><strong>Two Term Fee</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 day per week</td>
<td>$390</td>
<td>$410</td>
</tr>
<tr>
<td>2 days per week</td>
<td>$540</td>
<td>$560</td>
</tr>
<tr>
<td>3 days per week</td>
<td>$700</td>
<td>$720</td>
</tr>
<tr>
<td>4 days per week</td>
<td>$840</td>
<td>$860</td>
</tr>
</tbody>
</table>

* Two term fees (only applicable if you register for both terms in Sept.)

- Fees include Skate Canada membership cost and $100 fund-raising deposit
- Fees do not include lessons, competition, testing, travel, equipment, or outfits

Membership Qualifications
Minimum age 16, no maximum age. Students and non-students of all skill levels welcome

Contact information
Shirley Collingridge – Founder/President
collingridge@sasktel.net
(306) 477-0684

Registration begins Monday, August 14th, 2017!
Online Registration at beactive.usask.ca
University of Saskatchewan Yoga Club

**Beginner** – Mondays 7:30-8:30 pm
This class is for students new to yoga or those practicing at this level. Foundation work will include alignment, standing poses, supported poses and other asanas designed to help students connect with their bodies.

**Multi Level** – Tuesday 12:00-1:00 pm
This class is for students with some understanding of alignment. The teacher will design the class based on attending students’ needs and capacities. The class is open to students with varying levels of practice.

**Intermediate** – Thursday 12:00-1:00 pm
This class builds on a student’s understanding of the breath, inner awareness, alignment, and strength. Previous yoga experience is required, but students are not expected to know how to do inversions when they come into the class.

**Location:** Education Playroom

**Dates**

**Term 1**
Classes start the week of September 18th, 2017
Classes end the week of November 27th, 2017
(With the Monday class ending on December 4th.)

**Term 2**
Classes start the week of January 15th, 2018
Classes end the week of March 26th, 2018

**Prices**

Students: $65/term
Non-Students: $95/term
All courses are 10 classes each.

**Contact Information**
Campus Recreation Office
www.campusrec.usask.ca
(306) 966-1040

---

**University of Saskatchewan Swing Dance**

University of Saskatchewan Swing Dance Club is dedicated to providing Swing Dance activities for students in an informal, social group setting! No partner or previous dance experience necessary as we start right from the beginning. All classes are on campus in the beautiful PAC dance studio on campus. Membership fees include weekly dance lessons and social dances on Fridays. Join us as we explore the Swing Dances of the 20’s, 30’s and 40’s like the Charleston, Lindy Hop, Jive, Collegiate Shag, St Louis Shag, Blues and Balboa!

**Membership requirements**
Members must be a valid U of S student or over 18 years of age to register. The club limits enrolment to 50 participants of which only 25% of memberships will be sold to non-students. No dance partners required.

**Location:** PAC Dance studio (Only clean, non-marking shoes will be allowed in the dance studio. The less grip on your dance shoes the better!)

**Times**

6:30 – 9:00 p.m.
Lessons start at 6:30 pm and go until 7:30 pm
Social Dancing from 7:30 pm to 9:00 pm

**Dates**

**Term 1**
Friday, September 15th to December 8th, 2017

**Term 2**
Friday, January 12th to April 6th, 2018

**Prices**

Students: $40/semester
Drop in: $8/session
Non-Student: $60/semester
Drop in: $10/session

**Contact information**
Visit the "U of S Swing Dance Club" Facebook page or email: USSDCExec@gmail.com
University of Saskatchewan Triathlon Club

A relaxed and supportive club that provides training opportunities for the three components of triathlon: Swimming, Biking and Running. The club welcomes anyone from the person just trying to stay fit through cross-training, the beginner trying to get into the sport of triathlon, or the more advanced athlete trying to maintain conditioning over the off season. The club also offers strength and conditioning and yoga sessions instructed by the Human Performance Center, and when coaches are available, instruction is provided for swimming and running sessions approximately once per week.

