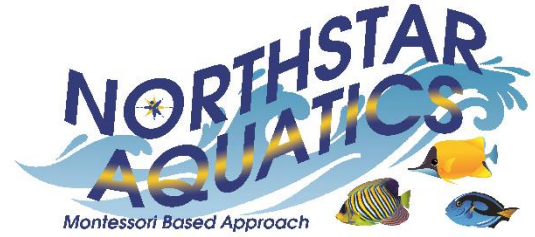


The Northstar Aquatics Philosophy



The *Northstar Aquatics Program* emphasizes on mastering each item before learning new ones. We are firm believers of **'Repetition'** is key and would like to help you not only achieve your goals but also be good at it while having fun. Our programs focus heavily on stroke development and really build the fundamentals of each stroke. Since we have more levels than what others are used to, we definitely encourage all of our candidates and instructors to work together and progress to get through multiple levels during the same session.

One of our special programs other aquatic organizations do not offer is our developmental/specialize stroke technique courses. This simply means that candidates are able to sign up for a course and only work on ONE SPECIFIC stroke throughout the session. **'Repetition'** is the key ingredient when learning a new stroke because it helps the information to be absorbed and performed. This is why *Northstar Aquatics Program* is able to offer classes to run 2-3 times a week, depending on your schedule and the instructors. By doing so, candidates are conditioned to maintain the proper and more efficient technique.

Our other special program that we offer is the 'Family Plan'. Parents are able to have swimming lessons in the same pool as their child, regardless of their levels. This way, they are able to swim and leave together instead of just watching them. All our instructors have experience in teaching both children and adult swimming lessons while some of them, will also have a background in competitive swimming that will further refine the proper stroke mechanics (ideal for competitive swimmers).

Our programs are also very versatile in terms of accommodating to our customers' needs. We are able to offer a private lesson and lower ratio classes as per request. We prioritize quality lessons over quantity, we are only going to have 3-5 classes going on at the same time in the pool depending on number of people in each class so everyone gets sufficient pool space. We want everyone to be satisfied with the programs that they sign up for and to enjoy the programs that we offer while learning from quality instructors and being able to swim confidently with good stroke techniques.

Northstar Aquatics Programs

(Refer to Swim Packages Table for Programming Schedule)

1. Achievement Group based Swimming Lessons (STANDARD PLAN)

Our participants will learn fundamentals of swimming through a series of progressions until they are able to perform *Front Crawl*, *Back Crawl* and *Breast Stroke* efficiently. Other items that they will learn in classes include underwater swimming, flip turns, lifesaving drills, treading water, eggbeater and water smarts (pool awareness, knowing danger and safe zones in a pool environment).

2. Specialized Stroke Development (ideal for the FLEX PLAN)



This unique program is offered to participants who want to focus and refine specific strokes in order to be a specialist in each and/or every stroke starting from *Freestyle* to *Back Stroke* to *Breast Stroke* and to *Butterfly*. Essential in this program is having 2 or 3 sessions per week (no back to back). Practicing fundamentals of each stroke repeatedly is the key to success. Here are some reasons a participant might be interested.

- Participant is willing to learn a new stroke from ground zero.
 - Participant is looking to strengthen a weaker stroke or might have trouble passing courses outside because of a weaker stroke.
 - Participant is looking to fine tune their individual strokes to make it more efficient in the water and get introduced to some competitive aspects in the sport.
- * Speak with the Aquatic Supervisor to discuss specific lesson plans

3. Lifesaving Society Programs

We also offer some Lifesaving Society programs for participants who would like to gain knowledge in First Aid or are looking toward becoming certified Lifeguards.

Lifesaving Society programs include

- Emergency First Aid
- Standard First Aid
- Rookie, Ranger, Star Patrol
- Bronze Star
- Bronze Medallion + Emergency First Aid
- Bronze Cross + Standard First Aid
- National Lifeguard



Swim Group Conversion Chart – Age 3 -5 Years

| Lifesaving Society | Red Cross | Northstar Aquatics |
|--------------------|-------------------|---------------------|
| Preschool A | Sea Otter | Explorer |
| Preschool B | Salamander | Sailor |
| Preschool C | Sunfish | Sailor/Seafarer |
| Preschool D | Sunfish | Seafarer/Adventurer |
| Preschool E | Sunfish/Crocodile | Adventurer |

Swim Group Conversion Chart – Age 5+ Years


| Lifesaving Society | Red Cross | Northstar Aquatics |
|--------------------|---------------|--------------------|
| Swim for Life 1 | Swim Kids 1 | Explorer |
| Swim for Life 2 | Swim Kids 2/3 | Sailor/Seafarer |
| Swim for Life 3 | Swim Kids 3/4 | Adventurer/Voyager |
| Swim for Life 4 | Swim Kids 5 | Navigator |
| Swim for Life 5 | Swim Kids 6 | Skipper |
| Swim for Life 6 | Swim Kids 7 | Co-Captain |
| Swim for Life 7 | Swim Kids 8 | Captain |
| Swim for Life 8 | Swim Kids 9 | Admiral |
| | Swim Kids 10 | |

We also offer *Rookie* , *Ranger* and *Star Patrol* as well as *Bronze Medallion* , *Bronze Cross* , *National Lifeguard* , *Emergency First Aid* and *Standard First Aid* courses to further progress as a swimmer and lifesaver.

