



## OAK Summer Lesson Program 2017 Appleby College Pool (540 Lakeshore Road West)

### **Lesson E:**

July 4<sup>th</sup> to 7<sup>th</sup> & July 10<sup>th</sup> to 13<sup>th</sup>

Week 1: Tuesday to Friday - July 4<sup>th</sup> to 7<sup>th</sup>  
Week 2: Monday to Thursday- July 10<sup>th</sup> to 13<sup>th</sup>  
Option A: 6:00pm to 7:00pm  
Option B: 7:00pm to 8:00pm

### **Lesson F**

July 17<sup>th</sup> to 20<sup>th</sup> & July 24<sup>th</sup> to 27<sup>th</sup>

Week 1: Monday to Thursday – July 17<sup>th</sup> to 20<sup>th</sup>  
Week 2: Monday to Thursday – July 24<sup>th</sup> to 27<sup>th</sup>  
Option A: 6:00pm to 7:00pm  
Option B: 7:00pm to 8:00pm

### **Lesson G**

July 31<sup>st</sup> to 3<sup>rd</sup> & August 8<sup>th</sup> to 11<sup>th</sup>

Week 1: Monday to Thursday – July 31<sup>st</sup> to 3<sup>rd</sup>  
Week 2: Tuesday to Friday – August 8<sup>th</sup> to 11<sup>th</sup>  
Option A: 6:00pm to 7:00pm  
Option B: 7:00pm to 8:00pm

### **Lesson H**

August 14<sup>th</sup> to 17<sup>th</sup> & August 21<sup>st</sup> to 24<sup>th</sup>

Week 1: Monday to Thursday – August 14<sup>th</sup> to 17<sup>th</sup>  
Week 2: Monday to Thursday – August 21<sup>st</sup> to 24<sup>th</sup>  
Option A: 6:00pm to 7:00pm  
Option B: 7:00pm to 8:00pm

**PLEASE NOTE THAT THE REGISTRATON FEE IS NON REFUNDABLE.  
NO REFUNDS AFTER THE START OF EACH SESSION**

If you have any questions, please call the OAK Office at 905 842 0903 or email [office@oakvilleaquatics.ca](mailto:office@oakvilleaquatics.ca)

## Summer 2017

Families can register online starting June 6<sup>th</sup>, 2017. Please follow the registration instructions on the OAK website to register and make payment ([www.oakvilleaquatics.ca](http://www.oakvilleaquatics.ca)).

Each lesson participant is required to pay for and complete the Swim Canada registration that OAK will initiate for you. The registration fee covers each swimmer from July 1, 2017 to August 31, 2017 and covers membership with Swim Canada, Swim Ontario and OAK.

Please note that the session fee **MUST** be paid at the time of online registration in order to reserve your place in the class.

We regret that we are unable to accommodate “make up” class requests as we strictly adhere to maximum class sizes and age limits.



Oakville Aquatic Club  
1051 Glenashton Drive, Oakville  
Telephone: 905 842 0903 / email: [office@oakvilleaquatics.ca](mailto:office@oakvilleaquatics.ca)



OAK has recently restructured its entire program to better suit the needs of our athletes. We have new groups and group names to usher in the next Olympic quadrennial. These changes have been made in accordance with long term athlete development principles adopted by Canadian Sport for Life. OAK Summer lessons are geared for children from 5 to 12 years old and will incorporate many of these fundamental movement skills and fundamental sport skills.

Our OAK lessons will include the basic skills lessons previously offered as well as incorporating additional techniques focused towards competitive swimming from active start to FUNdamentals. Additionally, lessons will include “Fast-Fun” racing and group activities.

Emphasis will be on the individual learner's needs. To enhance learning, OAK continues to offer our low swimmer to teacher ratio (5 to 1). OAK uses innovative instruction methods to teach children the fundamental skills of swimming and the most valuable swimming components. These skills build the essential platform for competitive swimming and create the opportunity to further develop strength and endurance in the water.

**Note 1:** A try-out is **not** required for OAK lessons. Participants **MUST** be 5 to 12 years of age.

**Note 2:** Please be on deck ready to swim for the beginning of the lesson. It is disruptive to both the swimmers and teachers when swimmers arrive late.

Please respect the privacy of others; children aged seven years and older must use the gender appropriate change rooms. Note: Appleby College does **NOT** have any family change rooms.

### 2017 Summer Lesson Fee Details

	Fee	Registration Fee	Option A	Option B
<b>Lesson E:</b> (July 4 <sup>th</sup> to 7 <sup>th</sup> & July 10 <sup>th</sup> to 13 <sup>th</sup> )	<b>\$320</b>	<b>\$20</b>	6:00-7:00pm	7:00-8:00pm
<b>Lesson F:</b> (July 17 <sup>th</sup> to 20 <sup>th</sup> & July 24 <sup>th</sup> to 27 <sup>th</sup> )	<b>\$320</b>	<b>\$20</b>	6:00-7:00pm	7:00-8:00pm
<b>Lesson G:</b> (August 1 <sup>st</sup> to 4 <sup>th</sup> & August 7 <sup>th</sup> to 10 <sup>th</sup> )	<b>\$320</b>	<b>\$20</b>	6:00-7:00pm	7:00-8:00pm
<b>Lesson H:</b> (August 14 <sup>th</sup> to 17 <sup>th</sup> & August 21 <sup>st</sup> to 24 <sup>th</sup> )	<b>\$320</b>	<b>\$20</b>	6:00-7:00pm	7:00-8:00pm

**Location of Lessons:  
Appleby College Pool**

540 Lakeshore Road West (4<sup>th</sup> Line & Lakeshore Road)

A map of the location of the pool can be found at:

<http://www.appleby.on.ca/uploaded/Assets/forms/Currentcolourmap.pdf>



**PLEASE NOTE THAT THE REGISTRATON FEE IS NON REFUNDABLE.  
NO REFUNDS AFTER THE START OF EACH SESSION**

Please direct questions to the OAK Office: 905 842 0903 or email [office@oakvilleaquatics.ca](mailto:office@oakvilleaquatics.ca)



Photo by Callie Nicole Photography

## 2017 OAK Summer Lesson Program

The Oakville Aquatic Club is proud to announce our newly designed swim lesson programs for children ages 5 to 12 for the summer only.

[www.oakvilleaquatics.ca](http://www.oakvilleaquatics.ca)