



**WINTER & SPRING  
2010**

## ATLANTIS OFFERS

### Exceptional Teachers

We choose instructors who are patient and love working with young children. They are all skilled and experienced teachers who hold certificates as Red Cross Instructors and NLS/CPR lifeguards. Each instructor also participates in an in-house training program to learn the standards and safety procedures of the Atlantis method of teaching.

### Special Equipment and Learning Facility

Atlantis has slides, mats, tubes, noodles, lifejackets, hoops, snorkel gear plus things that sink, spray, squirt and bubble to accommodate the many learning styles of children. Jericho Hill Centre Pool is an 18 metre, warm water pool (86-88 degrees F.) perfect for teaching children to swim.

### Flexibility

You're busy, so Atlantis allows for disruptions that may come up in your calendar. Should you need to change the time you come, just ask in the office what other classes may be available. Also based on availability, during the set you can schedule up to one make-up class for any class you had to miss. Private students who require make-ups do so in regular group classes.

### Small Classes

To allow for focused, individual consideration, our student/instructor ratio is very low. Programs have a maximum of 4:1, except our 90 minute and Parent and Tot classes, which have a maximum of 6:1. Plus we have a dedicated lifeguard on deck for additional safety and supervision.

## About Us

Atlantis Programs Inc. invites children to discover a world of possibilities. We provide active programs which promote kid's health and development.

At Atlantis Swimming Lessons, every child experiences the challenge of learning new skills and the thrill of mastering them. By creating safe, fun and supportive environments, we enable kids to explore their abilities and potential.

Providing professional instruction since 1986, Atlantis Programs has helped over 104,000 kids learn to swim and cycle.



## How to Register

By Phone: 604-874-6464  
Via Facsimile: 604-874-6431

Mail this form to: #101-3737 Oak Street, Vancouver, BC V6H 2M4



### Check Your Preferred Day of the Week & Session

Sessions	Tue	Wed	Thur	Fri	Sat	Sun
Winter A						
Winter B						
Spring A						
Spring B						

Subtotal \_\_\_\_\_ MC / Visa / Chq / Cash \_\_\_\_\_ Expiry \_\_\_\_\_  
 + 5% GST \_\_\_\_\_ Card Number \_\_\_\_\_  
 Total = \_\_\_\_\_ Cardholder Name \_\_\_\_\_

Full payment must accompany registration. There is a \$25.00 fee for any cancellations. Cancellations made less than one week prior to program start are 100% non-refundable. For complete cancellation policy, please visit our website: www.atlantisprograms.com

Jericho Hill Centre  
604.874.6464

4196 West 4th Avenue  
www.atlantisprograms.com

# READY, SET, SWIM!

Atlantis Swimming Lessons prepare children to be safe and competent in the water so they can enjoy a lifetime of aquatic activities. Designed for your child to learn and practice swimming skills, our one hour classes allow more time to concentrate on techniques while building kids strength and stamina. Come and discover the possibilities of learning to swim!



Levels	Description	Cost*
<b>Waterbabies</b> (6-14 months) <b>Watertots</b> (14 - 36 months) <b>Advanced Tots</b> (24 - 36 months)	Our tots program follows a day by day plan to teach you and your child swim techniques specific to his/her age group and ability. Each class includes a variety of songs, games, toys and equipment. Support positions, breath control, water safety and survival skills are all part of our program aimed to give babies and toddlers comfort and skill in the water and facilitate a smooth transition to pre-school classes. An adult must accompany each child.	5 classes \$63.00
<b>Pre-school</b> (Ages 3 - 5 years)	Sea Turtle – Beginners Salamander– Can go underwater and float with help Sunfish – Can float on front and back unassisted Crocodile – Can glide and swim on front and back Whale – Can swim for 5 m on front and back	5 classes \$115.00
<b>Red Cross Swim Kids</b> (Ages 6 years and up)  <i>m = metres</i>	SK 1 – Beginners and kids who can't yet float or glide SK 2 – Can float and glide for 5 m on front and back SK 3 – Can swim 10 m and perform basic front swim SK 4 – Can swim in deep water, front crawl for 15 m SK 5 – Has strong crawl & breathing, can swim 25 m SK 6 – Can swim 50 m, back crawl, intro to whip kick SK 7 – Can swim 75 m, elementary back stroke  SK 8 – Can swim 150 m, do sculling & front whip kick SK 9 – Can swim 300 m, and do breast stroke SK 10 – Can swim 400 m, dive with strong strokes	one hour classes   5 classes \$132.00
<b>Swim Club</b> (Swim Kids level 7 and up)	A non-competitive introduction to the strokes and skills of racing. Kids learn starts, turns, butterfly, racing drills and swim a lot of lengths!	90 minute classes
<b>Privates / Semi-privates</b>	You can make great improvements during concentrated 1:1 time with an instructor. Many times are available if you sign up for a full set of lessons. Please note that private students who require makeups, do so in regular group classes. Half hour classes available as weel.	\$82.00  one hour classes