Sample Progression Chart for Registered Swimmers



| Swim Package | No. of Sessions | Description |
|--|-----------------|---|
| Package A Standard Plan (10 weeks) | 10 | 1x per week No make up classes |
| Package B Flex Plan (8-10 weeks) | 20 | 2 to 3x per week (min. 2 per week) No set days required Make up classes permitted |
| Package C Double Plan (10 weeks) | 20 | 2x per week Set days No make up classes |
| Package D Family Plan (10 weeks) | 10 or 20 | 1 or 2x per week Set days No make up classes |

| Package A Standard Plan | | | Family Plan 10 sessions (Standard Plan) | | |
|--|--------|-------|--|--------|-------|
| Max.5 for Adventurer and lower Max.7 for Voyager and higher | 30 min | \$170 | Adult plus child | 30 min | \$390 |
| | 45 min | \$200 | | 45 min | \$485 |
| 3 students per instructor | 30 min | \$200 | <i>each addt'l family member will receive an additional 5% off</i> | | |
| | 45 min | \$250 | | | |
| 1 student per instructor | 30 min | \$300 | Family Plan 20 sessions (Double Plan) | | |
| | 45 min | \$350 | | | |
| Package B Flex Plan | | | Adult plus child | 30 min | \$680 |
| 2 students per instructor | 30 min | \$400 | | 45 min | \$780 |
| | 45 min | \$450 | <i>each addt'l family member will receive an additional 5% off</i> | | |
| 1 student per instructor | 30 min | \$500 | | | |
| | 45 min | \$550 | | | |
| Package C Double Plan | | |  | | |
| Max.5 for Adventurer and lower Max.7 for Voyager and higher | 30 min | \$250 | | | |
| | 45 min | \$300 | | | |
| 3 students per instructor | 30 min | \$350 | | | |
| | 45 min | \$400 | | | |
| 1 student per instructor | 30 min | \$450 | | | |
| | 45 min | \$500 | | | |

Pool Office: 905-890-7827 ext 227



"Artistic discipline and athletic discipline are kissing cousins...they require the same thing, an unspecial practice: tedious and pitch-black invisible, private as guts, but always sacred." - by the New York City-based Canadian writer and artist Leanne Shapton (USA Swimming Olympic Trials Competitor)



Aquatic Program

Liability Waiver / Informed Consent Form

I, _____, have enrolled myself/my child(ren) in an Aquatic program offered through Northstar Montessori/Northstar Aquatics.

I recognize that aquatics programs involve vigorous physical exercise involving all major muscle groups, as well as cardiovascular exercise. I accordingly recognize that all aquatic and exercise programs entail a certain amount of risk. I hereby affirm that I/my child(ren) am/is/are in good physical condition and do not suffer from any known disability or condition which would prevent or limit my/their participation in this program.

I acknowledge that my enrollment and subsequent participation is purely voluntary and is in no way mandated by Northstar Montessori/Northstar Aquatics.

In consideration of my participation in this program, I, _____, hereby release Northstar Montessori/Northstar Aquatics and any/all of its agents, from any claims, demands, and causes of action as a result of my/my child(ren)'s voluntary participation and enrollment.

I fully understand that I/my child(ren) may injure myself/themselves as a result of my enrollment and subsequent participation in this program and I, _____, hereby release Northstar Montessori/Northstar Aquatics and its agents from any liability now or in the future for conditions that I/they may obtain.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

Name of Participant 1: _____ (Please Print)

Name of Participant 2: _____ (Please Print)

Name of Guardian: _____ (Please Print)

Participant / Guardian Signature: _____ (children 18 years of age or older to sign)

Guardian's Signature: _____ (children less than 18 years old))

Witnessed by: _____ Date: _____

Northstar Aquatics Registration Form

(A subsidiary of Northstar Montessori Schools Inc.)

Swimmer Information

Swimmer Name _____ Date of Birth _____

Home Address _____

City: _____ Postal Code _____ Home Phone _____

Current Swim Level None ☐ Beginner ☐ Instructional ☐ _____

Are you a current student of Northstar Montessori? Yes ☐ No ☐

Emergency Information

Emergency Contact 1 _____ Home Number _____

Relationship _____ Mobile Number _____

Emergency Contact 2 _____ Home Number _____

Relationship _____ Mobile Number _____

Medical History

Any previous illness or injury? _____

Are there any current health Issues? _____

Any doctor prescribed medication? _____

Any behavioural concerns to be aware of? _____

Swim Package Selection

| Check or Circle | A – STANDARD | B – FLEX | C- DOUBLE | FAMILY PLAN |
|--------------------|--------------|-------------|-------------|-------------|
| Group Size 5-7 | | N/A | | |
| Group Size 3 | | N/A | | |
| Private Lesson | | | | |
| 30 minute | | | | |
| 45 minute | | | | |
| Day(s) Preferred | M T W T F S | M T W T F S | M T W T F S | M T W T F S |
| Stroke Development | | | | |

For any additional information or special requests, please contact the Aquatic Supervisor, Melvyn Wong at:
mr-wong@northstarmontessori.com or 905-890-7827 ext 227 or after hours Direct Line 905-766-1444