

# Thames Outdoor Pool

## 15 Ridout St. S

### Low Ratio Parent and Tot 1/2/3

#### (4 Months - 36 Months)

This is a combination Parent & Tot 1/2/3 course. Participants looking to register in any of these levels are eligible. The course is designed for the child to learn to enjoy water with the parent. Parent and Tot 1 ages 4 to 12-month-old and Parent and Tot 2 is for ages 12 to 24-month-old. Parent and Tot is for ages 2 and 3 years. 30 minutes 1 instructor: 3 children with parent/caregiver.

#### Begins Day Time Duration Fee Classes Code

Jul 06 Mo-Fr 11:00am 00:30 \$50 5 19041  
Jul 13 Mo-Fr 11:00am 00:30 \$50 5 19042  
Jul 20 Mo-Fr 11:00am 00:30 \$50 5 19043  
Jul 27 Mo-Fr 11:00am 00:30 \$50 5 19044  
Aug 03 Mo-Fr 11:00am 00:30 \$50 5 19045  
Aug 10 Mo-Fr 11:00am 00:30 \$50 5 19046  
Aug 17 Mo-Fr 11:00am 00:30 \$50 5 19048  
Aug 24 Mo-Fr 11:00am 00:30 \$50 5 19047

### Low Ratio Preschool 1 (3 - 5 Years)

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. 30 minutes, 1 instructor: 3 children with parent/caregiver.

#### Begins Day Time Duration Fee Classes Code

Jul 06 Mo-Fr 10:00am 00:30 \$50 5 18756  
Jul 06 Mo-Fr 10:45am 00:30 \$50 5 18757  
Jul 06 Mo-Fr 12:00pm 00:30 \$50 5 18761

Jul 13 Mo-Fr 10:00am 00:30 \$50 5 18758  
Jul 13 Mo-Fr 10:45am 00:30 \$50 5 18759  
Jul 13 Mo-Fr 12:00pm 00:30 \$50 5 18762

Jul 20 Mo-Fr 10:00am 00:30 \$50 5 18941  
Jul 20 Mo-Fr 10:45am 00:30 \$50 5 18912  
Jul 20 Mo-Fr 12:00pm 00:30 \$50 5 18913

Jul 27 Mo-Fr 10:00am 00:30 \$50 5 18902  
Jul 27 Mo-Fr 10:45am 00:30 \$50 5 18897  
Jul 27 Mo-Fr 12:00pm 00:30 \$50 5 18936

Aug 03 Mo-Fr 10:00am 00:30 \$50 5 18983  
Aug 03 Mo-Fr 10:45am 00:30 \$50 5 18980  
Aug 03 Mo-Fr 12:00pm 00:30 \$50 5 18958

Aug 10 Mo-Fr 10:00am 00:30 \$50 5 18989  
Aug 10 Mo-Fr 10:45am 00:30 \$50 5 18960  
Aug 10 Mo-Fr 12:00pm 00:30 \$50 5 18992

Aug 17 Mo-Fr 10:00am 00:30 \$50 5 19006  
Aug 17 Mo-Fr 10:45am 00:30 \$50 5 19019  
Aug 17 Mo-Fr 12:00pm 00:30 \$50 5 18993

Aug 24 Mo-Fr 10:00am 00:30 \$50 5 19037  
Aug 24 Mo-Fr 10:45am 00:30 \$50 5 19011  
Aug 24 Mo-Fr 12:00pm 00:30 \$50 5 19039

### Low Ratio Preschool 2 (3 - 5 Years)

These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. 30 minutes, 1 instructor: 3 children with parent/caregiver.

**Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 10:15am 00:30 \$50 5 18760  
Jul 06 Mo-Fr 11:30am 00:30 \$50 5 18764  
Jul 06 Mo-Fr 12:15pm 00:30 \$50 5 18767

Jul 13 Mo-Fr 10:15am 00:30 \$50 5 18765  
Jul 13 Mo-Fr 11:30am 00:30 \$50 5 18766  
Jul 13 Mo-Fr 12:15pm 00:30 \$50 5 18768

Jul 20 Mo-Fr 10:15am 00:30 \$50 5 18914  
Jul 20 Mo-Fr 11:30am 00:30 \$50 5 18918  
Jul 20 Mo-Fr 12:15pm 00:30 \$50 5 18938

Jul 27 Mo-Fr 10:15am 00:30 \$50 5 18921  
Jul 27 Mo-Fr 11:30am 00:30 \$50 5 18928  
Jul 27 Mo-Fr 12:15pm 00:30 \$50 5 18903

Aug 03 Mo-Fr 10:15am 00:30 \$50 5 18947  
Aug 03 Mo-Fr 11:30am 00:30 \$50 5 18984  
Aug 03 Mo-Fr 12:15pm 00:30 \$50 5 18990

