

On-line registration for Winter programs will open at 6:30 p.m. on Monday, December 2.

You can search for activities; view program details, schedules and availability: register in just minutes; print your receipt(s) and pay online with a credit card.

Please follow the steps below:

- Set up your online account before December 2 to save time the day of registration. Visit <u>www.hollandbloorview.ca/swim</u> and click on the "Register Online" icon. From the Online Registration page click on the "Create an Account" to sign up for your online account. Please be sure to check off the two boxes "Periodic emails and mail updates" to receive future communication regarding program information.
- 2. Our Winter schedule (days, times, levels and cost) can be viewed on our website. Know which class(es) you wish to register for and their corresponding Activity Numbers.
- 3. On Monday, December 2 register online. From our Online Registration page "Sign in" and under the heading "Other Services" select Register for Activities.
- 4. Pay for the program on the secure registration page (Visa, MasterCard, or American Express accepted) in order to complete your registration. You will receive an email confirming your enrolment and can print or save your receipt.

If you do not have internet access you are welcome to come to our facility to register on the same day as everyone else. Computer access and technical support will be available at Holland Bloorview in the pool office from <u>6:30 pm to 7:00 pm on Monday</u> <u>December 2</u>.

Please see reverse for Winter Schedule \rightarrow

Aquatics at Holland Bloorview Kids Rehabilitation Hospital 150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 ext. 3539 www.hollandbloorview.ca/swim

A teaching hospital fully affiliated with the University of Toronto

Holland Blcorview Kids Rehabilitation Hospital

Session	Dates	# of Classes
Mon. Afternoon	Jan. 6 to Mar. 2	8
Mon. Evening	Jan. 6 to Mar. 2	8
Tues. Evening	Jan. 7 to Mar. 3	9
Thurs. Morning	Jan. 9 to Mar. 5	9
Fri. Morning	Jan. 10 to Mar. 6	9
Fri. Afternoon	Jan. 10 to Mar. 6	9
Sun. Morning	Jan. 5 to Mar. 1	8

(No classes on Sunday February 16 and Monday February 17)

Day	Time	Program	Total	
Thursday	10:35-11:20am	Aqua Fibro	\$123.75 + HST	
Thursday	11:25-12:10 pm	Aqua Fibro	\$123.75 + HST	
Friday	10:15-11:00am	Aqua Fibro	\$123.75 + HST	

Therapy Pool Classes (pool water is 94°F):

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Day	Time	Program	Total
Monday	1:00-2:00pm	Bone and Joint Fix	\$102.00 + HST
Monday	2:05-3:05pm	Cardio Fit	\$102.00 + HST
Monday	8:00-8:45pm	Boot Camp for Warm Water	\$102.00 + HST
Tuesday	7:30-8:15pm	Aqua-Dynamics	\$114.75 + HST
Thursday	9:30-10:30am	DeepWater	\$114.75 + HST
Friday	11:15-12:00pm	Aqua in Motion!	\$114.75 + HST
Friday	1:00-2:00pm	Active	\$114.75 + HST
Friday	2:00-3:00pm	Gentle	\$114.75 + HST
Sunday	9:15-10:15am	DeepWater	\$102.00 + HST