

ADULT SWIM LESSONS

May and June

POOL SHUT DOWN JUNE 15 TO JULY 1 INCLUSIVE

ADULT	Dates	Day	Beginners	Intermediate	Strokes & Drills
	April 28-June 11	Monday & Wednesday	7:30-8:15pm	8:30-9:30pm	7:30-8:30pm
	April 29-June 12	Tuesday & Thursday	8:00-9:00am	9:00-10:00am	7:00-8:00am
	May 3-June 14	Saturday	9:30-10:15am	10:15-11:15am	11:15am-12:15pm

MASTERS SWIM CLUB	Dates	Day	Introduction to Masters	Beginner / Intermediate Masters	Advanced Masters
	April 28-June 13	Monday & Wednesday & Friday	5:15-6:15pm		
	April 28-June 13	Monday & Wednesday		6:00-7:30pm ♦	8:00-9:30pm ♦
	April 28-June 14	Saturday		7:30-8:30am <i>or</i> 8:30-9:30am	7:30-8:30am <i>or</i> 8:30-9:30am

♦ First 15 minutes dry warm up. Meet on pool deck at deep end.

Fees May and June

Adult Lesson Costs:	Class	Day	Member	Non-Member
	Absolute Beginners	2 classes per week 1 class per week	Included	14/\$84 7/\$42
	Intermediate	2 classes per week 1 class per week	Included	14/\$98 7/\$49
	Strokes 'n' Drills	2 classes per week 1 class per week	Included	14/\$98 7/\$49
	Introduction to Masters	3 classes per week	15/\$30	15/\$120
	Masters Swim Club	3 classes per week	21/\$31.50	21/\$84

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 **Fax:** 250.380.1933

Vic West Y
 521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 **Fax:** 250.388.6455

ADULT SWIM LESSONS

July and August

ADULT	Dates	Day	Beginners	Intermediate	Strokes & Drills
	July 7-August 20	Mon & Wed	7:30-8:15pm	8:30-9:30pm	7:30-8:30pm
	July 8-August 21	Tues & Thurs	8:00-9:00am	9:00-10:00am	7:00-8:00am

MASTERS SWIM CLUB	Dates	Day	Introduction to Masters	Intermediate Masters
	July 2-August 22	Mon & Wed & Fri	5:15-6:15pm	
	July 2-August 22	Mon & Wed		6:00-7:30pm ♦
	July 7-August 23	Saturday		8:30-9:30am

♦ First 15 minutes dry warm up. Meet on pool deck at deep end.

Fees July and August

Adult Lesson Costs:	Class	Day	Member	Non-Member
	Absolute Beginners	2 classes per week	Included	14/\$84
	Intermediate	2 classes per week	Included	14/\$98
	Strokes 'n' Drills	2 classes per week	Included	14/\$98
	Introduction to Masters	3 classes per week	21/\$30	21/\$168
	Masters Swim Club	3 classes per week	21/\$31.50	21/\$84

ADULT SWIM PROGRAMS

Lesson Descriptions

Classes	
Absolute Beginners	Introduction to movement through water, submersion, floating, gliding and kicking on both front and back.
Intermediate	Introduction to front crawl and back crawl, deep water, treading water. 50 metre endurance swim.
Strokes 'n' Drills	Developing front and back crawl endurance, introduction to breast stroke and butterfly. 100 metre endurance swim.
Introduction to Masters	Get a workout by challenging yourself and increasing your endurance.
Masters Swim Club	Option of joining Masters B.C. (extra fee) to compete at local swim meets.

No classes on statutory holidays

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