

# Aquafitness Registration Process – Winter 2023

## 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 Winter schedule:

- Holland Bloorview has moved to a passive screening for all pool participants: If you are experiencing any symptoms, have had an exposure to COVID or are pending a COVID swab please do not come to the pool.
- 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 Winter programs will open at  
6:30 p.m. on Monday, December 5.***

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 December 5 to save time the day of registration. Visit [www.hollandbloorview.ca/swim](http://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 Winter schedule (days, times, levels and cost) can be viewed on our website by November 25. Know which class(es) you wish to register for and their corresponding Activity Numbers.
3. On Monday, December 5 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 December 5.

**Please scroll down for the Winter Schedule**

<b>Session</b>	<b>Dates</b>	<b># of Classes</b>
Monday	Jan. 9 to Mar. 6	8
Tuesday	Jan. 10 to Mar. 7	9
Thursday	Jan. 5 to Mar. 9	10
Friday	Jan. 6 to Mar. 10	10
Sunday	Jan. 8 to Mar. 5	8

**(No classes on Sunday February 19 and Monday February 20)**

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

<b>Day</b>	<b>Time</b>	<b>Program</b>	<b>Total</b>
Thursday	10:35-11:20am	Aqua Fibro	\$160.00 + HST
Friday	10:15-11:00am	Aqua Fibro	\$160.00 + HST

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

<b>Day</b>	<b>Time</b>	<b>Program</b>	<b>Total</b>
Monday	10:00am-11:00am	Gentle	\$120.00 + HST
Monday	11:05am-12:05pm	Active	\$120.00 + HST
Monday	1:00-2:00pm	Bone and Joint Fix	\$120.00 + HST
Monday	2:05-3:05pm	Cardio Fit	\$120.00 + HST
Monday	7:35-8:20pm	Boot Camp for Warm Water	\$120.00 + HST
Tuesday	7:30-8:15pm	Aqua R's (Rhythm, Range & Release)	\$135.00 + HST
Thursday	9:30-10:30am	DeepWater	\$150.00 + HST
Friday	11:05-12:05pm	Aqua Combo Fit	\$150.00 + HST
Friday	1:00-2:00pm	Aqua Core Strength	\$150.00 + HST
Friday	2:05-3:05pm	Gentle	\$150.00 + HST
Sunday	9:00-10:00am	DeepWater	\$120.00 + HST



