



## Winter 2014 Catalogue



## Winter Session Dates

### TFS – Canada’s International School

Day	Start Date	End Date	No Programs	# of Weeks
Monday	January 6 <sup>th</sup>	March 2 <sup>nd</sup>	February 17 <sup>th</sup>	8
Tuesday	January 7 <sup>th</sup>	March 4 <sup>th</sup>		9
Wednesday	January 8 <sup>th</sup>	March 5 <sup>th</sup>		9
Thursday	January 9 <sup>th</sup>	March 6 <sup>th</sup>		9
Saturday	January 11 <sup>th</sup>	March 1 <sup>st</sup>	February 15 <sup>th</sup>	7

### Havergal College

Day	Start Date	End Date	No Programs	# of Weeks
Tuesday	January 7 <sup>th</sup>	March 4 <sup>th</sup>		9
Thursday	January 9 <sup>th</sup>	March 6 <sup>th</sup>	February 20 <sup>th</sup>	8
Sunday	January 12 <sup>th</sup>	March 2 <sup>nd</sup>	February 16 <sup>th</sup>	7

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<http://activenet2ca.active.com/zodiacswimschool/>

**“R” stands for REPEAT**

## **Zodiac Tot**

The Zodiac Tot program is designed for infants and toddlers with their caregivers. The program provides a fun and exciting introduction to the aquatic environment and focuses on exploration, water safety, personal development and individual progress. Each Zodiac tot class is structured to include enthusiastic play and songs, interactive circle time and incorporates basic skill development through the use of creative and stimulating pool equipment to enhance learning in a creative environment! Skills explored include experiencing different ways to move through the water, hand-eye co-ordination, jumps, floats, glides, blast-offs, roll-overs, breath control and submersion. Caregivers are the main facilitators throughout each lesson while an experienced Zodiac Tot instructor leads the class and ensures that the individual needs of each child are addressed. Participants will receive a certificate upon completion of each session. Performance is not evaluated.

### **Zodiac Tot (All Ages: 3 mos - 18 mos)**

Code	Start	End	Day	Location	Price
10347	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 155.75
10349	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 155.75
10348	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 155.75
10350	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 155.75
10351	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 155.75
10342	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 155.75
10354	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 155.75
10355	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 155.75
10352	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 155.75
10356	9:05 AM	9:35 AM	Su	Havergal College	\$ 155.75
10357	9:40 AM	10:10 AM	Su	Havergal College	\$ 155.75
10358	10:15 AM	10:45 AM	Su	Havergal College	\$ 155.75
10343	10:50 AM	11:20 AM	Su	Havergal College	\$ 155.75
10344	11:25 AM	11:55 AM	Su	Havergal College	\$ 155.75
10345	3:40 PM	4:10 PM	Su	Havergal College	\$ 155.75
10353	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 200.25

### **Zodiac Tot (18 mos - 3.5 yrs)**

Code	Start	End	Day	Location	Price
10330	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 155.75
10331	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 155.75
10332	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 155.75
10333	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 155.75
10339	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 155.75
10329	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 155.75
10334	9:05 AM	9:35 AM	Su	Havergal College	\$ 155.75
10335	9:40 AM	10:10 AM	Su	Havergal College	\$ 155.75
10336	10:15 AM	10:45 AM	Su	Havergal College	\$ 155.75
10337	10:50 AM	11:20 AM	Su	Havergal College	\$ 155.75
10338	11:25 AM	11:55 AM	Su	Havergal College	\$ 155.75
10340	3:40 PM	4:10 PM	Su	Havergal College	\$ 155.75
10341	4:15 PM	4:45 PM	Su	Havergal College	\$ 155.75
10326	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 200.25
10328	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 200.25
10327	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 200.25
10346	4:15 PM	4:45 PM	Su	Havergal College	\$ 155.75

## **Tadpole**

Tadpole is a one-to-one program designed for toddlers who have been introduced to the aquatic environment through Zodiac Tot, and are ready to continue developing skills without the direct assistance of their caregivers in preparation for Sea Turtle. The program focuses on water safety, personal development, and rudimentary swimming skills. Participants work on submersion, floats, glides, and improving their overall comfort level in the water.

### **Tadpole (2-4.5 yrs)**

Code	Start	End	Day	Location	Price
10278	6:35 PM	6:50 PM	M	TFS-Canada's International School	\$ 334.00
10279	6:50 PM	7:05 PM	M	TFS-Canada's International School	\$ 334.00
10292	9:30 AM	9:45 AM	Sa	TFS-Canada's International School	\$ 292.50
10293	9:45 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 292.50
10294	12:25 PM	12:40 PM	Sa	TFS-Canada's International School	\$ 292.50
10295	12:40 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.50
10296	2:50 PM	3:05 PM	Sa	TFS-Canada's International School	\$ 292.50
10297	3:05 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 292.50
10286	4:00 PM	4:15 PM	Sa	TFS-Canada's International School	\$ 292.50
10287	4:15 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 292.50
10290	9:05 AM	9:20 AM	Su	Havergal College	\$ 292.50
10291	9:20 AM	9:35 AM	Su	Havergal College	\$ 292.50
10298	9:40 AM	9:55 AM	Su	Havergal College	\$ 292.50
10299	9:55 AM	10:10 AM	Su	Havergal College	\$ 292.50
10300	12:00 PM	12:15 PM	Su	Havergal College	\$ 292.50
10301	12:15 PM	12:30 PM	Su	Havergal College	\$ 292.50
10302	3:05 PM	3:20 PM	Su	Havergal College	\$ 292.50
10303	3:20 PM	3:35 PM	Su	Havergal College	\$ 292.50
10306	3:40 PM	3:55 PM	Su	Havergal College	\$ 292.50
10307	3:55 PM	4:10 PM	Su	Havergal College	\$ 292.50
10288	5:10 PM	5:25 PM	Th	Havergal College	\$ 334.00
10289	5:25 PM	5:40 PM	Th	Havergal College	\$ 334.00
10280	5:00 PM	5:15 PM	Tu	TFS-Canada's International School	\$ 375.75
10281	5:15 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 375.75
10282	6:10 PM	6:25 PM	Tu	TFS-Canada's International School	\$ 375.75
10283	6:25 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 375.75
10284	5:10 PM	5:25 PM	W	TFS-Canada's International School	\$ 375.75
10285	5:25 PM	5:40 PM	W	TFS-Canada's International School	\$ 375.75