Aug 10 Mo-Fr 10:15am 00:30 \$50 5 18974  
Aug 10 Mo-Fr 11:30am 00:30 \$50 5 18951  
Aug 10 Mo-Fr 12:15pm 00:30 \$50 5 18991

Aug 17 Mo-Fr 10:15am 00:30 \$50 5 19029  
Aug 17 Mo-Fr 11:30am 00:30 \$50 5 19027  
Aug 17 Mo-Fr 12:15pm 00:30 \$50 5 19038

Aug 24 Mo-Fr 10:15am 00:30 \$50 5 18996  
Aug 24 Mo-Fr 11:30am 00:30 \$50 5 19026  
Aug 24 Mo-Fr 12:15pm 00:30 \$50 5 19012

**Low Ratio Preschool 3 (3 - 5 Years)**

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. 30

minutes, 1 instructor: 3 children with parent/caregiver.

**Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 11:15am 00:30 \$50 5 18771  
Jul 06 Mo-Fr 12:30pm 00:30 \$50 5 18769

Jul 13 Mo-Fr 11:15am 00:30 \$50 5 18772  
Jul 13 Mo-Fr 12:30pm 00:30 \$50 5 18770

Jul 20 Mo-Fr 11:15am 00:30 \$50 5 18927  
Jul 20 Mo-Fr 12:30pm 00:30 \$50 5 18910

Jul 27 Mo-Fr 11:15am 00:30 \$50 5 18935  
Jul 27 Mo-Fr 12:30pm 00:30 \$50 5 18923

Aug 03 Mo-Fr 11:15am 00:30 \$50 5 18976  
Aug 03 Mo-Fr 12:30pm 00:30 \$50 5 18975

Aug 10 Mo-Fr 11:15am 00:30 \$50 5 18957  
Aug 10 Mo-Fr 12:30pm 00:30 \$50 5 18950

Aug 17 Mo-Fr 11:15am 00:30 \$50 5 19000  
Aug 17 Mo-Fr 12:30pm 00:30 \$50 5 19035

Aug 24 Mo-Fr 11:15am 00:30 \$50 5 19022  
Aug 24 Mo-Fr 12:30pm 00:30 \$50 5 19021

**Low Ratio Preschool 4/5 (3 - 5 Years)**

This is a combination Preschool 4 & 5 course. Participants looking to register in either level are eligible. Preschool 4 is for advanced preschoolers who will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll also master a short swim on their front wearing a lifejacket and gliding and kicking on their side. Preschool 5 is where these youngsters get more adventuresome with a forward roll entry wearing a lifejacket and

treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. 30 minutes, 1 instructor: 3 children with parent/caregiver.

**Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 11:15am 00:30 \$50 5 18773  
Jul 13 Mo-Fr 11:15am 00:30 \$50 5 18774  
Jul 20 Mo-Fr 11:15am 00:30 \$50 5 18939  
Jul 27 Mo-Fr 11:15am 00:30 \$50 5 18917  
Aug 03 Mo-Fr 11:15am 00:30 \$50 5 18971  
Aug 10 Mo-Fr 11:15am 00:30 \$50 5 18977  
Aug 17 Mo-Fr 11:15am 00:30 \$50 5 19024  
Aug 24 Mo-Fr 11:15am 00:30 \$50 5 18994

**Low Ratio Swimmer 1 (5 - 12 Years)**

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. 30 minutes, 1 instructor:3 children with parent/caregiver.

**Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 10:30am 00:30 \$50 5 18775  
Jul 06 Mo-Fr 11:30am 00:30 \$50 5 18777  
Jul 06 Mo-Fr 12:45pm 00:30 \$50 5 18779

Jul 13 Mo-Fr 10:30am 00:30 \$50 5 18776  
Jul 13 Mo-Fr 11:30am 00:30 \$50 5 18778  
Jul 13 Mo-Fr 12:45pm 00:30 \$50 5 18780

Jul 20 Mo-Fr 10:30am 00:30 \$50 5 18933  
Jul 20 Mo-Fr 11:30am 00:30 \$50 5 18920  
Jul 20 Mo-Fr 12:45pm 00:30 \$50 5 18898

Jul 27 Mo-Fr 10:30am 00:30 \$50 5 18908  
Jul 27 Mo-Fr 11:30am 00:30 \$50 5 18909

Jul 27 Mo-Fr 12:45pm 00:30 \$50 5 18943

Aug 03 Mo-Fr 10:30am 00:30 \$50 5 18949  
Aug 03 Mo-Fr 11:30am 00:30 \$50 5 18969  
Aug 03 Mo-Fr 12:45pm 00:30 \$50 5 18978

Aug 10 Mo-Fr 10:30am 00:30 \$50 5 18956  
Aug 10 Mo-Fr 11:30am 00:30 \$50 5 18955  
Aug 10 Mo-Fr 12:45pm 00:30 \$50 5 18985

