



NORTHUMBERLAND AQUATIC CLUB

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

REGISTRATION

Wednesday August 22 & 29 – 5-7 pm – Jack Burger Sports Complex

Level	Monday	Wednesday	Thursday	Friday	Saturday	<p style="text-align: center;">NORAC SWIMMING FEES (12 week sessions)</p> <p style="text-align: center;">Swim School</p> <p style="text-align: center;">\$230 (two 1-hour lessons/wk) \$140 (one 1-hour lesson/wk) \$75 (Intro. ½ hour lesson/wk)</p> <p style="text-align: center; color: red; font-size: small;">(All Swim School members must be registered with Swim Ontario at an annual rate of \$47. 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;">Masters/Adult Fitness</p> <p style="text-align: center;">\$280 (two 1-hour sessions/wk) \$170 (one 1-hour lesson/wk)</p> <p style="text-align: center; color: red; font-size: small;">(All Masters members must be registered with Swim Ontario as Competitive or Non-Competitive. This will be added to the fees for the initial session each season)</p>
Introductory Swim School <small>(ages 4-6)</small>		6 – 6:30 pm 6:30 – 7 pm	5 – 5:30 pm 5:30 – 6 pm			
Swim School Beginner/Double Lane	5 – 6 pm	5-6 pm	6 – 7 pm	5 – 6 pm 6 – 7 pm		
Swim School Advanced	6 – 7 pm		5 – 6 pm 6 – 7 pm	6 – 7 pm		
** NEW ** Special Needs Swim School	Class length adjusted to needs of the swimmer Low swimmer/volunteer ratio – limited availability Swim School fees apply			5 – 6 pm		
Masters/Adult Fitness	6 – 7 am	6 – 7 am			6:30-7:30 am	
Competitive and PARA Competitive	Call or check website for program details. Schedule varies depending on level of swimmer.					

<p>FALL – Session 1</p> <p>Monday Sept. 10 – Friday Nov. 30, 2018 <small>(no classes Thanksgiving Monday Oct. 8/18)</small></p>	<p>WINTER – Session 2</p> <p>Monday Dec. 3/18 – Friday March 8/19 <small>(no classes Christmas Break Dec. 24/18 – Jan. 4/19 or Family Day Monday Feb. 18/19)</small></p>	<p>SPRING – Session 3</p> <p>Monday March 18 – Friday June 7/18 <small>(no classes Good Friday April 19/19 or Victoria Day Monday May 20/19)</small></p>
--	---	---

For further information or to inquire about pre-registration contact:

Head Coach Trish – 905-376-0402 – trish@swimnorac.com
 Registrar Annette – 905-373-4353 – registrar@swimnorac.com
www.swimnorac.com