## Sea Turtle

Participants work on rhythmic breathing, submersion, front and back glides, jumping into chest-deep water with assistance, kicking on front and front swim. All skills are performed with assistance.

### Sea Turtle (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
9156	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 334.00
9157	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 334.00
9162	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 292.25
9163	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
9164	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
9165	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
9166	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9167	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9168	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 292.25
9172	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9192	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9173	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 292.25
9175	9:05 AM	9:35 AM	Su	Havergal College	\$ 292.25
9176	9:40 AM	10:10 AM	Su	Havergal College	\$ 292.25
9177	10:15 AM	10:45 AM	Su	Havergal College	\$ 292.25
9190	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9191	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9178	11:25 AM	11:55 AM	Su	Havergal College	\$ 292.25
9179	12:00 PM	12:30 PM	Su	Havergal College	\$ 292.25
9180	3:05 PM	3:35 PM	Su	Havergal College	\$ 292.25
9181	3:40 PM	4:10 PM	Su	Havergal College	\$ 292.25
9186	4:15 PM	4:45 PM	Su	Havergal College	\$ 292.25
9160	4:35 PM	5:05 PM	Th	Havergal College	\$ 334.00
9187	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 375.75
9161	5:45 PM	6:15 PM	Th	Havergal College	\$ 334.00
9174	5:45 PM	6:15 PM	Th	Havergal College	\$ 334.00
9188	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 375.75
9189	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 375.75
9170	4:00 PM	4:30 PM	Tu	TFS-Canada's International School	\$ 375.75
9169	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 375.75
9171	5:10 PM	5:40 PM	Tu	Havergal College	\$ 375.75
9183	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 375.75
9184	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 375.75
9158	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 375.75
9159	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 375.75

### Sea Turtle (4.5+ yrs)

Code	Start	End	Day	Location	Price
9200	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9202	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65

9197	3:40 PM	4:10 PM	Su	Havergal College	\$ 202.65
9198	5:45 PM	6:15 PM	Th	Havergal College	\$ 231.55
9204	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 260.55

### Sea Turtle-R (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
9246	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 334.00
9248	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 334.00
9264	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 292.25
9266	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
9268	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
9270	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
9272	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9274	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9284	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9098	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 292.25
9286	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 292.25
9278	9:40 AM	10:10 AM	Su	Havergal College	\$ 292.25
9280	10:15 AM	10:45 AM	Su	Havergal College	\$ 292.25
9282	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9292	11:25 AM	11:55 AM	Su	Havergal College	\$ 292.25
9290	12:00 PM	12:30 PM	Su	Havergal College	\$ 292.25
9294	2:30 PM	3:00 PM	Su	Havergal College	\$ 292.25
9296	3:40 PM	4:10 PM	Su	Havergal College	\$ 292.25
9298	4:15 PM	4:45 PM	Su	Havergal College	\$ 292.25
9258	4:00 PM	4:30 PM	Th	Havergal College	\$ 334.00
9316	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 375.75
9260	5:10 PM	5:40 PM	Th	Havergal College	\$ 334.00
9262	5:45 PM	6:15 PM	Th	Havergal College	\$ 334.00
9318	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 375.75
9250	4:35 PM	5:05 PM	Tu	Havergal College	\$ 375.75
9288	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 375.75
9310	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 375.75
9252	6:20 PM	6:50 PM	Tu	Havergal College	\$ 375.75
9254	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 375.75
9256	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 375.75

### Sea Turtle-R (4.5+ yrs)

Code	Start	End	Day	Location	Price
9344	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9346	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
9356	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9358	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9360	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9364	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9366	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9362	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9368	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
9370	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9352	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55

9348	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9374	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9354	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9350	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

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<http://activenet2ca.active.com/zodiacswimschool/>



## Sea Otter

Swimmers work on front and back floats and glides, kicking on front with a buoyant aid. They will be able to swim 1 metre upon completion of this level.

