

# PRIVATE LESSONS

## MONDAYS

4:00pm-4:30pm x4  
4:30pm-5:00pm  
5:00pm-5:30pm  
5:30pm-6:00pm  
6:15pm-6:45pm  
6:30pm-7:00pm  
7:30pm-8:00pm x2

## TUESDAYS

4:00pm-4:30pm x6  
4:30pm-5:00pm x3  
5:00pm-5:30pm x3  
5:30pm-6:00pm x3  
6:00pm-6:30pm x4  
6:30pm-7:00pm x3

## WEDNESDAYS

4:00pm-4:30pm x6  
4:30pm-5:00pm x2  
5:00pm-5:30pm x3  
5:30pm-6:00pm x3  
6:00pm-6:30pm x2  
6:30pm-7:00pm x2  
7:00pm-7:30pm x4  
7:30pm-8:00pm x5

## THURSDAYS

4:00pm-4:30pm x3  
5:00pm-5:30pm  
5:30pm-6:00pm x2  
6:00pm-6:30pm

## SATURDAYS

8:30am-9:00am x2  
9:00am-9:30am x2  
9:30am-10:00am x2  
10:00am-10:30am x2  
10:30am-11:00am x4  
11:00am-11:30am x2  
11:30am-12:00pm  
11:45am-12:15pm x2  
12:00pm-12:30pm x2

5:00pm-5:30pm  
6:00pm-6:30pm x2  
6:30pm-7:00pm x3  
7:30pm-8:00pm x3

## SUNDAYS

9:00am-9:30am x2  
9:30am-10:00am x3  
10:00am-10:30am x2  
11:00am-11:30am x2  
11:30am-12:00pm x2  
12:00pm-12:30pm x5  
12:30pm-1:00pm x5

# ADAPTED LESSONS

## MONDAYS

4:00pm-4:30pm  
5:00pm-5:30pm  
6:15pm-6:45pm  
7:00pm-7:30pm  
7:30pm-8:00pm

## TUESDAYS

4:30pm-5:00pm  
5:30pm-6:00pm

## WEDNESDAYS

4:30pm-5:00pm  
7:30pm-8:00pm

## SATURDAYS

11:00-11:30am  
5:30-6:00pm

## SUNDAYS

10:30am-11:00am x2

# AQUATIC LEADERSHIP



## BRONZE STAR

Tuesdays 6:00pm-7:00pm  
Saturdays 7:00-8:00pm

## BRONZE MEDALLION

Sundays 8:30am-11:30am

## BRONZE CROSS

Tuesdays 4:30-8:00pm  
Sundays 8:30-12:30pm

## JR. LIFEGUARD PROGRAM

Ages 13-15

Thursdays 5:30-6:30pm  
Sundays 11:00-12:00pm



# ADULT PROGRAMMING

## ADULT LESSONS

### ADULT 1 (BEGINNER)

Monday 5:00pm-5:30pm  
Tuesdays 6:30pm-7:00pm  
Saturdays 10:00-10:30am  
Sunday 10:30am-11:00am

### ADULT 2/3 (INTERMEDIATE/ADVANCED)

Monday 6:00pm-6:30pm  
Saturdays 12:00-12:30pm

## AQUAFIT

Mondays 8:45-9:30am, 10-10:45am, 8:00-9:00pm  
Wednesdays 8:45-9:30am, 10:00-10:45am  
Saturdays 7:45-8:30am



Durham

FALL 2023

AQUATICS BROCHURE



REGISTER AT  
[WWW.BGCDURHAM.COM/REGISTER](http://WWW.BGCDURHAM.COM/REGISTER)

