



# Durham Swimming Lesson Guide



Lesson Description	Fee	Location	Time
<b>Parent and Tot 1 (4-12M) Formerly Starfish</b> – 30 min, creative water exploration for toddlers and their parents – involves buoyancy, movement, entries, songs and playing in the water	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Parent and Tot 2 (12-14M) Formerly Duck</b> – 30 min, movement through the water, front and back floats assisted, intro to PDF, songs and play	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Parent and Tot 3 (24-36M) Formerly Sea Turtle</b> – 30 min, front and back floats, front and back glides assisted, front swim assisted, kicking with aid, songs and play	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Preschool A (3-5Y) Formerly Sea Otter</b> – 30 min, , front and back floats, front and back glides assisted, front swim assisted, kicking with aid, submerged head, songs and play	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Preschool B (3-5Y) Formerly Salamander</b> – 30 min, front and back floats, front and back glides unassisted, 2m distance swim	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Preschool C (3-5Y) Formerly Sunfish</b> – 30 min, front and back glides, front swim, kicking drills, 5m distance swim	\$60	Durham Wading Pool	Morning: Between 9-12am
<b>Preschool D (3-5Y) Formerly Crocodile</b> – 30 min, front and back glides, front swim, 7m distance swim	\$65	Durham Wading Pool	Morning: Between 9-12am
<b>Preschool E (3-5Y) Formerly Whale</b> – 30 min, front and back glides, front swim, surface support, 10m distance swim	\$65	Durham Wading Pool	Morning: Between 9-12am
<b>Swimmer 1 (6+ Y) Formerly SK1</b> – 30 min, front and back floats, front and back glides, front swim, kicking drills, 5m distance swim	\$65	Durham Wading Pool	Morning: Between 9-12am
<b>Swimmer 2 (6+ Y) Formerly SK2</b> – 30 min front, back and side glides, front swim, kicking drills, 10m distance swim	\$65	Durham Wading Pool	Morning: Between 9-12am
<b>Swimmer 3 (6+ Y) Formerly SK3</b> – 30 min, front and back crawl, whip kick, deep end floats, surface support, side glide, 25m distance swim	\$70	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 4 (6+ Y) Formerly SK4</b> – 30 min, front and back crawl, whip kick, stride and standing dives, surface support, side glide, 50m distance swim	\$70	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 5 (6+ Y) Formerly SK5</b> – 30 min, front and back crawl, whip kick, tread water, dives, 100m distance swim	\$75	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 6 (6+ Y) Formerly SK6</b> – 45 min, front and back crawl, whip kick, tread water, dives, dolphin kick, breaststroke, 150m distance swim	\$75	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 7 (8+ Y) Formerly SK7</b> – 45 min, front and back crawl, whip kick, tread water, dives, dolphin kick, breaststroke, 300m distance swim	\$75	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 8 (8+ Y) Formerly SK8</b> – 45 min, front and back crawl, whip kick, tread water, dives, dolphin kick, breaststroke, 400m distance swim	\$75	Durham Dam	Afternoon: Between 4-6pm
<b>Swimmer 9 (8+ Y) Formerly SK9</b> – 45 min, front and back crawl, whip kick, tread water, dives, dolphin kick, breaststroke, 500m distance swim	\$75	Durham Dam	Afternoon: Between 4-6pm

**Family Rate (3+ swimmers) : \$150.**

**\*A call will be made for exact lesson times**

**Session 1: July 3<sup>rd</sup> to 13<sup>th</sup>**

**Session 2: July 23<sup>rd</sup> to August 2<sup>nd</sup>**

**✓ Session 3: August 13<sup>th</sup> to 23<sup>rd</sup>**

**For More Information or to Register:**

**Call or Visit the Wading Pool: 519.369.0282**

**West Grey Office: 519.369.2200**

**Durham Arena: 519.369.5771**

**Private and Semi-Private lessons** are available at the Durham Pool and Dam. All lessons are 30 minutes in length and \$100/swimmer. Semi-Private lessons are now available for two individuals that are similar in age and swimming abilities. To arrange private or semi-private lessons, call or visit us.

**Wading Pool Rental: Saturday & Sunday, \$80 / 1.5 hours**



# Swimming Lesson Registration

Parent/Guardian \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town/Municipality \_\_\_\_\_  
 (Box #, Fire # and Road Name, or Street & #)

Emergency Contact \_\_\_\_\_ Emergency Contact Phone # \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Home Phone # \_\_\_\_\_ Business Phone # \_\_\_\_\_

Child's Name	Birth Date	Medical Information (ie. allergies, medications, activity restrictions etc.)	LAST BADGE	FEE \$

**Check Session (s) ✓**

Session 1: July 3- July 13

Session 2: July 23- August 2

Session 3: August 13 - August 23

**Drop off, or mail this registration form with payment to:**

**Municipality of West Grey**  
**402813 Grey Rd 4, R 2**  
**Durham, ON N0G 1R0**

**Total Fee:** \$ \_\_\_\_\_

Cash  Cheque  Debit  Receipt # \_\_\_\_\_