



ACADEMY

2023 Winter Term

Our 2023 Winter Term will be at our facility located at 200-400 Fort Whyte Way. All classes are once a week and are 30 minutes long. Classes on Mondays, Saturdays, and Sundays will be 10 weeks long, while classes on Tuesdays, Wednesdays, Thursdays, and Fridays will be 11 weeks long.

Class Day	First Class	Last Class	No Classes
Monday	January 9 th	March 20 th	February 20 th
Tuesday	January 10 th	March 21 st	
Wednesday	January 11 th	March 22 nd	
Thursday	January 12 th	March 23 rd	
Friday	January 13 th	March 24 th	
Saturday	January 7 th	March 18 th	February 18 th
Sunday	January 8 th	March 19 th	February 19 th

CLASSES

All classes are age-based; however, some have prerequisites. H2O reserves the right to remove students from a class if they do not meet the prerequisites due to class management and safety reasons. For more information, visit www.h2oacademy.ca/classes.

REGISTRATION

All registration is done online through your account on www.h2oacademy.ca/uplifter. If the class you want is full, please put your name on the waiting list as we may be able to adjust our schedule. We are switching our class management software. All our registration “how to” information will be posted at www.h2oacademy.ca and communicated to families via social media and email before priority registration opens.

➤ **Priority Registration:**

- **Phase 1 – Family Fast Pass:** Registration will open on **December 13th at 12:00pm.** Details can be found online at <https://www.h2oacademy.ca/family-fast-pass>.
- **Phase 2 - H2O Families:** If you have swam with H2O in the past, registration will open for you on **December 16th at 12:00pm.**

➤ **Public Registration:**

- **Phase 3 -** Registration opens to the public on **December 19th at 12:00pm.**

➤ **Registration Cut-Off:**

- Registration for all Winter Term classes will be closed on **Monday, February 27th, 2023.**

Weekly Class Schedule

Class	Day	Time
Baby Splash (parented) <i>4 – 18 months</i> 6 students max per class	Monday	9:00 am – 9:30 am
		10:15 am – 10:45 am
		11:15 am – 11:45 am
		1:30 pm – 2:00 pm
		2:15 pm – 2:45 pm
		3:30 pm – 4:00 pm
	Tuesday	10:00 am – 10:30 am
		10:45 am – 11:15 am
		11:45 am – 12:15 pm
		2:15 pm – 2:45 pm
	Wednesday	9:15 am – 9:45 am
		10:00 am – 10:30 am
		11:30 am – 12:00 pm
		1:00 pm – 1:30 pm
		4:30 pm – 5:00 pm
	Thursday	9:15 am – 9:45 am
		10:45 am – 11:15 am
		2:15 pm – 2:45 pm
		3:30 pm – 4:00 pm
		4:15 pm – 4:45 pm
	Friday	9:15 am – 9:45 am
		10:00 am – 10:30 am
		11:00 am – 11:30 am
		1:15 pm – 1:45 pm
		3:45 pm – 4:15 pm
	Saturday	9:00 am – 9:30 am
		9:45 am – 10:15 am
		10:30 am – 11:00 am
		11:15 am – 11:45 am
		12:00 pm – 12:30 pm
		12:45 pm – 1:15 pm
		1:30 pm – 2:00 pm
2:15 pm – 2:45 pm		
3:00 pm – 3:30 pm		
Sunday		9:00 am – 9:30 am
	9:45 am – 10:15 am	
	10:30 am – 11:00 am	
	11:15 am – 11:45 am	
	12:00 pm – 12:30 pm	
	1:30 pm – 2:00 pm	
	3:15 pm – 3:45 pm	
	4:00 pm – 4:30 pm	

Toddler Splash (parented) <i>19 – 36 months</i> 6 students max per class	Monday	9:15 am – 9:45 am
		10:30 am – 11:00 am
		12:15 pm – 12:45 pm
		2:45 pm – 3:15 pm
	Tuesday	9:15 am – 9:45 am
		12:15 pm – 12:45 pm
		5:15 pm – 5:45 pm
	Wednesday	10:45 am – 11:15 am
		12:00 pm – 12:30 pm
		5:00 pm – 5:30 pm
	Thursday	10:00 am – 10:30 am
		11:30 am – 12:00 pm
		5:30 pm – 6:00 pm
	Friday	9:30 am – 10:00 am
		11:15 am – 11:45am
		12:00 pm – 12:30 pm
	Saturday	10:00 am – 10:30 am
		10:45 am – 11:15 am
		12:15 pm – 12:45 pm
		1:00 pm – 1:30 pm
		2:30 pm – 3:00 pm
		3:15 pm – 3:45 pm
		5:00 pm – 5:30 pm
	Sunday	9:15 am – 9:45 am
		10:45 am – 11:15 am
		12:30 pm – 1:00 pm
		1:45 pm – 2:15 pm
		2:30 pm – 3:00 pm
5:00 pm – 5:30 pm		
Toddler Shark (parented) <i>24 – 36 months</i> Must meet class pre-requisites. 6 students max per class		Monday
	5:00 pm – 5:30 pm	
	5:30 pm – 6:00 pm	
	Tuesday	10:15 am – 10:45 am
		6:00 pm – 6:30 pm
	Wednesday	9:45 am – 10:15 am
		5:45 pm – 6:15 pm
	Thursday	4:45 pm – 5:15 pm
	Friday	10:15 am – 10:45 am
	Saturday	9:15 am – 9:45 am
11:30 am – 12:00 pm		
1:45 pm – 2:15 pm		
4:15 pm – 4:45 pm		
Sunday	10:00 am – 10:30 am	
	11:30 am – 12:00 pm	
	4:15 pm – 4:45 pm	
Friday	10:15 am – 10:45 am	