Registration Opens August 21st at 9:00 AM



433 EULALIE AVE, OSHAWA L1H 2G6  
(905) 728-5121



# (AGES 6-12)

## LEVEL 1

**Mondays**  
4:30pm-5:00pm  
5:00pm-5:30pm  
5:30pm-6:00pm  
6:30pm-7:00pm  
7:00pm-7:30pm

**Tuesdays**  
4:30pm-5:00pm  
5:30pm-6:00pm

**Wednesdays**  
4:30pm-5:00pm  
5:00pm-5:30pm  
7:00pm-7:30pm

**Thursdays**  
4:00pm-4:30pm  
6:00pm-6:30pm

**Saturdays**  
8:30am-9:00am  
9:30am-10:00am  
10:00am-10:30am  
11:30am-12:00pm  
5:00pm-5:30pm

**Sundays**  
9:00am-9:30am  
10:00am-10:30am  
10:30am-11:00am  
11:00am-11:30am

## LEVEL 2

**Mondays**  
4:30pm-5:00pm  
5:30pm-6:00pm  
7:30pm-8:00pm

**Tuesdays**  
6:30pm-7:00pm

**Wednesday**  
5:30pm-6:00pm

**Thursdays**  
4:30pm-5:00pm

**Saturdays**  
9:30am-10:00am  
5:30pm-6:00pm  
7:00pm-7:30pm

**Sundays**  
9:00am-9:30am  
10:30am-11:00am

## LEVEL 3

**Mondays**  
4:30pm-5:00pm  
6:00pm-6:30pm  
7:00pm-7:30pm  
7:30pm-8:00pm

**Tuesdays**  
5:00pm-5:30pm  
6:00pm-6:30pm

**Wednesdays**  
6:30pm-7:00pm  
7:00pm-7:30pm

**Saturdays**  
9:00am-9:30am  
12:00pm-12:30pm  
6:00pm-6:30pm

**Sundays**  
11:30am-12:00pm



# (AGES 6-12)

## LEVEL 4

**Mondays**  
5:30pm-6:15pm  
6:45pm-7:30pm  
**Wednesdays**  
5:30pm-6:15pm

**Saturdays**  
9:00am-9:45am  
11:00am-11:45am

## LEVEL 5

**Mondays**  
5:30pm-6:15pm  
**Wednesdays**  
5:30pm-6:15pm  
**Saturdays**  
9:00am-9:45am

## LEVEL 6

**Mondays**  
6:45pm-7:30pm  
**Saturdays**  
11:00am-11:45am

# SWIM PRESCHOOL (AGES 3-5)

## PRESCHOOL A

**Mondays**  
4:30pm-5:00pm  
5:00pm-5:30pm  
5:30pm-6:00pm  
6:30pm-7:00pm

**Tuesdays**  
5:30pm-6:00pm

**Wednesdays**  
5:00pm-5:30pm

**Thursdays**  
5:00pm-5:30pm

**Saturdays**  
8:30am-9:00am  
10:00am-10:30am  
11:00am-11:30am  
11:30am-12:00pm  
12:00pm-12:30pm  
7:00pm-7:30pm

**Sundays**  
9:00am-9:30am  
10:00am-10:30am  
11:00am-11:30am  
11:30am-12:00pm

## PRESCHOOL B

**Mondays**  
6:00pm-6:30pm  
**Tuesdays**  
4:30pm-5:00pm

**Wednesday**  
4:30pm-5:00pm  
6:00pm-6:30pm  
6:30pm-7:00pm

**Thursdays**  
4:30pm-5:00pm

**Saturdays**  
9:00am-9:30am  
10:00am-10:30am  
10:30am-11:00am  
11:00am-11:45am  
5:30pm-6:00pm

**Sundays**  
9:30am-10:00am  
10:30am-11:00am

## PRESCHOOL C

**Tuesdays**  
5:00pm-5:30pm  
**Wednesday**  
6:00pm-6:30pm  
**Saturdays**  
10:30am-11:00am  
11:00am-11:45am

**Sundays**  
10:00am-10:30am  
10:30am-11:00am

## PRESCHOOL D

**Wednesdays**  
5:00pm-5:30pm

## PRESCHOOL D/E

**Tuesdays**  
5:00pm-5:30pm

# PROGRAM INFORMATION

## SESSION DATES

Day	Start	End	Cancellations
Monday	Oct 2	Dec 18	Oct 9
Tuesday	Oct 3	Dec 19	None
Wednesday	Sept 27	Dec 20	None
Thursday	Sept 28	Dec 14	None
Friday	Sept 29	Dec 15	None
Saturday	Sept 30	Dec 16	Oct 7
Sunday	Oct 1	Dec 17	Oct 8

## PROGRAM COST

Group Swim Lessons	13 Weeks	12 Weeks	11 Weeks
Member	\$117.00	\$108.00	\$99.00
Non Member	\$123.50	\$114.00	\$104.50
Private Lessons	\$344.50	\$318.00	\$291.50
Adapted Aquatics	\$344.50	\$318.00	\$291.50
Swim Patrols	\$130.00	\$120.00	\$110.00
Aquafit	\$117.00	\$108.00	\$99.00

Please bring your child's previous progress card to the first lesson so the instructor can focus on incomplete items

## PARENT & TOT

### THURSDAYS

5:00pm-5:30pm

### SATURDAYS

8:30am-9:00am  
11:30am-12:00pm

### SUNDAYS

9:30am-10:00am

## SWIM PATROL

### ROOKIE PATROL

Wednesdays 4:30pm-5:00pm

### RANGER PATROL

Wednesdays 6:15pm-7:00pm

### STAR PATROL

Wednesdays 6:15pm-7:00pm

## SPECIAL NEEDS SWIMMING NIGHT

- BGC Durham is excited to introduce special needs and inclusion swimming lessons on Friday evenings (5:30-7:30). These lessons are for children and youth with physical, communication and developmental needs who benefit from low ratio classes or 1:1 support to feel comfortable in the water and to progress in their swimming skills. For more information on how to register for these lessons, please contact Brock Heard at [bheard@bgcdurham.com](mailto:bheard@bgcdurham.com) or 905-728-5121 ext. 235