



**SUMMER & FALL
2010**

ATLANTIS OFFERS

Exceptional Teachers

We choose instructors who are patient and love working with young children. They are all certified Red Cross instructors and NLS 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 SK 8 - 10 and our 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.

Providing professional instruction since 1986, Atlantis Programs has helped over 120,000 kids learn to swim and cycle.

NEW Atlantis Online Store

Check out our cute new towels and swim bags at <http://store.atlantisprograms.com>.



HOW TO REGISTER



By Phone: 604-874-6464

Via Facsimile: 604-874-6431

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

Subtotal _____
 + 12% HST _____
 Total = _____

MC / Visa / Chq / Cash _____ Expiry _____
 Card Number _____
 Cardholder Name _____

Choose your dates

Summer

- Set A: Jul 5 - Jul 9
- Set B: Jul 12 - 16
- Set C: Jul 19 - 23
- Set D: Jul 26 - 30
- Set E: Aug 3 - 6 (4 days)
- Set F: Aug 9 - 13
- Set G: Aug 16 - 20
- Set H: Aug 23 - 27
- Set I: Aug 29 - Sep 3

Fall A

- Tue: Sep 7 - Oct 12
- Wed: Sep 8 - Oct 13
- Thur: Sep 9 - Oct 14
- Fri: Sep 10 - Oct 15
- Sat: Sep 11 - Oct 23 (no class Oct 9)
- Sun: Sep 12 - Oct 24 (no class Oct 10)

Fall B

- Tue: Oct 19 - Nov 23
- Wed: Oct 20 - Nov 24
- Thur: Oct 21 - Dec 2 (no class Nov 11)
- Fri: Oct 22 - Nov 26
- Sat: Oct 30 - Dec 4
- Sun: Oct 31 - Dec 5

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

REGISTRATION FORM

Dates _____

Family Name _____ How did you hear about us? _____

Parent Name(s) _____ Phone _____

Address _____ Email _____

Cell/Emergency _____

Special Requests or Medical Notes

Child #1	DOB	/	/	Time	Level	Cost
Child #2	DOB	/	/	Time	Level	Cost
Child #3	DOB	/	/	Time	Level	Cost
Subtotal						

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.



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.

Summer Classes are held Monday to Friday for **one week, (5 classes)** except Set E.

Dates	Times
Set A Jul 5 - 9	Tots 10:30 - 11:00 am
Set B July 12 - 16	Swim Camp - All Levels 11:00 - 1:00 pm
Set C July 19 - 23	Preschool & Swim Kids 1 - 7
Set D July 26 - 30	Levels are assigned on a first-come, first-serve basis & are offered at: 9:00 am, 10:00 am, 1:00 pm, 3:00 pm, 4:00 pm, 5:00 pm, 6:00 pm
Set E Aug 3 - 6 (4 days)	Swim Kids 8 - 10
Set F Aug 9-13	Every Set 9:00 - 10:30 am
Set G Aug 16 - 20	Sets A, C, E, G, I 4:00 - 5:30 pm
Set H Aug 23-27	Swim Club
Set I Aug 30 - Sep 3	Sets B, D, F, H 4:00 - 5:30 pm

Registration starts April 12

Fall Classes are held once a week for **six weeks (6 classes)**.

Dates Fall A	Times
Tues Sep 7 - Oct 12	<u>Babies / Tots / Advanced Tots</u>
Wed Sep 8 - Oct 13	Saturday & Sunday 9:00 am, 10:00 am, 11:00 am, 12 :00 pm
Thurs Sep 9 - Oct 14	Tuesday & Wednesday 4:45 pm, 5:45 pm
Fri Sep 10 - Oct 15	<u>Preschool & SwimKids 1 - 7</u>
Sat Sep 11 - Oct 23	Levels are assigned on a first-come, first-serve basis & are offered at:
Sun Sep 12 - Oct 24	Tuesday & Friday 3:45 - 7:45 pm
(no class Oct 9)	Wednesday & Thursday 3:45 - 7:45 pm
(no class Oct 10)	Saturday & Sunday 9:00 am - 1:00 pm / 1:30 pm - 5:30 pm
Dates Fall B	<u>Swim Kids 8 - 10</u>
Tues Oct 19 - Nov 23	Tuesday & Wednesday 6:15 pm
Wed Oct 20 - Nov 24	Thursday 4:45 pm
Thurs Oct 21 - Dec 2	Friday 4:45 pm
(no class Nov 11)	Saturday 4:00 pm
Fri Oct 22 - Nov 26	Sunday 4:00 pm
Sat Oct 30 -Dec 4	<u>Swim Club</u>
Sun Oct 31 - Dec 5	Thursday 6:15 pm
	Sunday 2:30 pm

Registration starts July 12



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*
Swim Camp ~ Any Level ~ (Ages 3 years and up)	This two hour camp includes an hour swim lesson per day and one hour of group games, safety stories and pool playtime. Children can complete a Swim Kids level during the camp. The second hour gives kids an extra chance to practice their strokes and skills in a directed, yet playful, environment. Price includes an Atlantis t-shirt and daily snack.	SUMMER ONLY \$170.00 (Set E) \$136.00 2 hour classes
Waterbabies (6-14 months) Watertots (14 - 36 months) Advanced Tots (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.	SUMMER \$63.00 (Set E) \$50.40 FALL \$75.60 30 minute classes
Pre-school (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	SUMMER \$115.00 (Set E) \$92.00
Red Cross Swim Kids (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	FALL \$138.00 one hour classes SUMMER \$132.00 (Set E) \$105.60
Swim Club (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!	FALL \$158.40 90 minute classes
Privates / Semi-privates	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 well.	\$82.00 one hour classes

*All prices plus HST