Aug 17 Mo-Fr 10:30am 00:30 \$50 5 19001  
Aug 17 Mo-Fr 11:30am 00:30 \$50 5 19040  
Aug 17 Mo-Fr 12:45pm 00:30 \$50 5 19032

Aug 24 Mo-Fr 10:30am 00:30 \$50 5 18999  
Aug 24 Mo-Fr 11:30am 00:30 \$50 5 19004  
Aug 24 Mo-Fr 12:45pm 00:30 \$50 5 18997

**Low Ratio Swimmer 2 (5 - 12 Years)**

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). 30 minutes, 1 instructor:3 children with parent/caregiver.

**Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 10:45am 00:30 \$50 5 18803  
Jul 06 Mo-Fr 11:45am 00:30 \$50 5 18865  
Jul 06 Mo-Fr 12:30pm 00:30 \$50 5 18871

Jul 13 Mo-Fr 10:45am 00:30 \$50 5 18843  
Jul 13 Mo-Fr 11:45am 00:30 \$50 5 18867  
Jul 13 Mo-Fr 12:30pm 00:30 \$50 5 18872

Jul 20 Mo-Fr 10:45am 00:30 \$50 5 18929  
Jul 20 Mo-Fr 11:45am 00:30 \$50 5 18922  
Jul 20 Mo-Fr 12:30pm 00:30 \$50 5 18901

Jul 27 Mo-Fr 10:45am 00:30 \$50 5 18906  
Jul 27 Mo-Fr 11:45am 00:30 \$50 5 18924  
Jul 27 Mo-Fr 12:30pm 00:30 \$50 5 18919

Aug 03 Mo-Fr 10:45am 00:30 \$50 5 18954  
Aug 03 Mo-Fr 11:45am 00:30 \$50 5 18966  
Aug 03 Mo-Fr 12:30pm 00:30 \$50 5 18987

Aug 10 Mo-Fr 10:45am 00:30 \$50 5 18979  
Aug 10 Mo-Fr 11:45am 00:30 \$50 5 18972  
Aug 10 Mo-Fr 12:30pm 00:30 \$50 5 18968

Aug 17 Mo-Fr 10:45am 00:30 \$50 5 19030  
Aug 17 Mo-Fr 11:45am 00:30 \$50 5 19007  
Aug 17 Mo-Fr 12:30pm 00:30 \$50 5 19033

Aug 24 Mo-Fr 10:45am 00:30 \$50 5 19013  
Aug 24 Mo-Fr 11:45am 00:30 \$50 5 19003  
Aug 24 Mo-Fr 12:30pm 00:30 \$50 5 19023

### Low Ratio Swimmer 3 (5 - 12 Years)

These junior swimmers will dive and do in-waterfront somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. 30 minutes, 1 instructor:3 children. Must be comfortable in deep water.

#### Begins Day Time Duration Fee Classes Code

Jul 06 Mo-Fr 11:30am 00:30 \$50 5 18874  
Jul 06 Mo-Fr 12:45pm 00:30 \$50 5 18877

Jul 13 Mo-Fr 11:30am 00:30 \$50 5 18875  
Jul 13 Mo-Fr 12:45pm 00:30 \$50 5 18878

Jul 20 Mo-Fr 11:30am 00:30 \$50 5 18942  
Jul 20 Mo-Fr 12:45pm 00:30 \$50 5 18944

Jul 27 Mo-Fr 11:30am 00:30 \$50 5 18925

Jul 27 Mo-Fr 12:45pm 00:30 \$50 5 18915

Aug 03 Mo-Fr 11:30am 00:30 \$50 5 18959  
Aug 03 Mo-Fr 12:45pm 00:30 \$50 5 18962

Aug 10 Mo-Fr 11:30am 00:30 \$50 5 18970  
Aug 10 Mo-Fr 12:45pm 00:30 \$50 5 18952

Aug 17 Mo-Fr 11:30am 00:30 \$50 5 19014  
Aug 17 Mo-Fr 12:45pm 00:30 \$50 5 19028

Aug 24 Mo-Fr 11:30am 00:30 \$50 5 19018  
Aug 24 Mo-Fr 12:45pm 00:30 \$50 5 19025

### Low Ratio Swimmer 4 (5 - 12 Years)

These junior swimmers will dive and do in-waterfront somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. 30 minutes, 1 instructor:3 children. Must be comfortable in deep water.

