



# New for Fall!

## Masters & Triathlon Swimming Introduction

Training for your first triathlon or want to start swimming in a non-competitive environment? Focus on learning efficient swimming techniques while building your endurance and stamina in this instructor-led program built just for you!

Sep 24 - Nov 30

Mon 6:30 - 7:30pm	553970
Wed 6:30 - 7:30pm	553971
Fri 10:30 - 11:30am	553968
	10/\$90

## Personal Swim Session

Looking for progressive individual lessons with the same instructor? These 30-minute classes allow one or two students to work on stroke correction, skill development, endurance/strength training, or a specified area of the participant's choice.

Call us at 604.857.4299 for information.

## Aldergrove Credit Union Community Centre

27032 Fraser Highway

f. 604.857.4299

f. 604.857.4298

Mon - Sat	7:00am - 8:00pm
Sun	8:00am - 8:00pm

[tol.ca/swim](http://tol.ca/swim)



Fall  
September - December  
2018

## Aldergrove Credit Union Community Centre Swimming Lessons

Parent and Tot	6 months - 3 years
Westcoast Preschool	2 - 6 years
Red Cross Swim Kids	6 - 12 years



Recreation Culture & Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

[tol.ca/swim](http://tol.ca/swim)

PR18-483

## Parent Participation

**6 months - 3 years**

**30 minutes: 10/\$56.25**

### Li'l Squirts

**6 - 12 months**

We	10:00-10:30am	Sep 26-Nov 28	10	554000
Fr	10:30-11:00am	Sep 28-Nov 30	10	553964

### Li'l Puddle Jumpers

**12 - 24 months**

We	9:00-9:30am	Sep 26-Nov 28	10	553998
Fr	10:00-10:30am	Sep 28-Nov 30	10	553962

### Li'l Water Skippers

**24 - 36 months**

We	9:30-10:00am	Sep 26-Nov 28	10	554006
Fr	11:00-11:30am	Sep 28-Nov 30	10	553965

## Westcoast Preschool

**2 - 3 years**

**30 minutes: 10/\$81.75**

### Wee Sea Stars

Fr	10:00-10:30am	Sep 28-Nov 30	10	553966
Fr	11:00-11:30am	Oct 5-Dec 7	10	553967

**3 - 6 years**

**30 minutes: 10/\$76.50 9/\$69 6/\$46**

### Sea Stars

Tu & Th	3:00-3:30pm	Sep 25-Oct 25	10	553797
Tu & Th	4:00-4:30pm	Sep 25-Oct 25	10	553798
We	9:00-9:30am	Sep 26-Nov 28	10	553804
We	10:00-10:30am	Sep 26-Nov 28	10	553805
Fr	9:00-9:30am	Sep 28-Nov 30	10	553806
Fr	10:30-11:00am	Sep 28-Nov 30	10	553807
Sa	1:00-1:30pm	Sep 29-Dec 1	10	553808
Sa	3:30-4:00pm	Sep 29-Dec 1	10	553809
Su	10:30-11:00am	Sep 30-Dec 2	9	553810
Tu & Th	4:00-4:30pm	Oct 30-Nov 29	10	553799
Tu & Th	4:30-5:00pm	Oct 30-Nov 29	10	553800
Tu & Th	3:00-3:30pm	Dec 4-20	6	553801
Tu & Th	4:00-4:30pm	Dec 4-20	6	553802

### Sea Urchins

Tu & Th	3:30-4:00pm	Sep 25-Oct 25	10	553811
We	9:30-10:00am	Sep 26-Nov 28	10	553814
We	10:30-11:00am	Sep 26-Nov 28	10	553815
Fr	9:30-10:00am	Sep 28-Nov 30	10	553818
Fr	10:00-10:30am	Sep 28-Nov 30	10	553819
Sa	1:30-2:00pm	Sep 29-Dec 1	10	553820
Sa	3:30-4:00pm	Sep 29-Dec 1	10	553821
Su	10:00-10:30am	Sep 30-Dec 2	9	553822
Tu & Th	3:00-3:30pm	Oct 30-Nov 29	10	553812
Tu & Th	3:30-4:00pm	Dec 4-20	6	553813

