

Swimming Lessons for Students are back!

Basic swimming skills and water safety. This is an introductory or beginner level class available at the City of Toronto pool in adjacent to Building A here on campus.

This special opportunity is available only by registering through Humber International Centre.
ONLY 16 SPOTS ARE AVAILABLE!

The cost is C\$110 and you get 9 x 1 hour lessons.

Advantages are:

- The classes are for Humber Students only, so nobody from the outside is there (e.g. no 5-year olds or seniors)
- The classes are customized around your Academic calendar, so you don't have to divert time away from studying during midterms and finals
- You don't have the stress of lining up via phone/email on registration dates as this class is not available to the public.

For the lesson, you will require a swimsuit and towel. Please note that the lessons are mixed gender.

Here is a description of the class:

Prerequisite: A keen interest in developing skills and knowledge that promotes safe enjoyment of aquatic environments. Adult 1 develops or increases students' comfort in the water through basic floatation, movement and breathing skills and fosters the basic knowledge, skills and attitudes necessary to prepare, stay safe and survive in and around water.

Class Details:

You can book yourself into **either the Tuesday sessions, or the Wednesday sessions**

(you have to decide on one day, you cannot switch back and forth between them)

The lesson dates are as follows:

The Tuesday instructions take place on: Oct 30, Nov 6, 13, 20, 27, Jan 22, 29, Feb 5, 12

The Wednesday instructions take place on: Oct 31, Nov 7, 14, 21, 28, Jan 23, 30, Feb 6, 13

Please register and pay at the links below.

Upon completion of the registration, you will receive a registration form that you need to fill out and return.

<https://humbertuesdayswimminglessons.eventbrite.ca>

<https://humberwednesdayswimminglessons.eventbrite.ca>

If you have any questions you can contact:

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matthew.keefe@humber.ca at the International Centre