### Sea Otter (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
9245	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 334.00
9247	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 334.00
9263	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 292.25
9265	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
9267	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
9269	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
9271	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9273	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9283	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9097	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 292.25
9285	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 292.25
9277	9:40 AM	10:10 AM	Su	Havergal College	\$ 292.25
9279	10:15 AM	10:45 AM	Su	Havergal College	\$ 292.25
9281	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9291	11:25 AM	11:55 AM	Su	Havergal College	\$ 292.25
9289	12:00 PM	12:30 PM	Su	Havergal College	\$ 292.25
9293	2:30 PM	3:00 PM	Su	Havergal College	\$ 292.25
9295	3:40 PM	4:10 PM	Su	Havergal College	\$ 292.25
9297	4:15 PM	4:45 PM	Su	Havergal College	\$ 292.25
9257	4:00 PM	4:30 PM	Th	Havergal College	\$ 375.75
9315	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 375.75
9259	5:10 PM	5:40 PM	Th	Havergal College	\$ 375.75
9261	5:45 PM	6:15 PM	Th	Havergal College	\$ 375.75
9317	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 375.75
9249	4:35 PM	5:05 PM	Tu	Havergal College	\$ 375.75
9287	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 375.75
9309	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 375.75
9251	6:20 PM	6:50 PM	Tu	Havergal College	\$ 375.75
9253	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 375.75
9255	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 375.75

### Sea Otter (4.5+ yrs)

Code	Start	End	Day	Location	Price
9343	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9345	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
9355	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9357	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9359	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9363	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9365	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65



9361	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9367	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
9369	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9371	3:40 PM	4:10 PM	Su	TFS-Canada's International School	\$ 202.65
9351	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55
9347	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9377	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9373	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9379	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
9353	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9349	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

### Sea Otter-R (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
9034	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 334.00
9048	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 292.25
9050	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
9064	10:15 AM	10:45 AM	Sa	Havergal College	\$ 292.25
9052	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
9054	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
9056	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9058	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9060	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 292.25
9080	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9066	12:00 PM	12:30 PM	Su	Havergal College	\$ 292.75
9082	2:30 PM	3:00 PM	Su	Havergal College	\$ 292.25
9086	3:05 PM	3:35 PM	Su	Havergal College	\$ 292.25
9078	4:15 PM	4:45 PM	Su	Havergal College	\$ 292.25
9042	4:35 PM	5:05 PM	Th	Havergal College	\$ 334.00
9074	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 375.75
9068	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 375.75
9044	6:20 PM	6:50 PM	Th	Havergal College	\$ 334.00
9036	4:35 PM	5:05 PM	Tu	Havergal College	\$ 375.75
9046	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 375.75
9076	5:45 PM	6:15 PM	Tu	Havergal College	\$ 375.75
9090	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 375.75
9038	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 375.75

### Sea Otter-R (4.5+ yrs)

Code	Start	End	Day	Location	Price
9119	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 231.60
9131	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9137	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9153	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9139	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9145	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9141	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9143	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9129	4:00 PM	4:30 PM	Th	Havergal College	\$ 231.55
9151	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
9121	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55

9149	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9123	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
9147	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
9125	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

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## Salamander

Swimmers work on improving their front and back floats and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



### **Salamander (3 to 4.5 yrs)**

Code	Start	End	Day	Location	Price
9033	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 334.00
9047	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 295.25
9051	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
9053	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
9055	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 292.25
9057	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 292.25
9059	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 292.25
9063	10:15 AM	10:45 AM	Su	Havergal College	\$ 292.25
9079	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
9065	12:00 PM	12:30 PM	Su	Havergal College	\$ 292.75
9081	2:30 PM	3:00 PM	Su	Havergal College	\$ 292.25
9085	3:05 PM	3:35 PM	Su	Havergal College	\$ 292.25
9077	4:15 PM	4:45 PM	Su	Havergal College	\$ 292.25
9041	4:35 PM	5:05 PM	Th	Havergal College	\$ 375.75
9073	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 375.75
9067	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 375.75
9043	6:20 PM	6:50 PM	Th	Havergal College	\$ 375.75
9035	4:35 PM	5:05 PM	Tu	Havergal College	\$ 375.75
9045	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 375.75
9075	5:45 PM	6:15 PM	Tu	Havergal College	\$ 375.75
9089	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 375.75
9037	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 375.75
9118	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 334.00

### **Salamander (4.5+ yrs)**

Code	Start	End	Day	Location	Price
9049	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
9130	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9136	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9152	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9138	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9144	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9140	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9142	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9128	4:00 PM	4:30 PM	Th	Havergal College	\$ 260.55
9150	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
9120	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9148	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9122	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
9146	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
9124	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

**Salamander-R (3 to 4.5 yrs)**

Code	Start	End	Day	Location	Price
8757	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 334.00
8826	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
8828	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
8830	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
8774	10:50 AM	11:20 AM	Su	Havergal College	\$ 292.25
8810	3:40 PM	4:10 PM	Su	Havergal College	\$ 292.25
8798	5:10 PM	5:40 PM	Th	Havergal College	\$ 334.00
8824	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 375.75
8759	6:20 PM	6:50 PM	Tu	Havergal College	\$ 375.75
8784	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 375.75

**Salamander-R (4.5+ yrs)**

Code	Start	End	Day	Location	Price
8894	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
8896	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
8917	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
8918	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
8920	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
8922	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
8924	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
8932	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
8934	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 202.65
8936	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
8926	9:40 AM	10:10 AM	Su	Havergal College	\$ 202.65
8942	10:50 AM	11:20 AM	Su	TFS-Canada's International School	\$ 202.65
8944	11:25 AM	11:55 AM	Su	TFS-Canada's International School	\$ 202.65
8946	2:30 PM	3:00 PM	Su	TFS-Canada's International School	\$ 202.65
8952	3:40 PM	4:10 PM	Su	TFS-Canada's International School	\$ 202.65
8950	4:15 PM	4:45 PM	Su	TFS-Canada's International School	\$ 202.65
8906	4:00 PM	4:30 PM	Th	Havergal College	\$ 231.55
8964	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
8908	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
8968	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
8910	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55
8972	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 260.55
8970	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
8898	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
8954	4:00 PM	4:30 PM	Tu	TFS-Canada's International School	\$ 260.55
8900	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
8956	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
8904	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55