Workouts

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>9:30 pm – 11:00 pm</td>
<td>PAC Pool</td>
<td>Swim</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>8:30 pm – 10:00 pm</td>
<td>PAC studio</td>
<td>Cycling</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>8:30 pm – 10:00 pm</td>
<td>PAC studio</td>
<td>Cycling</td>
</tr>
<tr>
<td>Thursdays</td>
<td>9:30 pm – 11:00 pm</td>
<td>PAC Pool</td>
<td>Swim</td>
</tr>
<tr>
<td>Saturday</td>
<td>11:30 am – 1:00 pm</td>
<td>HPC</td>
<td>Education</td>
</tr>
<tr>
<td>Sundays</td>
<td>4:00 pm - 5:30 pm</td>
<td>Field House</td>
<td>Run (alternate weeks)</td>
</tr>
<tr>
<td>Sundays</td>
<td>4:00 pm - 5:30 pm</td>
<td>Education Playroom</td>
<td>Yoga (alternate weeks)</td>
</tr>
</tbody>
</table>

Dates

Term 1  September 11th – December 3rd, 2017
Term 2  January 8th – April 8th, 2018

Locations: Physical Activity Complex, Education Building and City of Saskatoon Field House

Prices

Students: $140/term or $225/year
Non-Students: $190/term or $350/year

Contact information

Colin Minielly – colin.minielly@usask.ca
or at uofstriclub@gmail.com

To Register

Visit the PAC General Office (Room 222), call 306-966-1040 or online at beactive.usask.ca.

Registration begins Monday, August 14th, 2017!
University of Saskatchewan Karate Club

The U of S Karate-do teaches a traditional Japanese style of karate called Shito-Ryu, in association with Genbukai International which was founded by Shihan Fumio Demura. Shito-Ryu may be characterized by its quick powerful linear movements, blocks, strikes and kicks. In addition to a wide variety of instructional opportunities including seminars, tournaments and special training opportunities, the U of S Karate-do offers instruction in Ryukyu Kobudo (weaponry) and iaido (swordsmanship).

**Times:**

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays and Thursdays</td>
<td>Beginner 7:00 pm – 8:00 pm</td>
</tr>
<tr>
<td></td>
<td>Intermediate/Advanced 8:00 pm – 9:00 pm</td>
</tr>
<tr>
<td>Saturdays</td>
<td>General Adult and Beginner 2:00 pm – 3:00 pm</td>
</tr>
<tr>
<td></td>
<td>iaido/Kobudo 3:00 pm – 4:00 pm</td>
</tr>
</tbody>
</table>

**Dates**

Term 1  September 5th – December 19th, 2017
Term 2  January 4th – April 28th, 2018

**Location:** Education Playroom

**Prices**

Students: $100/term
Non-Students: $130/term
$35 Genbuka fee/person
$45 Genbukai family rate available

**Contact information**

Dean Gulka
dgulka@sasktel.net
(306) 241-4441

University of Saskatchewan Kayaking Club

The University of Saskatchewan Kayak Club is dedicated to teaching basic kayak and canoe polo skills through a variety of Learn-To-Kayak sessions for both students and residents around Saskatoon. The Learn-To-Kayak sessions teach basic skills such as wet-exits, T-rescues, front strokes, back strokes, hand rolls and paddle rolls. All interested individuals are encouraged to come out and try these sessions. Kayaks and all required gear are provided for use at the PAC pool during the fall and winter program as part of the membership fee.

Our club is the home of canoe polo in Saskatchewan. This sport, which is best described as a mix of basketball and water polo, is played throughout the world. Club practices run twice a week on Sundays and Tuesdays, and non-members can join for a $10 drop in fee. The first hour of practice on Sundays is dedicated to improving individual skills with a kayak and it is a great way to learn more aspects of gameplay.

**PAC Pool Times**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>9:30-10:30 pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>6:00 - 8:00 pm</td>
</tr>
</tbody>
</table>

**Dates**

Term 1  September 17th – December 3rd, 2017
Term 2  January 16th – April 8th, 2018

**Prices**

Students: $115/term or $190/year
Non-Students: $140/term or $240/year
Drop in: $10

**Contact information**

More information can be found at the Facebook page U of S Kayak Polo, or by emailing: Ross Phillips (ross.w.phillips@gmail.com)
Tumbleweeds

Tumbling, bouncing, somersaults and more – Start at the PAC!

Tumbleweeds is a unique program with a specialized curriculum that will benefit your child's social, physical, and psychological health. From improving physical skills such as body awareness, flexibility, and strength to mental aspects such as self-esteem and confidence, Tumbleweeds classes promote the development of accomplished children. Tumbleweeds provides a solid foundation of physical literacy and cognitive tools to promote an active lifestyle as children mature. Children will have a great time progressing through friendly and non-competitive classes designed to provide increased skill development, allowing kids to have fun while focusing on achievement at their own pace.

Tumbleweeds is divided into three primary categories, beginning with parent/child classes for infants and toddlers, pre-k level classes for kids ages 3 – 4, and progressing into increasingly advanced movement skills for children ages 5 – 6. Our trained instructors are sensitive to children’s individual abilities and personalities as they help guide you and your child through the various levels of the program. Kids can enter the program at any age and begin building the skills and self-esteem that will help them be successful, now and in the future.

