

Aquafitness Registration Process – Fall 2022

Aquatics

As the Aquafitness Program operates within the hospital at Holland Bloorview, we continue to follow health and safety measures. As such, the following changes have been made to our Fall schedule:

- An online self-screening form must be completed prior to every visit to the pool. The completed form will have to be shown to the screeners as you enter the building.
- Whenever possible, arrive with your bathing suit on under your clothes to help restrict the number of people needing to use the change rooms.

***On-line registration for Fall programs will open at
6:30 p.m. on Monday, September 12.***

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:

1. Set up your online account before September 12 to save time the day of registration. Visit www.hollandbloorview.ca/swim and click on the “Register for our Programs” box. 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 Fall schedule (days, times, levels and cost) can be viewed on our website by August 22. Know which class(es) you wish to register for and their corresponding Activity Numbers.
3. On Monday, September 12 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 6:30 pm to 7:00 pm on Monday September 12.

Please scroll down for the Fall Schedule

Session	Dates	# of Classes
Monday	Sept. 26 to Dec. 5	10
Tuesday	Sept. 27 to Dec. 6	11
Thursday	Sept. 29 to Dec. 8	11
Friday	Sept. 30 to Dec. 9	11
Sunday	Sept. 25 to Dec. 4	10

(No classes on Sunday October 9 and Monday October 10)

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

Day	Time	Program	Total
Thursday	10:35-11:20am	Aqua Fibro	\$176.00 + HST
Friday	10:15-11:00am	Aqua Fibro	\$176.00 + HST

Big Pool Classes (pool water is 92°F):

Day	Time	Program	Total
Monday	10:00am-11:00am	Gentle	\$150.00 + HST
Monday	11:05am-12:05pm	Active	\$150.00 + HST
Monday	1:00-2:00pm	Bone and Joint Fix	\$150.00 + HST
Monday	2:05-3:05pm	Cardio Fit	\$150.00 + HST
Monday	7:35-8:20pm	Boot Camp for Warm Water	\$150.00 + HST
Tuesday	7:30-8:15pm	Aqua R's (Rhythm, Range & Release)	\$165.00 + HST
Thursday	9:30-10:30am	DeepWater	\$165.00 + HST
Friday	11:05-12:05pm	Aqua Combo Fit	\$165.00 + HST
Friday	1:00-2:00pm	Aqua Core Strength	\$165.00 + HST
Friday	2:00-3:00pm	Gentle	\$165.00 + HST
Sunday	9:00-10:00am	DeepWater	\$150.00 + HST