[www.zodiaccamp.on.ca](http://www.zodiaccamp.on.ca)



## Swim Kids 1

Swimmers develop front and back floats, front and back glides, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

### Swim Kids 1 (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
8758	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 334.00
8827	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 292.25
8829	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 292.25
8831	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 292.25
8811	3:40 PM	4:10 PM	Su	Havergal College	\$ 292.25
8797	4:00 PM	4:30 PM	Th	Havergal College	\$ 334.00
8765	5:10 PM	5:40 PM	Th	Havergal College	\$ 334.00
8799	5:10 PM	5:40 PM	Th	Havergal College	\$ 334.00
8825	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 375.75
8793	4:00 PM	4:30 PM	Tu	Havergal College	\$ 375.75
8789	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 375.75
8795	5:10 PM	5:40 PM	Tu	Havergal College	\$ 375.75
8787	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 375.75
8760	6:20 PM	6:50 PM	Tu	Havergal College	\$ 375.75
8785	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 375.75
8763	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 375.75

### Swim Kids 1 (4.5+ yrs)

Code	Start	End	Day	Location	Price
8895	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
8897	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
8919	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
8921	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
8923	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
8925	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
8933	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
8935	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 202.65
8937	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
8939	5:30 PM	6:00 PM	Sa	TFS-Canada's International School	\$ 347.40
8927	9:40 AM	10:10 AM	Su	Havergal College	\$ 202.65
8941	9:40 AM	10:10 AM	Su	TFS-Canada's International School	\$ 202.65
8943	10:50 AM	11:20 AM	Su	TFS-Canada's International School	\$ 202.65
8945	11:25 AM	11:55 AM	Su	TFS-Canada's International School	\$ 202.65
8947	2:30 PM	3:00 PM	Su	TFS-Canada's International School	\$ 202.65
8953	3:40 PM	4:10 PM	Su	TFS-Canada's International School	\$ 202.65
8951	4:15 PM	4:45 PM	Su	TFS-Canada's International School	\$ 202.65
8907	4:00 PM	4:30 PM	Th	Havergal College	\$ 231.55
8965	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
8909	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
8969	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
8911	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55
8973	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 260.55
8971	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
8899	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
8955	4:00 PM	4:30 PM	Tu	TFS-Canada's International School	\$ 260.55
8901	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
8957	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
8905	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

**Swim Kids 1-R (3 to 4.5 yrs)**

Code	Start	End	Day	Location	Price
9402	9:40 AM	10:10 AM	Su	Havergal College	\$ 292.25
9400	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 375.75
9396	6:20 PM	6:50 PM	Th	Havergal College	\$ 334.00

**Swim Kids 1-R (4.5+ yrs)**

Code	Start	End	Day	Location	Price
9450	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9452	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
9492	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9494	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
9496	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9498	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9500	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9518	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9504	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9506	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9508	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9462	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9488	3:40 PM	4:10 PM	Su	Havergal College	\$ 202.65
9490	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9484	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
9476	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 260.55
9486	5:45 PM	6:15 PM	Th	Havergal College	\$ 231.55
9478	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55
9482	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9464	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9456	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9468	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9458	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9470	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

**Swim Kids 2**

Swimmers learn front and back glides with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

**Swim Kids 2 (3 to 4.5 yrs)**

Code	Start	End	Day	Location	Price
9403	9:40 AM	10:10 AM	Su	Havergal College	\$ 292.25
9401	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 375.75
9397	6:20 PM	6:50 PM	Th	Havergal College	\$ 334.00

**Swim Kids 2 (4.5+ yrs)**

Code	Start	End	Day	Location	Price
9451	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9453	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 231.60
9493	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9495	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
9497	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9499	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9501	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9519	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65

9505	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9507	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9509	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9463	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9489	3:40 PM	4:10 PM	Su	Havergal College	\$ 202.65
9491	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9485	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
9477	5:35 PM	6:05 PM	Th	TFS-Canada's International School	\$ 260.55
9487	5:45 PM	6:15 PM	Th	Havergal College	\$ 231.55
9479	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55
9483	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9465	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9469	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9459	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9471	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

**Swim Kids 2-R (3 to 4.5 yrs)**

Code	Start	End	Day	Location	Price
9548	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 292.25

**Swim Kids 2-R (4.5+ yrs)**

Code	Start	End	Day	Location	Price
9598	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 231.60
9642	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9644	9:40 AM	10:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9646	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9648	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9650	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9652	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9662	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9664	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9666	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
9668	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9654	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9658	10:50 AM	11:20 AM	Su	Havergal College	\$ 202.65
9676	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9678	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9660	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9656	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9624	5:35 AM	6:05 AM	Th	TFS-Canada's International School	\$ 260.55
9638	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
9628	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55
9632	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9614	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9616	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9604	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9608	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9620	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55



## Swim Kids 3

Swimmers increase their distance on front and back glides with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres.