\*All prices plus GST

# PROGRAMS



Atlantis' swimming programs strive to remain flexible and offer you convenient time slots. For this reason, and to accommodate overlapping level and skill progressions, we often combine levels. The schedule is a guideline only and subject to change, as registration is on demand. To avoid disappointment, please register early.

## DATES WINTER (classes are held once a week for five weeks)

Winter A		Winter B	
Tues	Jan 5 - Feb 2	Tues	Feb 9 - Mar 9
Wed	Jan 6 - Feb 3	Wed	Feb 10 - Mar 10
Thurs	Jan 7 - Feb 4	Thurs	Feb 11 - Mar 11
Fri	Jan 8 - Feb 5	Fri	Feb 12 - Mar 12
Sat	Jan 9 - Feb 6	Sat	Feb 13 - Mar 13
Sun	Jan 10 - Feb 7	Sun	Feb 14 - Mar 14
Registration starts October 19			

## DATES SPRING (classes are held once a week for five weeks)

Spring A		Spring B	
Tues	Mar 16 - Apr 13	Tues	Apr 20 - May 18
Wed	Mar 17 - Apr 14	Wed	Apr 21 - May 19
Thurs	Mar 18 - Apr 15	Thurs	Apr 22 - May 20
Fri	Mar 19 - Apr 23 (no class on Apr 2)	Fri	Apr 30 - May 28
Sat	Mar 20 - Apr 24 (no class on Apr 3)	Sat	May 1 - May 29
Sun	Mar 21 - Apr 25 (no class on Apr 4)	Sun	May 2 - May 30
Registration starts February 8			

## TIMES

<b>Babies / Tots / Advanced Tots</b>		<b>Swim Club</b> (90 minute class)	
Saturday & Sunday 9:00 am, 10:00 am, 11:00 am, 12:00 pm		Thursday	6.15pm
Tuesday & Wednesday 4:45 pm, 5:45 pm		Sunday	2.30 pm
<b>Preschool &amp; SwimKids 1 - 7</b>			
Levels are assigned on a first-come, first-serve basis & are offered at:			
Tuesday & Friday	3:45 - 8:45 pm		
Wednesday & Thursday	3:45 - 7:45 pm		
Saturday & Sunday	9:00 am - 1:00 pm / 1:30 pm - 5:30 pm		
<b>Swim Kids 8-10</b>			
Tuesday & Wednesday	6:15 pm		
Thursday	4.45 pm		
Friday	4:45 & 6:15 pm		
Saturday	2:30 & 4:00 pm		
Sunday	4:00 pm		



# REGISTRATION FORM



By registering with Atlantis Programs Inc., the parent/guardian of the participant(s) on his own behalf and on behalf of the participant(s) hereby agrees that Atlantis Programs Inc. will not be held responsible for any accident, injury or loss, liability, damage or cost they may incur however caused, whether negligently or intentionally, and agrees to release and hold harmless all instructors, staff, volunteers and sponsors from all claims or damages without limitation which may arise as a result of or by reason of such accident or loss.

Family Name \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Child #1 \_\_\_\_\_ DOB \_\_\_\_\_ / / Time \_\_\_\_\_ Level \_\_\_\_\_ Cost \_\_\_\_\_

Child #2 \_\_\_\_\_ DOB \_\_\_\_\_ / / Time \_\_\_\_\_ Level \_\_\_\_\_ Cost \_\_\_\_\_

Child #3 \_\_\_\_\_ DOB \_\_\_\_\_ / / Time \_\_\_\_\_ Level \_\_\_\_\_ Cost \_\_\_\_\_

Subtotal \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Cell/Emergency \_\_\_\_\_

Special Requests or Medical Notes \_\_\_\_\_

Date \_\_\_\_\_

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