

## COVID-19 MODIFICATIONS THAMESFORD AREA SWIMMING POOL

### What to Expect at your Swimming Lesson:

- All swimmers who are registered in Level 2 and lower **MUST have a parent/guardian in the pool** with them. Guardians must be a minimum of 12 years old to properly support their swimmers skill development. This allows for safe physical distancing between the instructor and the swimmer and between the swimmers participating in the lesson.
- Lessons will be reduced to 4 swimmers (plus parent/guardian when required) and 1 instructor.
- Spectators, siblings, etc. will not be permitted on the deck during lessons. Our viewing bleachers will be available for your use.
- We encourage swimmers to arrive & leave in their swimsuits. Access to change rooms will be greatly reduced.
- Please bring only the essential items needed for the lesson. (e.g. towel, water bottle, goggles) We will not be able to “loan” you goggles for your lesson, if needed.
- Please arrive promptly 10 minutes before your lesson. Swimmers will be screened every day upon arrival for COVID-19 symptoms, including temperature checks.
- All Public & Staff will be expected to practice safe physical distancing while at the facility.

### LESSON SCHEDULE

|                                                                           |                                           | Weekday Sessions<br>Session 1: July 6-17<br>Session 2: July 20 -31<br>Session 3: August 3 – 14<br>Session 4: August 17 - 28 | Tuesday Evening<br>July 7, 14, 21, 28<br>August 4, 11, 18, 25 | Thursday Evening<br>July 9, 16, 23, 30<br>August 6, 13, 20, 27 | Saturday Morning<br>July 11, 18, 25<br>August 1, 8, 15, 22, 29 |
|---------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|
| Parent/Guardian must be in Pool with swimmers registered to these levels: | Parent/Tot                                | 9:00 – 9:30                                                                                                                 | 5:05 – 5:35                                                   | -                                                              | -                                                              |
|                                                                           | Sea Turtle                                | 9:30 – 10:00                                                                                                                | 5:30 – 6:00                                                   | 6:00 – 6:30                                                    | 10:00 – 10:30                                                  |
|                                                                           | Sea Otter                                 | 10:00 – 10:30                                                                                                               | 6:00 – 6:30                                                   | 5:30 – 6:00                                                    | 11:00 – 11:30                                                  |
|                                                                           | Salamander                                | 10:30 – 11:00                                                                                                               | 6:30 – 7:00                                                   | 5:00 – 5:30                                                    | 11:30 – 12:00                                                  |
|                                                                           | Sunfish                                   | 11:00 – 11:30                                                                                                               | -                                                             | 6:30 – 7:00                                                    | -                                                              |
|                                                                           | Crocodile/Whale                           | 11:30 – 12:00                                                                                                               | 5:00 – 5:30                                                   | -                                                              | 12:30 – 1:00                                                   |
|                                                                           | Level 1                                   | 12:00 – 12:30                                                                                                               | 6:15 – 6:45                                                   | 5:45 – 6:15                                                    | 12:15 – 12:45                                                  |
|                                                                           | Level 2                                   | 12:30 – 1:00                                                                                                                |                                                               |                                                                |                                                                |
|                                                                           | Level 3                                   | 9:15 – 9:45                                                                                                                 | 5:45 – 6:15                                                   | 5:15 – 5:45                                                    | 10:15 – 10:45                                                  |
|                                                                           | Level 4                                   | 9:45 – 10:15                                                                                                                |                                                               |                                                                |                                                                |
| Level 5                                                                   | 10:15 – 10:45                             | 6:45 – 7:15                                                                                                                 | 6:15 – 6:45                                                   | 10:45 – 11:15                                                  |                                                                |
| Level 6                                                                   | 10:45 – 11:15                             |                                                                                                                             |                                                               |                                                                |                                                                |
| Level 7                                                                   | 11:15 – 11:45                             | 5:15 – 5:45                                                                                                                 | 6:45 – 7:15                                                   | 11:45 – 12:15                                                  |                                                                |
| Level 8                                                                   | 11:45 – 12:15                             |                                                                                                                             |                                                               |                                                                |                                                                |
| Level 9 / 10                                                              | 12:15 – 12:45                             | -                                                                                                                           | 5:05 – 5:35                                                   | 12:45 – 1:15                                                   |                                                                |
| Fee:                                                                      | \$55.00                                   | \$45.00                                                                                                                     |                                                               |                                                                |                                                                |
| Schedule:                                                                 | Sessions occur every weekday for 2 weeks. | Weekly Lessons occur every week for 8 weeks.<br>All lessons will run on Holidays                                            |                                                               |                                                                |                                                                |

### PRIVATE LESSONS

For swimmers who prefer 1 on 1 instruction designed to provide extra attention to a specific skill or need that group lessons may not address. Private lessons are 30 minutes in length and can be scheduled as often as required. *(It is recommended that swimmers have a minimum of 8 lessons to pass a level.)*

|                                                                                    |                          |
|------------------------------------------------------------------------------------|--------------------------|
| Schedule:                                                                          | Fee:                     |
| Monday, Wednesday & Friday: 5:00pm - 6:30pm<br>Saturday: 10:00am – 12:00pm         | \$20.00 per 30min lesson |
| <i>Private Lessons will also adhere to the posted COVID-19 Pool Modifications.</i> |                          |

### REGISTRATION

- Online:** Visit [www.zorra.ca](http://www.zorra.ca) for access to the registration link.
- In Person:** As we prepare the facility, in person registration is not available at this time.