### Swim Kids 3 (3 to 4.5 yrs)

Code	Start	End	Day	Location	Price
9549	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 292.25

### Swim Kids 3 (4.5+ yrs)

Code	Start	End	Day	Location	Price
9599	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 231.60
9643	9:30 AM	10:00 AM	Sa	TFS-Canada's International School	\$ 202.65
9647	10:40 AM	11:10 AM	Sa	TFS-Canada's International School	\$ 202.65
9649	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9651	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9653	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9663	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9665	4:00 PM	4:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9667	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
9669	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9655	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9659	10:50 AM	11:20 AM	Su	Havergal College	\$ 202.65
9677	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9679	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9661	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9657	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9625	5:35 AM	6:05 AM	Th	TFS-Canada's International School	\$ 260.55
9639	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
9629	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55
9633	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9615	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9617	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9605	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9609	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9621	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

### Swim Kids 3-R

Code	Start	End	Day	Location	Price
9737	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9739	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 231.60
9787	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
9791	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9795	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9803	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9805	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9809	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
9797	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9799	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9751	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
9753	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9815	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65

9817	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9779	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
9769	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
9781	5:45 PM	6:15 PM	Th	Havergal College	\$ 231.55
9773	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
9775	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 260.55
9755	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9757	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9741	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 260.55
9743	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9801	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
9745	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
9761	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9747	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9763	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

## Swim Kids 4

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, are introduced to sculling, and swim 25m continuously.

### Swim Kids 4

Code	Start	End	Day	Location	Price
9738	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9740	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 231.60
9788	10:05 AM	10:35 AM	Sa	TFS-Canada's International School	\$ 202.65
9792	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9796	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9804	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9806	3:25 PM	3:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9810	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
9798	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9800	10:15 AM	10:45 AM	Su	Havergal College	\$ 202.65
9752	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
9754	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9816	3:05 PM	3:35 PM	Su	Havergal College	\$ 202.65
9818	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9780	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
9770	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
9782	5:45 PM	6:15 PM	Th	Havergal College	\$ 231.55
9774	6:10 PM	6:40 PM	Th	TFS-Canada's International School	\$ 260.55
9776	7:20 PM	7:50 PM	Th	TFS-Canada's International School	\$ 260.55
9756	4:00 PM	4:30 PM	Tu	Havergal College	\$ 260.55
9758	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9742	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 260.55
9744	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
9802	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
9746	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 260.55
9762	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9748	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9764	6:15 PM	6:45 PM	W	TFS-Canada's International School	\$ 260.55

### Swim Kids 4-R

Code	Start	End	Day	Location	Price
9886	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9890	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 231.60
9932	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9936	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9938	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9948	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9954	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9940	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9944	10:50 AM	11:20 AM	Su	Havergal College	\$ 202.65
9926	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9956	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9960	3:40 PM	4:10 PM	Su	Havergal College	\$ 202.65
9958	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9910	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
9920	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
9916	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55

9924	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9902	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9892	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 260.55
9904	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9906	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9900	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9908	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

## “R” stands for REPEAT

Participated in the program already and have few items left to master before moving on to the next level.

### **Sibling Discount - \$10.00**

If your family is registering more than one child for a particular session (fall, winter, spring, summer) each additional child after the first one registered (2nd, 3<sup>rd</sup>, etc.) is entitled to the sibling discount during registration.

### **Rookie Discount - \$10.00**

As a welcome to Zodiac, each NEW Zodiac Swim School student is entitled to a “One Time” rookie discount during registration.

## Swim Kids 5

Swimmers develop front crawl (15m), learn back crawl (15m), and whip kick on back, learn stride dive and treading water, perform head-frist sculling on back; and swim 50 metres continuously.

### Swim Kids 5

Code	Start	End	Day	Location	Price
9887	6:00 PM	6:30 PM	M	TFS-Canada's International School	\$ 231.60
9891	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 231.60
9933	11:15 AM	11:45 AM	Sa	TFS-Canada's International School	\$ 202.65
9937	12:25 PM	12:55 PM	Sa	TFS-Canada's International School	\$ 202.65
9939	1:00 PM	1:30 PM	Sa	TFS-Canada's International School	\$ 202.65
9949	2:50 PM	3:20 PM	Sa	TFS-Canada's International School	\$ 202.65
9955	5:10 PM	5:40 PM	Sa	TFS-Canada's International School	\$ 202.65
9941	9:05 AM	9:35 AM	Su	Havergal College	\$ 202.65
9945	10:50 AM	11:20 AM	Su	Havergal College	\$ 202.65
9927	11:25 AM	11:55 AM	Su	Havergal College	\$ 202.65
9957	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
9961	3:40 PM	4:10 PM	Su	Havergal College	\$ 202.65
9959	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
9911	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
9921	5:10 PM	5:40 PM	Th	Havergal College	\$ 231.55
9917	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 260.55
9925	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 260.55
9903	4:35 PM	5:05 PM	Tu	Havergal College	\$ 260.55
9893	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 260.55
9905	5:10 PM	5:40 PM	Tu	Havergal College	\$ 260.55
9907	6:20 PM	6:50 PM	Tu	Havergal College	\$ 260.55
9901	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
9909	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

### Swim Kids 5-R

Code	Start	End	Day	Location	Price
10003	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 231.60
10017	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
10027	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
10029	4:35 PM	5:05 PM	Sa	TFS-Canada's International School	\$ 202.65
10019	9:40 AM	10:10 AM	Su	Havergal College	\$ 202.65
10021	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
10033	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
10031	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
11704	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
10025	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
10013	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55
10005	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
10009	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
10011	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
10015	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

