



# NORTHUMBERLAND AQUATIC CLUB

Offering a complete range of programs for swimmers ages 4 and up

## REGISTRATION

**Wednesday August 23 & 30 – 5-7 pm – Jack Burger Sports Complex**

Level	Monday	Wednesday	Thursday	Friday	<p style="text-align: center;"><b>NORAC SWIMMING FEES</b> (12 week sessions)</p> <p style="text-align: center;"><b>Swim School</b> \$210 (two 1-hour lessons/wk) \$130 (one 1-hour lesson/wk) \$70 (Intro. ½ hour lesson/wk)</p> <p style="text-align: center; color: red;">(All Swim School members must be registered with Swim Ontario at an annual rate of \$45. This will be added to the fees for the initial program session each season. Each Swim School member will receive a t-shirt with the first registered session.)</p> <p style="text-align: center;"><b>Masters/Adult Fitness</b> \$260 (two 1-hour sessions/wk) \$160 (one 1-hour lesson/wk)</p> <p style="text-align: center; color: red;">(All Masters members must be registered with Masters Swimming Canada at an annual rate of \$35. This will be added to the fees for the initial session each season)</p>
<b>Introductory Swim School</b> (ages 4-6)		6 – 6:30 pm 6:30 – 7 pm	5 – 5:30 pm 5:30 – 6 pm		
<b>Swim School</b> Beginner/Double Lane		5 – 6 pm	6 – 7 pm	5 – 6 pm 6 – 7 pm	
<b>Swim School</b> Advanced	5 – 6 pm 6 – 7 pm		5 – 6 pm 6 – 7 pm	5 – 6 pm 6 – 7 pm	
<b>Masters/Adult Fitness</b>	6 – 7 am	6 – 7 am			
<b>PARA Learn to Swim</b> (free for all participants)	<i>In Partnership with the Municipality of Port Hope (see Municipality info for registration details <a href="http://www.porthope.ca">www.porthope.ca</a>)</i>				
<b>PARA Competitive</b>	Call or check website for program details. Schedule varies depending on level of swimmer.				
<b>Competitive</b>					

<p><b>FALL – Session 1</b> Monday Sept. 11 – Friday Dec. 1, 2017 (no classes Thanksgiving Monday Oct. 9/17)</p>	<p><b>WINTER – Session 2</b> Monday Dec. 4/17 – Friday March 9/18 (no classes Christmas Break Dec. 25/17 – Jan. 5/18 or Family Day Monday Feb. 19/18)</p>	<p><b>SPRING – Session 3</b> Monday March 19 – Friday June 8/18 (no classes Good Friday March 30/18 or Victoria Day Monday May 21/18)</p>
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**For further information or to inquire about pre-registration contact:**

Head Coach Emil – 416-710-1924 – [emil@swimnorac.com](mailto:emil@swimnorac.com)  
 Registrar Annette – 905-373-4353 – [registrar@swimnorac.com](mailto:registrar@swimnorac.com)  
[www.swimnorac.com](http://www.swimnorac.com)