### Jellyfish

Tu & Th	3:00-3:30pm	Sep 25-Oct 25	10	553833
Tu & Th	4:00-4:30pm	Sep 25-Oct 25	10	553834
We	9:00-9:30am	Sep 26-Nov 28	10	553839
Fr	9:00-9:30am	Sep 28-Nov 30	10	553862
Sa	2:00-2:30pm	Sep 29-Dec 1	10	553863
Su	9:00-9:30am	Sep 30-Dec 2	9	553865
Tu & Th	3:30-4:00pm	Oct 30-Nov 29	10	553835
Tu & Th	4:00-4:30pm	Oct 30-Nov 29	10	553836
Tu & Th	3:00-3:30pm	Dec 4-20	6	553838
Tu & Th	4:00-4:30pm	Dec 4-20	6	553837

### Salmon

Tu & Th	4:30-5:00pm	Sep 25-Oct 25	10	553840
We	11:00-11:30am	Sep 26-Nov 28	10	553844

Fr	9:30-10:00am	Sep 28-Nov 30	10	553867
Sa	2:30-3:00pm	Sep 29-Dec 1	10	553868
Su	9:30-10:00am	Sep 30-Dec 2	9	553870
Tu & Th	3:30-4:00pm	Oct 30-Nov 29	10	553842
Tu & Th	4:30-5:00pm	Dec 4-20	6	553843

## Sea Lions

Tu & Th	3:30-4:00pm	Sep 25-Oct 25	10	553845
We	9:30-10:00am	Sep 26-Nov 28	10	553848
Fr	9:00-9:30am	Sep 28-Nov 30	10	553871
Sa	3:00-3:30pm	Sep 29-Dec 1	10	553872
Tu & Th	3:00-3:30pm	Oct 30-Nov 29	10	553846
Tu & Th	3:30-4:00pm	Dec 4-20	6	553847

## Orcas

Tu & Th	3:30-4:00pm	Sep 25-Oct 25	10	553849
We	10:00-10:30am	Sep 26-Nov 28	10	553852
Fr	9:30-10:00am	Sep 28-Nov 30	10	553873
Sa	3:00-3:30pm	Sep 29-Dec 1	10	553874
Tu & Th	3:00-3:30pm	Oct 30-Nov 29	10	553850
Tu & Th	3:30-4:00pm	Dec 4-20	6	553851

## Red Cross Swim Kids

**6 - 12 years**

**Levels 1 - 10**

**45 minutes: 10/\$92 9/\$82.75 6/\$55**

### Swim Kids 1

Tu & Th	3:00-3:45pm	Sep 25-Oct 25	10	553853
Tu & Th	4:30-5:15pm	Sep 25-Oct 25	10	553854
Sa	1:00-1:45pm	Sep 29-Dec 1	10	553919
Su	10:30-11:15am	Sep 30-Dec 2	9	553921
Tu & Th	3:45-4:30pm	Oct 30-Nov 29	10	553855
Tu & Th	5:00-5:45pm	Oct 30-Nov 29	10	553856
Tu & Th	3:00-3:45pm	Dec 4-20	6	553857
Tu & Th	4:30-5:15pm	Dec 4-20	6	553858

### Swim Kids 2

Tu & Th	3:45-4:30pm	Sep 25-Oct 25	10	553859
Tu & Th	5:00-5:45pm	Sep 25-Oct 25	10	553860
Sa	1:45-2:30pm	Sep 29-Dec 1	10	553924
Su	11:15am-12:00pm	Sep 30-Dec 2	9	553925
Tu & Th	4:30-5:15pm	Oct 30-Nov 29	10	553861
Tu & Th	5:15-6:00pm	Oct 30-Nov 29	10	553864
Tu & Th	3:45-4:30pm	Dec 4-20	6	553869
Tu & Th	5:00-5:45pm	Dec 4-20	6	553866

### Swim Kids 3

Tu & Th	4:30-5:15pm	Sep 25-Oct 25	10	553876
Sa	2:30-3:15pm	Sep 29-Dec 1	10	553926
Su	9:00-9:45am	Sep 30-Dec 2	9	553927
Tu & Th	3:00-3:45pm	Oct 30-Nov 29	10	553884
Tu & Th	4:30-5:15pm	Dec 4-20	6	553888

### Swim Kids 4

Tu & Th	5:15-6:00pm	Sep 25-Oct 25	10	553893
Sa	3:15-4:00pm	Sep 29-Dec 1	10	553929
Su	9:45-10:30am	Sep 30-Dec 2	9	553930
Tu & Th	4:30-5:15pm	Oct 30-Nov 29	10	553900
Tu & Th	5:15-6:00pm	Dec 4-20	6	553904