## Swim Kids 6

Swimmers increase their distance on front and back crawl (25m), learn elementary backstroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

### Swim Kids 6 (7yrs & under)

Code	Start	End	Day	Location	Price
10004	6:35 PM	7:05 PM	M	TFS-Canada's International School	\$ 231.60
10018	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
10028	11:50 AM	12:20 PM	Sa	TFS-Canada's International School	\$ 202.65
10020	9:40 AM	10:10 AM	Su	Havergal College	\$ 202.65
10022	12:00 PM	12:30 PM	Su	Havergal College	\$ 202.65
10034	2:30 PM	3:00 PM	Su	Havergal College	\$ 202.65
10032	4:15 PM	4:45 PM	Su	Havergal College	\$ 202.65
11705	4:35 PM	5:05 PM	Th	Havergal College	\$ 231.55
10026	5:00 PM	5:30 PM	Th	TFS-Canada's International School	\$ 260.55
10014	6:20 PM	6:50 PM	Th	Havergal College	\$ 231.55
10006	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 260.55
10036	5:35 PM	6:05 PM	Tu	TFS-Canada's International School	\$ 376.35
10010	5:45 PM	6:15 PM	Tu	Havergal College	\$ 260.55
10012	6:45 PM	7:15 PM	Tu	TFS-Canada's International School	\$ 260.55
10016	6:50 PM	7:20 PM	W	TFS-Canada's International School	\$ 260.55

### Swim Kids 6 (7+ yrs)

Code	Start	End	Day	Location	Price
10038	6:00 PM	7:00 PM	M	TFS-Canada's International School	\$ 348.00
10039	6:35 PM	7:35 PM	M	TFS-Canada's International School	\$ 348.00
10048	10:40 AM	11:40 AM	Sa	TFS-Canada's International School	\$ 304.50
10049	11:50 AM	12:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10051	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10040	3:25 PM	4:25 PM	Sa	TFS-Canada's International School	\$ 304.50
10041	9:05 AM	10:05 AM	Su	Havergal College	\$ 304.50
10045	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50
10046	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10050	4:35 PM	5:05 PM	Th	Havergal College	\$ 348.00
10044	5:35 PM	6:35 PM	Th	TFS-Canada's International School	\$ 391.50
10042	4:35 PM	5:35 PM	Tu	Havergal College	\$ 391.50
10047	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10043	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

### Swim Kids 6-R

Code	Start	End	Day	Location	Price
10086	7:10 PM	8:10 PM	M	TFS-Canada's International School	\$ 348.00
10100	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10112	10:40 AM	11:40 AM	Sa	TFS-Canada's International School	\$ 304.50
10108	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10110	2:50 PM	3:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10104	9:05 AM	10:05 AM	Su	Havergal College	\$ 304.50
10106	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10059	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10096	4:35 PM	5:35 PM	Th	Havergal College	\$ 348.00
10098	5:35 PM	6:35 PM	Th	TFS-Canada's International School	\$ 391.50

10092	4:00 PM	5:00 PM	Tu	Havergal College	\$ 391.50
10122	5:45 PM	6:45 PM	Tu	Havergal College	\$ 391.50
10060	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10090	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50



## Swim Kids 7

Swimmers increase their distance on front and back crawl (50m) and elementary backstroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150m continuously.

### Swim Kids 7

Code	Start	End	Day	Location	Price
10087	7:10 PM	8:10 PM	M	TFS-Canada's International School	\$ 348.00
10101	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10113	10:40 AM	11:40 AM	Sa	TFS-Canada's International School	\$ 304.50
10083	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10109	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10111	2:50 PM	3:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10105	9:05 AM	10:05 AM	Su	Havergal College	\$ 304.50
10107	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10081	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10097	4:35 PM	5:35 PM	Th	Havergal College	\$ 348.00
10099	5:35 PM	6:35 PM	Th	TFS-Canada's International School	\$ 391.50
10093	4:00 PM	5:00 PM	Tu	Havergal College	\$ 391.50
10123	5:45 PM	6:45 PM	Tu	Havergal College	\$ 391.50
10082	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10091	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

### Swim Kids 7-R

Code	Start	End	Day	Location	Price
10148	6:00 PM	7:00 PM	M	TFS-Canada's International School	\$ 348.00
10150	6:35 PM	7:35 PM	M	TFS-Canada's International School	\$ 348.00
10162	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10164	10:40 AM	11:40 AM	Sa	TFS-Canada's International School	\$ 304.50
10166	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10178	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50
10180	2:30 PM	3:30 PM	Su	Havergal College	\$ 304.50
10182	3:40 PM	4:40 PM	Su	Havergal College	\$ 304.50
10184	4:50 PM	5:50 PM	Su	Havergal College	\$ 304.50
10125	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10158	4:00 PM	5:00 PM	Th	Havergal College	\$ 348.00
10160	5:00 PM	6:00 PM	Th	TFS-Canada's International School	\$ 391.50
10154	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10152	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

## Swim Kids 8

Swimmers increase their distance on front and back crawl (75m) and elementary backstroke (25m), learn breaststroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

### Swim Kids 8

Code	Start	End	Day	Location	Price
10149	6:00 PM	7:00 PM	M	TFS-Canada's International School	\$ 348.00
10151	6:35 PM	7:35 PM	M	TFS-Canada's International School	\$ 348.00
10163	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10165	10:40 AM	11:40 AM	Sa	TFS-Canada's International School	\$ 304.50
10171	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10173	2:50 PM	3:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10175	9:05 AM	10:05 AM	Su	Havergal College	\$ 304.50
10167	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50



