



# NORTHUMBERLAND AQUATIC CLUB

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

## REGISTRATION

**Wednesday August 21 & 28 – 5-7 pm – Jack Burger Sports Complex**

Level	Monday	Tuesday	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></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 \$53. 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></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>
<b>Introductory Swim School</b> <small>(ages 4-6)</small>			6 – 6:30 pm 6:30 – 7 pm	5 – 5:30 pm 5:30 – 6 pm		
<b>Swim School</b> <small>Beginner/Double Lane</small>	5 – 6 pm	5 – 6 pm	5-6 pm	6 – 7 pm	5 – 6 pm 6 – 7 pm	
<b>Swim School</b> <small>Advanced</small>	6 – 7 pm	6 – 7 pm		5 – 6 pm 6 – 7 pm	6 – 7 pm	
<b>Special Needs Swim School</b>	Class length adjusted to needs of the swimmer Low swimmer/volunteer ratio – limited availability Swim School fees apply				5 – 6 pm	
<b>Masters/Adult Fitness</b>	6 – 7 am		6 – 7 am			
<b>Competitive and PARA Competitive</b>	Call or check website for program details. Schedule varies depending on level of swimmer.					

<p><b>FALL – Session 1</b></p> <p>Monday Sept. 9 – Friday Nov 29, 2019 <small>(no classes Thanksgiving Monday Oct 14/19)</small></p>	<p><b>WINTER – Session 2</b></p> <p>Monday Dec 2/19 – Friday March 6/20 <small>(no classes Christmas Break Dec 23/19 – Jan 3/20 or Family Day Monday Feb 17/20)</small></p>	<p><b>SPRING – Session 3</b></p> <p>Monday March 9 – Friday June 5/20 <small>(no classes March Break March 16-20, Good Friday April 10/20 or Victoria Day Monday May 18/20)</small></p>
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For further information or to inquire about pre-registration contact:

Head Coach Trish – 905-376-0402 – [trish@swimnorac.com](mailto:trish@swimnorac.com)  
 Registrar Annette – 905-373-4353 – [registrar@swimnorac.com](mailto:registrar@swimnorac.com)  
[www.swimnorac.com](http://www.swimnorac.com)