### Swim Kids 5

Tu & Th	3:00-3:45pm	Sep 25-Oct 25	10	553918
Tu & Th	5:00-5:45pm	Sep 25-Oct 25	10	553906
Sa	1:00-1:45pm	Sep 29-Dec 1	10	553943
Su	11:15am-12:00pm	Sep 30-Dec 2	9	553944
Tu & Th	4:30-5:15pm	Oct 30-Nov 29	10	553907
Tu & Th	3:00-3:45pm	Dec 4-20	6	553922
Tu & Th	5:00-5:45pm	Dec 4-20	6	553909

## Swim Kids 6

Tu & Th	3:45-4:30pm	Sep 25-Oct 25	10	553931
Sa	1:45-2:30pm	Sep 29-Dec 1	10	553946
Su	10:30-11:15am	Sep 30-Dec 2	9	553948
Tu & Th	5:15-6:00pm	Oct 30-Nov 29	10	553935
Tu & Th	3:45-4:30pm	Dec 4-20	6	553938

## Swim Kids 7

Tu & Th	4:30-5:15pm	Sep 25-Oct 25	10	553945
Sa	2:30-3:15pm	Sep 29-Dec 1	10	553951
Su	9:45-10:30am	Sep 30-Dec 2	9	553952
Tu & Th	3:00-3:45pm	Oct 30-Nov 29	10	553950
Tu & Th	4:30-5:15pm	Dec 4-20	6	553955

## Swim Kids 8

Tu & Th	4:30-5:15pm	Sep 25-Oct 25	10	553961
Sa	2:30-3:15pm	Sep 29-Dec 1	10	553953
Su	9:45-10:30am	Sep 30-Dec 2	9	553954
Tu & Th	3:00-3:45pm	Oct 30-Nov 29	10	553958
Tu & Th	4:30-5:15pm	Dec 4-20	6	553963

## Swim Kids 9

Tu & Th	5:15-6:00pm	Sep 25-Oct 25	10	553969
Sa	3:15-4:00pm	Sep 29-Dec 1	10	553956
Su	9:00-9:45am	Sep 30-Dec 2	9	553957
Tu & Th	3:45-4:30pm	Oct 30-Nov 29	10	553972
Tu & Th	5:15-6:00pm	Dec 4-20	6	553973

## Swim Kids 10

Tu & Th	5:15-6:00pm	Sep 25-Oct 25	10	553976
Sa	3:15-4:00pm	Sep 29-Dec 1	10	553959
Su	9:00-9:45am	Sep 30-Dec 2	9	553960
Tu & Th	3:45-4:00pm	Oct 30-Nov 29	10	553977
Tu & Th	5:15-6:00pm	Dec 4-20	6	553979

## Home School Swimming Lessons

**6 - 12 years**

**45 minutes: 10/\$92**

### Swim Kids 1 - 4

We	11:30am-12:15pm	Sep 26-Nov 28	10	554004
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### Swim Kids 5 - 10

We	11:30am-12:15pm	Sep 26-Nov 28	10	554005
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## Preteen Swim Training

**10 - 16 years**

**1 hour: 9/\$81**

Su	11:00am-12:00pm	Sep 30-Dec 2	9	554382
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## Adult Swimming Lessons

**45 minute: 10/\$71 5/\$35**

### Level 1

We	10:30-11:15am	Sep 26-Nov 28	10	554001
Sa	2:00-2:45pm	Sep 29-Oct 27	5	553939
Sa	2:00-2:45pm	Nov 3-Dec 1	5	553940

### Level 2

We	10:30-11:15am	Sep 26-Nov 28	10	554002
Sa	2:45 - 3:30pm	Sep 29-Oct 27	5	553941
Sa	2:45 - 3:30pm	Nov 3-Dec 1	5	553942

### Level 3

We	10:30-11:15am	Sep 26-Nov 28	10	554003
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## Masters & Triathlon Swimming Introduction

**1 hour: 10/\$90**

Mo	6:30-7:30pm	Sep 24-Nov 26	10	553970
We	6:30-7:30pm	Sep 26-Nov 28	10	553971
Fr	10:30-11:30am	Sep 28-Nov 30	10	553968

## Personal Swim Session

**30 minute: 10/\$265 6/\$159.00  
5/\$132.50 4/\$106**

Tu & Th	3:00-3:30pm	Sep 25-Oct 25	10	553980
Tu & Th	3:30-4:00pm	Sep 25-Oct 25	10	553982
Tu & Th	4:00-4:30pm	Sep 25-Oct 25	10	553984