



Robert Hartley Sports Complex
 425 Cartier Boulevard
 Hawkesbury, ON K6A 1V9
 Information: 613-636-2082
 www.hawkesbury.ca

SPRING SESSION 2010 AQUATIC PROGRAM

Registration:
9:00 a.m. to 9:00 p.m. from Monday to Friday

RESIDENT: March 1 to 12, 2010 Proof of residency is required (driver's license or tax bill) NON RESIDENT: March 3 to 12, 2010



Session begins on March 22, 2010
(10 weeks)



SWIM'N TRIM Starts: **March 22**
Monday, Wednesday, Friday 9:00 a.m. - 10:00 a.m.

Fee: \$87.00

AQUA FIT Starts: **March 22 and 23**
Monday & Wednesday Tuesday & Thursday
 8:00 a.m. - 9:00 a.m. 9:00 a.m. - 10:00 a.m.
 10:00 a.m. - 11:00 a.m. 10:00 a.m. - 11:00 a.m.
 11:00 a.m. - 12:00 p.m. 11:00 a.m. - 12:00 p.m.

Fee: 50 yrs & over \$67.00
 49 yrs & under \$77.00

AQUACISE Starts: **March 23**
Tuesday & Thursday 6:00 p.m. - 7:00 p.m.

Fee: 50 yrs & over \$67.00
 49 yrs & under \$77.00

DEEP WATER AQUA FIT Starts: **March 23**
Tuesday & Thursday 7:00 p.m. - 8:00 p.m.

Fee: 50 yrs & over \$67.00
 49 yrs & under \$77.00

Please note that courses may be cancelled due to lack of registration

RED CROSS PROGRAMS

Session begins on March 24th, 2010 (10 weeks)



PRESCHOOL (4 months to 5 years old)
 (With parents in the water)

Starfish	4-18 months old	SATURDAY 9:00-9:30 a.m. 30 registrations
Duck	19-30 months old	
Sea Turtle	31-42 months old	

	SATURDAY	WEDNESDAY
Salamander 4 per group	9:35-10:05 a.m. 10:45-11:15 a.m. 11:40-12:10 p.m. 11:55-12:25 p.m. 12:15-12:45 p.m.	5:00-5:30 p.m. 5:35-6:05 p.m.
Sunfish 5 per group	10:10-10:40 a.m. 11:20-11:50 a.m. 12:10-12:40 p.m.	6:10-6:40 p.m.
Crocodile Whale 6 per group	9:35-10:05 a.m. 12:30-1:00 p.m.	



JUNIOR (6 years and older)

	SATURDAY	WEDNESDAY
Junior 1 6 per group	9:35-10:05 a.m. 10:10-10:40 a.m. 11:00-11:30 a.m.	5:00-5:30 p.m.
Junior 2 6 per group	10:10-10:40 a.m. 10:25-10:55 a.m. 11:35-12:05 p.m.	5:35-6:05 p.m.
Junior 3 6 per group	10:45-11:30 a.m. 11:35-12:20 p.m.	6:10-6:55 p.m.
Junior 4 8 per group	9:35-10:20 a.m. 10:50-11:35 a.m.	
Junior 5 8 per group	9:00-9:45 a.m.	
Junior 6 8 per group	9:50-10:45 a.m.	
Junior 7-8 10 per group	10:45-11:40 a.m.	
Junior 9-10 10 per group	9:00-9:55 a.m.	

Fee: 1st child: \$57.00, 2nd child: \$51.00



MISCELLANEOUS



JUNIOR LIFEGUARD CLUB For children 11 to 15 years old
Many activities related to the aquatic sphere, to the rescuing techniques and emergency first aid! Come and develop your leadership! Register now! Starts: March 26 Fee: \$78.00 10 classes Friday 6:00 - 7:00 p.m.
BRONZE MEDALLION & BRONZE CROSS & EMERGENCY FIRST AID
Prerequisite: 13 years old, Junior Lifeguard Club Fee: \$332.00 for all courses (manual included) Friday 5:30 p.m. - 9:30 p.m. Saturday-Sunday 9:00 a.m. - 5:00 p.m. Dates to be determined: April 2010 Intensive courses in 2 weekends
NATIONAL LIFEGUARD STANDARD FIRST AID & STANDARD FIRST AID
Prerequisite: 16 years old and Bronze Cross Fee: \$279.00 plus manual \$53.00 Friday 5:30 p.m. - 9:30 p.m. Saturday-Sunday 9:00 a.m. - 5:00 p.m. Dates to be determined: May-June 2010 Intensive courses in 2 weekends
BABYSITTING RED CROSS For children 11 to 15 years old
Saturday June 12 9:00 a.m. - 1:00 p.m. Sunday June 13 9:00 a.m. - 1:00 p.m. Fee: \$52.00 (manual included)
RED CROSS WATER SAFETY INSTRUCTOR
Prerequisite: Assistant Water Safety Instructor Fee: \$134.00 plus manual \$82.00 + 12 hours of training Dates to be determined: April-May 2010

INFO: 613-636-2082