10177	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10146	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10159	4:00 PM	5:00 PM	Th	Havergal College	\$ 348.00
10161	6:10 PM	7:10 PM	Th	TFS-Canada's International School	\$ 391.50
10155	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10153	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

### Swim Kids 8-R

Code	Start	End	Day	Location	Price
10208	6:00 PM	7:00 PM	M	TFS-Canada's International School	\$ 348.00
10222	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10226	11:50 AM	12:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10187	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10228	3:25 PM	4:25 PM	Sa	TFS-Canada's International School	\$ 304.50
10238	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10236	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50
10242	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10216	5:00 PM	6:00 PM	Th	TFS-Canada's International School	\$ 391.50
10214	4:35 PM	5:35 PM	Tu	Havergal College	\$ 391.50
10218	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10220	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

## Swim Kids 9

Swimmers increase their distance on front and back crawl (100m), elementary backstroke (50m) and breaststroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400m continuously.

### Swim Kids 9

Code	Start	End	Day	Location	Price
10209	6:00 PM	7:00 PM	M	TFS-Canada's International School	\$ 348.00
10223	9:30 AM	10:30 AM	Sa	TFS-Canada's International School	\$ 304.50
10227	11:50 AM	12:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10207	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10229	3:25 PM	4:25 PM	Sa	TFS-Canada's International School	\$ 304.50
10239	10:15 AM	11:15 AM	Su	Havergal College	\$ 304.50
10237	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50
10243	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10217	5:00 PM	6:00 PM	Th	TFS-Canada's International School	\$ 391.50
10215	4:35 PM	5:35 PM	Tu	Havergal College	\$ 391.50
10219	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10221	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

### Swim Kids 9-R

Code	Start	End	Day	Location	Price
10258	7:10 PM	8:10 PM	M	TFS-Canada's International School	\$ 348.00
10262	11:50 AM	12:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10266	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10264	4:00 PM	5:00 PM	Sa	TFS-Canada's International School	\$ 304.50
10268	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50

10270	2:30 PM	3:30 PM	Su	Havergal College	\$ 304.50
10274	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10260	6:45 PM	7:45 PM	Th	TFS-Canada's International School	\$ 391.50
10272	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
10247	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

## **Swim Kids 10**

Swimmers increase their distance on front and back crawl (100m), elementary backstroke (50m) and breaststroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet-first and head-first surface dives with underwater swim, and swim 500 metres continuously.

### **Swim Kids 10**

Code	Start	End	Day	Location	Price
10257	7:10 PM	8:10 PM	M	TFS-Canada's International School	\$ 348.00
10261	11:50 AM	12:50 PM	Sa	TFS-Canada's International School	\$ 304.50
10265	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
9541	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
10263	4:00 PM	5:00 PM	Sa	TFS-Canada's International School	\$ 304.50
10267	11:25 AM	12:25 PM	Su	Havergal College	\$ 304.50
10269	2:30 PM	3:30 PM	Su	Havergal College	\$ 304.50
10273	5:00 PM	6:00 PM	Su	Havergal College	\$ 304.50
10259	6:45 PM	7:45 PM	Th	TFS-Canada's International School	\$ 391.50
10271	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 391.50
9539	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

### **Swim Kids 10-R**

Code	Start	End	Day	Location	Price
9542	1:45 PM	2:45 PM	Sa	TFS-Canada's International School	\$ 304.50
9540	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 391.50

## **Private**

Private lessons with a 1:1 student to teacher ratio are available for those who require or prefer a smaller class size. Private lessons can also be scheduled by request provided sufficient pool space and a suitable instructor are available.

### **Private**

Code	Start	End	Day	Location	Price
8634	7:10 PM	7:40 PM	M	TFS-Canada's International School	\$ 600.00
8635	7:45 PM	8:15 PM	M	TFS-Canada's International School	\$ 600.00
8641	12:35 PM	1:05 PM	Su	Havergal College	\$ 525.00
8642	12:35 PM	1:05 PM	Su	Havergal College	\$ 525.00
8643	12:35 PM	1:05 PM	Su	Havergal College	\$ 525.00
8639	6:45 PM	7:15 PM	Th	TFS-Canada's International School	\$ 675.00
8640	7:55 PM	8:25 PM	Th	TFS-Canada's International School	\$ 675.00
8636	5:00 PM	5:30 PM	Tu	TFS-Canada's International School	\$ 675.00
8637	6:10 PM	6:40 PM	Tu	TFS-Canada's International School	\$ 675.00



## Rookie, Ranger & Star Patrol

The Swim Patrol program is enriched training for swimmers who are ready to go beyond learn-to-swim. Swim Patrol training puts your child on the path to lifeguarding. Swim Patrol is a 3-level pre-Bronze progression where participants can work on content that is organized to be both challenging and fun. Content is organized into three groups: Water Proficiency, First Aid, and Rescue.

