

## Aquatics Programs

Sept 11<sup>th</sup> – Oct 28<sup>th</sup>  
7 Week Session

### **Bosse Masters (18+)**

Member \$100 Non-Member \$200  
Drop in \$20

A structured workout for adults of all levels. Great for fitness swimmers as well as competitive triathletes.

### **Beginner to Intermediate**

Monday & Wednesday  
11:00am-12:00pm

### **Advanced**

Tuesday & Thursday  
9:00am-10:00am

### **Swim Team Training**

Member \$200, Non-Member \$300

This practice introduces your child into the world of swim team training. They will perfect all four strokes and learn the starts and turns needed to compete at the next level. This program is an excellent introduction into the world of competitive swimming. Come and give it a try!

### **Beginner to Intermediate**

Monday - Thursday  
4:00pm – 4:45pm

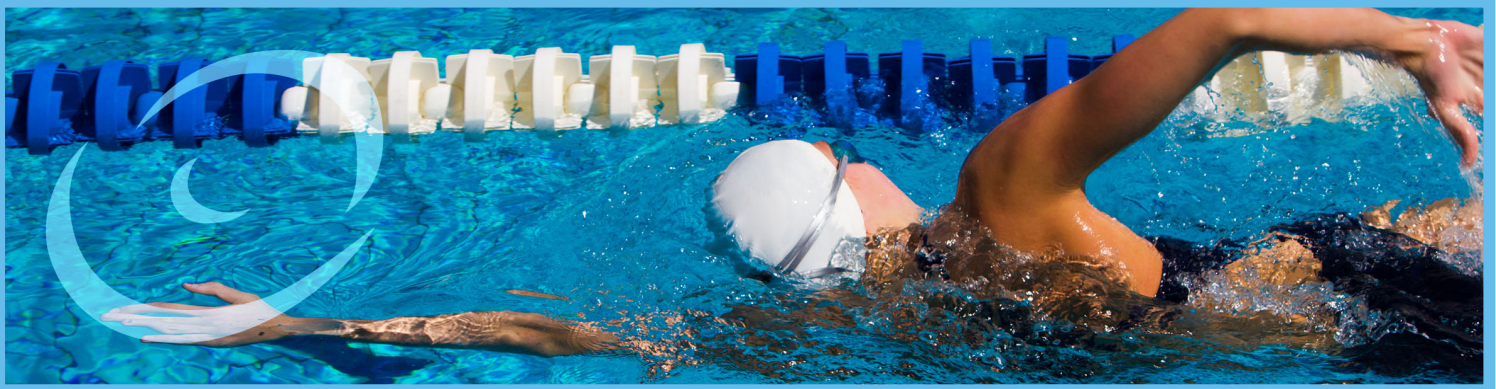
### **Advanced**

Monday - Thursday  
5:00m – 6:00pm

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RED CROSS COURSES  
LIFEGUARD TRAINING  
SWIM INSTRUCTOR TRAINING (WSI)  
PLEASE INQUIRE AT FRONT DESK

For any further questions, please contact Andrew Hawkins: [andrew@bossesports.com](mailto:andrew@bossesports.com)



# AQUATICS PROGRAMS

**Sept 11<sup>th</sup> – Oct 28<sup>th</sup>**

**7 Week Session**

**Members \$120-Non Members \$200**

The Aquatics Department at Bosse Sports' main focus is to give children a comprehensive swim lesson. To this end, the Bosse swim lessons have fewer participants in class than traditional swim classes. This ensures the child has as much instruction as possible.

## Monday

4-4:30pm Level 3 (1 lane available)  
 4-4:45pm Jr Swim Team Training (1 lane available)  
 Sr Swim Team Training (1 lane available)  
 APEX Swimming (1 lane available)

## Tuesday

3-3:30pm Level 1 (1 lane available)  
 3:30-4pm Level 2 (1 lane available)  
 4-4:30pm Level 3 (1 lane available)  
 4-5pm Jr Swim Team Training (1 lane available)  
 5-6pm Sr Swim Team Training (1 lane available)  
 6-9:30pm APEX Swimming (1 lane available)

## Wednesday

4-4:30pm Level 3 (1 lane available)  
 4-4:45pm Jr Swim Team Training (1 lane available)  
 5-6pm Sr Swim Team Training (1 lane available)  
 6-9:30pm APEX Swimming (1 lane available)

## Thursday

3-3:30pm Level 1 (3 lanes available)  
 3:30-4pm Level 2 (3 lanes available)  
 4-4:30pm Level 3 (1 lane available)  
 4-5pm Jr Swim Team Training (1 lane available)  
 5-6pm Sr Swim Team Training (1 lane available)  
 6-9:30pm APEX Swimming (1 lane available)

## Friday

6-9:30pm APEX Swimming (1 lane available)

## Saturday

9-9:30am Level 1  
 9:30-10am Level 2  
 10-10:30 Level 3  
 4-6:30pm APEX Swimming (1 lane available)

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