Teeny Weeds – Parent and child classes for ages 1½ to 3 years of age
The parent and tot classes will encourage parents to learn and play with their children. A fun experience for parents to participate with their child and provide some structured play.

Tiny Weeds – Children aged 3 – 4
An introduction to the major movement patterns of gymnastics: springs, swings, balance, locomotions and rotations. Children will develop a new and better understanding of their body’s relationship to the world around them.

Mini Weeds – Children aged 4 - 5
While remembering that these children are motivated by FUN, we use a series of progressions to teach them some exciting movements!
All classes will be 45 minutes in length and the instructor to student ratio will never exceed 6:1.
The Tumbleweeds program will take place in the College of Kinesiology Physical Activity Complex in the Tumbleweeds facility, which is a 5000 sq ft. multipurpose room that includes a spring floor, beams, mats, ropes, rings, apparatus, and more. It is a fun, friendly environment that offers something for everyone and all levels.
### Fall Session (10 weeks)  
September 11 - December 9, 2017  
**$125**

### Winter Session (10 weeks)  
January 8 - April 7, 2018  
**$125**

#### Times

| Day       | September 11 - November 27, 2017  
|-----------|-----------------------------------
| Monday    | **4:30 pm – 5:15 pm** Teeny Weeds (18 mos – 3 yrs) 
|           | **5:20 pm – 6:05 pm** Tiny Weeds (3 – 4 yrs) 
|           | **6:10 pm – 6:55 pm** Mini Weeds (4 – 5 yrs)  
|           | **January 8 – March 19, 2018**  
|           | **(No class October 9 - Thanksgiving Day)** 
|           | **(No class November 13 - University Break)**  

| Day       | September 12 - November 28, 2017  
|-----------|-----------------------------------
| Tuesday   | **4:30 pm – 5:15 pm** Mini Weeds (4 – 5 yrs)  
|           | **5:20 pm – 6:05 pm** Teeny Weeds (18 mos – 3 yrs) 
|           | **6:10 pm – 6:55 pm** Tiny Weeds (3 – 4 yrs)  
|           | **January 9 – March 20, 2018**  
|           | **(No Class October 31 Halloween)**  
|           | **(No Class November 14 - University Break)** 

| Day       | September 13 - November 22, 2017  
|-----------|-----------------------------------
| Wednesday | **4:30 pm – 5:15 pm** Tiny Weeds (3 – 4 yrs)  
|           | **5:20 pm – 6:05 pm** Mini Weeds (4 – 5 yrs)  
|           | **6:10 pm – 6:55 pm** Teeny Weeds (18 mos – 3 yrs)  
|           | **January 10 - March 21, 2018**  
|           | **(No class February 21 - University Break)**  

| Day       | September 14 - November 23, 2017  
|-----------|-----------------------------------
| Thursday  | **4:30 pm – 5:15 pm** Teeny Weeds (18 mos – 3 yrs)  
|           | **5:20 pm – 6:05 pm** Tiny Weeds (3 – 4 yrs)  
|           | **6:10 pm – 6:55 pm** Mini Weeds (4 – 5 yrs)  
|           | **January 11 - March 22, 2018**  
|           | **(No class February 22 - University Break)**  

| Day       | September 15 - November 24, 2017  
|-----------|-----------------------------------
| Friday    | **4:30 pm – 5:15 pm** Mini Weeds (4 – 5 yrs)  
|           | **5:20 pm – 6:05 pm** Teeny Weeds (18 mos – 3 yrs)  
|           | **6:10 pm – 6:55 pm** Tiny Weeds (3 – 4 yrs)  
|           | **January 12 - March 23, 2018**  
|           | **(No class February 23 - University Break)**  

| Day       | September 16 - December 9, 2017  
|-----------|-----------------------------------
| Saturday  | **1:00 pm – 1:45 pm** Mini Weeds (4 – 5 yrs)  
|           | **2:00 pm – 2:45 pm** Tiny Weeds (3 – 4 yrs)  
|           | **3:00 pm – 3:45 pm** Teeny Weeds (18 mos – 3 yrs)  
|           | **January 13 - April 7, 2018**  
|           | **(No class February 17 - Family Day Long Weekend)**  
|           | **(No class February 24 - University Break)**  
|           | **(No class March 31 - Easter Weekend)**  

#### Fall Session (10 weeks)  
September 11 - December 9, 2017  
**$125**

#### Winter Session (10 weeks)  
January 8 - April 7, 2018  
**$125**
College of Kinesiology
University of Saskatchewan
87 Campus Drive
Saskatoon, SK  S7N 5B2