#### Begins Day Time Duration Fee Classes Code

Jul 06 Mo-Fr 10:30am 00:30 \$50 5 18880  
Jul 06 Mo-Fr 11:15am 00:30 \$50 5 18882  
Jul 06 Mo-Fr 12:45pm 00:30 \$50 5 18887

Jul 13 Mo-Fr 10:30am 00:30 \$50 5 18881  
Jul 13 Mo-Fr 11:15am 00:30 \$50 5 18883  
Jul 13 Mo-Fr 12:45pm 00:30 \$50 5 18888

Jul 20 Mo-Fr 10:30am 00:30 \$50 5 18904  
Jul 20 Mo-Fr 11:15am 00:30 \$50 5 18932  
Jul 20 Mo-Fr 12:45pm 00:30 \$50 5 18905

Jul 27 Mo-Fr 10:30am 00:30 \$50 5 18907  
Jul 27 Mo-Fr 11:15am 00:30 \$50 5 18911  
Jul 27 Mo-Fr 12:45pm 00:30 \$50 5 18926

Aug 03 Mo-Fr 10:30am 00:30 \$50 5 18961

Aug 03 Mo-Fr 11:15am 00:30 \$50 5 18973  
Aug 03 Mo-Fr 12:45pm 00:30 \$50 5 18967

Aug 10 Mo-Fr 10:30am 00:30 \$50 5 18965  
Aug 10 Mo-Fr 11:15am 00:30 \$50 5 18963  
Aug 10 Mo-Fr 12:45pm 00:30 \$50 5 18982

Aug 17 Mo-Fr 10:30am 00:30 \$50 5 18998  
Aug 17 Mo-Fr 11:15am 00:30 \$50 5 19010  
Aug 17 Mo-Fr 12:45pm 00:30 \$50 5 19002

Aug 24 Mo-Fr 10:30am 00:30 \$50 5 18995  
Aug 24 Mo-Fr 11:15am 00:30 \$50 5 19034  
Aug 24 Mo-Fr 12:45pm 00:30 \$50 5 19020

### **Low Ratio Swimmer 5/6 (5 - 12 Years)**

This is a combination course. Participants in any of these levels are eligible. 30 minutes, 1 instructor: 4 children.

#### **Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 11:00am 00:30 \$50 5 18889  
Jul 06 Mo-Fr 12:30pm 00:30 \$50 5 18891

Jul 13 Mo-Fr 11:00am 00:30 \$50 5 18890  
Jul 13 Mo-Fr 12:30pm 00:30 \$50 5 18892

Jul 20 Mo-Fr 11:00am 00:30 \$50 5 18900  
Jul 20 Mo-Fr 12:30pm 00:30 \$50 5 18937

Jul 27 Mo-Fr 11:00am 00:30 \$50 5 18899  
Jul 27 Mo-Fr 12:30pm 00:30 \$50 5 18916

Aug 03 Mo-Fr 11:00am 00:30 \$50 5 18988  
Aug 03 Mo-Fr 12:30pm 00:30 \$50 5 18945

Aug 10 Mo-Fr 11:00am 00:30 \$50 5 18948  
Aug 10 Mo-Fr 12:30pm 00:30 \$50 5 18981

Aug 17 Mo-Fr 11:00am 00:30 \$50 5 19031

Aug 17 Mo-Fr 12:30pm 00:30 \$50 5 19008

Aug 24 Mo-Fr 11:00am 00:30 \$50 5 19016  
Aug 24 Mo-Fr 12:30pm 00:30 \$50 5 19036

### **Low Ratio Swimmer 7 to Swimmer 9 (5 - 12 Years)**

This is a combination Swimmer 7/8/9 course. Participants looking to register in any of these levels are eligible. 30 minutes, 1 instructor:4 children.

#### **Begins Day Time Duration Fee Classes Code**

Jul 06 Mo-Fr 10:15am 00:30 \$50 5 18893  
Jul 06 Mo-Fr 12:15pm 00:30 \$50 5 18895

Jul 13 Mo-Fr 10:15am 00:30 \$50 5 18894  
Jul 13 Mo-Fr 12:15pm 00:30 \$50 5 18896

Jul 20 Mo-Fr 10:15am 00:30 \$50 5 18930  
Jul 20 Mo-Fr 12:15pm 00:30 \$50 5 18931

Jul 27 Mo-Fr 10:15am 00:30 \$50 5 18934  
Jul 27 Mo-Fr 12:15pm 00:30 \$50 5 18940

Aug 03 Mo-Fr 10:15am 00:30 \$50 5 18953  
Aug 03 Mo-Fr 12:15pm 00:30 \$50 5 18946

Aug 10 Mo-Fr 10:15am 00:30 \$50 5 18964  
Aug 10 Mo-Fr 12:15pm 00:30 \$50 5 18986

Aug 17 Mo-Fr 10:15am 00:30 \$50 5 19009  
Aug 17 Mo-Fr 12:15pm 00:30 \$50 5 19005

Aug 24 Mo-Fr 10:15am 00:30 \$50 5 19015  
Aug 24 Mo-Fr 12:15pm 00:30 \$50 5 19017