### **Rookie Patrol (7+ yrs)**

Code	Start	End	Day	Location	Price
8673	4:00 PM	5:00 PM	Sa	TFS-Canada's International School	\$ 287.00
8675	2:30 PM	3:30 PM	Su	Havergal College	\$ 287.00
8676	5:00 PM	6:00 PM	Su	Havergal College	\$ 287.00
8674	5:45 PM	6:45 PM	Tu	Havergal College	\$ 369.00
8660	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 369.00
8661	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 369.00

### **Ranger Patrol (7+ yrs)**

Code	Start	End	Day	Location	Price
8667	4:35 PM	5:35 PM	Sa	TFS-Canada's International School	\$ 287.00
8669	1:20 PM	2:20 PM	Su	Havergal College	\$ 287.00
8670	5:00 PM	6:00 PM	Su	Havergal College	\$ 287.00
8708	7:20 PM	8:20 PM	Th	TFS-Canada's International School	\$ 369.00
8668	5:45 PM	6:45 PM	Tu	Havergal College	\$ 369.00
8656	7:20 PM	8:20 PM	Tu	TFS-Canada's International School	\$ 369.00
8665	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 369.00

### **Star Patrol (7+ yrs)**

Code	Start	End	Day	Location	Price
8684	7:10 PM	8:10 PM	M	TFS-Canada's International School	\$ 328.00
8685	4:35 PM	5:35 PM	Sa	TFS-Canada's International School	\$ 287.00
8689	1:20 PM	2:20 PM	Su	Havergal College	\$ 287.00
8690	5:00 PM	6:00 PM	Su	Havergal College	\$ 287.00
8688	5:45 PM	6:45 PM	Th	Havergal College	\$ 328.00
8686	7:20 PM	8:20 PM	Th	TFS-Canada's International School	\$ 369.00
8687	7:35 PM	8:35 PM	W	TFS-Canada's International School	\$ 369.00

## Bronze Star

Bronze Star is the pre-Bronze Medallion training standard and it is excellent preparation for success in Bronze Medallion. Participants develop problem-solving skills individually and in partners. They learn how to keep a cool head and take charge in an emergency. Includes a 400 metre timed swim.

### **Bronze Star (11+ yrs)**

Code	Start	End	Day	Location	Price
8628	8:00 PM	9:00 PM	M	TFS-Canada's International School	\$ 292.00
8629	1:20 PM	2:20 PM	Su	Havergal College	\$ 255.50
8630	5:00 PM	6:00 PM	Su	Havergal College	\$ 255.50

## **Zodiac Swim Club**

This program is designed to teach competitive swim skills in a non-competitive environment. Zodiac swimmers will have the opportunity to experience a team environment. Swimmers will be introduced to competitive skills in a recreational setting. Their overall endurance and swimming skills will be improved throughout the session. Swimmers will learn and improve upon the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). The participants will also be introduced to different training techniques that include racing starts and turns. They will be encouraged to track their personal best times and participate in team relays.

### **Zodiac Swim Club (7+ yrs)**

Code	Start	End	Day	Location	Price
10321	8:00 PM	9:00 PM	M	TFS-Canada's International School	\$ 260.00
10324	12:35 PM	1:35 PM	Su	Havergal College	\$ 227.50
10323	5:45 PM	6:45 PM	Th	Havergal College	\$ 260.00

## **Lifesaving Sport FUNdamentals**

*Prerequisite: Completed Swim Kids 5 or equivalent AND 8+ years of age.* In Level 1, swimmers continue stroke improvement with 25m swims of front crawl, back crawl, and whip kick. Fitness improves in 100m workouts, 25m sprints and introducing touch and go turns. Lifesaving sport skills include the ability to hit a target with a rope, movement with flippers, swim underneath an obstacle, secure a rescue tube to a manikin and treading water while supporting an object. Swimmers develop an understanding of playing fair. Participants should be comfortable in the deep end, be able to swim 25 metres and tread water for 45 seconds.

### **Lifesaving Sport FUNdamentals**

Code	Start	End	Day	Location	Price
11706	7:20 PM	8:20 PM	Th	TFS-Canada's International School	\$ 292.50

## Adult Swim Basics 1

*No previous swimming experience required.*

Red Cross Swim Basics provides an opportunity to gain knowledge and skills in swim. This level is an introduction to swimming designed to develop or increase swimmers and breathing skills with a focus on front swim. Swimmers learn front and back float shallow water entries and exits, and deep-water activities (assisted). Basic water saf



### **Swim Basics 1**

Code	Start	End	Day	Location	Price
8620	8:15 PM	9:00 PM	M	TFS-Canada's International School	\$ 152.00

## Adult Swim Basics 2

*Some swimming experience required. Participants must be able to comfortably perform front swim for 10 metres continuously.*

In this level the focus is on developing front crawl and back crawl, establishing comfort and building confidence in deep water, and increasing the swimming distance. Swimmers learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum of 25 metres.

### **Swim Basics 2**

Code	Start	End	Day	Location	Price
8622	8:15 PM	9:00 PM	M	TFS-Canada's International School	\$ 152.00



## Adult Swim Strokes 1

*Participants must be able to swim both front crawl and back crawl at least 25 metres continuously and must be comfortable in deep water.*

This program is aimed at swimmers who have mastered the basics of learning to swim and are ready to focus on developing and improving their strokes and increasing the distance they can swim. Swimmers are introduced to breaststroke, elementary backstroke and sidestroke and continue to work on developing front crawl and back crawl. Participants must be able to swim a minimum of 25 metres of front crawl with side breathing.

### **Swim Strokes 1**

Code	Start	End	Day	Location	Price
8624	7:20 PM	8:00 PM	Th	TFS-Canada's International School	\$ 171.00