Toddler Shark (un-parented) <i>30 – 36 months</i> Must meet class pre-requisites. 2 students max per class	Monday	11:45am – 12:15pm
	Friday	12:30pm – 1:00pm
Mini Splash <i>3 & 4 years old</i> 3 students max per class	Monday	9:45 am – 10:15 am
		10:45 am – 11:15 am
		11:00 am – 11:30 am
		12:00 pm – 12:30 pm
		12:30 pm – 1:00 pm
		12:45 pm – 1:15 pm
		1:15 pm – 1:45 pm
		2:00 pm – 2:30 pm
		4:30 pm – 5:00 pm
		5:15 pm – 5:45 pm
		5:45 pm – 6:15 pm
		Tuesday
	11:00 am – 11:30 am	
	12:30 pm – 1:00 pm	
	1:00 pm – 1:30 pm	
	4:30 pm - 5:00 pm	
	5:00 pm – 5:30 pm	
	5:15 pm – 5:45 pm	
	6:00 pm – 6:30 pm	
	Wednesday	9:00 am – 9:30 am
		10:30 am – 11:00 am
		11:15 am – 11:45 am
		12:15 pm – 12:45 pm
		4:00 pm – 4:30 pm
		4:30 pm – 5:00 pm
		5:15 pm – 5:45 pm
	Thursday	12:15 pm – 12:45 pm
		3:00 pm – 3:30 pm
		5:00 pm – 5:30 pm
		5:15 pm – 5:45 pm
5:45 pm – 6:15 pm		
6:00 pm – 6:30 pm		
Friday	9:45 am – 10:15 am	
	10:45 am – 11:15 am	
	11:45 am – 12:15 pm	
	2:00 pm – 2:30 pm	
	2:15 pm – 2:45 pm	
	3:00 pm – 3:30 pm	
	3:30 pm – 4:00 pm	
Saturday	9:30 am – 10:00 am	

		10:00 am – 10:30 am	
		10:45 am – 11:15 am	
		11:45 am – 12:15 pm	
		12:45 pm – 1:15 pm	
		1:00 pm – 1:30 pm	
		4:00 pm – 4:30 pm	
		4:45 pm – 5:15 pm	
	Sunday	10:15 am – 10:45 am	
		10:45 am – 11:15 am	
		11:45 am – 12:15 pm	
		1:15 pm – 1:45 pm	
		1:45 pm – 2:15 pm	
		2:30 pm – 3:00 pm	
		3:00 pm – 3:30 pm	
Mini Shark <i>3 & 4 years old</i> Must meet class pre-requisites. 3 students max per class	Monday	9:30 am – 10:00 am	
		4:45 pm – 5:15 pm	
	Tuesday	5:30 pm – 6:00 pm	
	Wednesday	5:00 pm – 5:30 pm	
	Thursday	2:45 pm – 3:15 pm	
	Friday	10:30 am – 11:00 am	
		2:45 pm – 3:15 pm	
	Saturday	3:30 pm – 4:00 pm	
	Sunday	9:15 am – 9:45 am	
		4:15 pm – 4:45 pm	
		5:15 pm – 5:45 pm	
	Kid Splash <i>5 & 6 years old</i> 3 students maximum per class	Monday	10:00 am – 10:30 am
			3:00 pm – 3:30 pm
			4:30 pm – 5:00 pm
6:00 pm – 6:30 pm			
6:15 pm – 6:45 pm			
6:45 pm – 7:15 pm			
Tuesday		11:30 am – 12:00 pm	
		4:30 pm – 5:00 pm	
		6:30 pm – 7:00 pm	
Wednesday		12:45 pm – 1:15 pm	
		5:15 pm – 5:45 pm	
		5:45 pm – 6:15 pm	
		6:00 pm – 6:30 pm	
		6:30 pm – 7:00 pm	
Thursday		1:30 pm – 2:00 pm	
		5:45 pm – 6:15 pm	
		6:15 pm – 6:45 pm	
		6:30 pm – 7:00 pm	
Friday		11:30 am – 12:00 pm	

	Saturday	9:15 am – 9:45 am	
		11:30 am – 12:00 pm	
		12:30 pm – 1:00 pm	
		1:30 pm – 2:00 pm	
		5:45 pm – 6:15 pm	
	Sunday	10:00 am – 10:30 am	
		11:30 am – 12:00 pm	
		1:00 pm – 1:30 pm	
		2:45 pm – 3:15 pm	
		3:45 pm – 4:15 pm	
Kid Shark <i>5 & 6 years old</i> Must meet class pre-requisites. 3 students maximum per class	Monday	5:30 pm – 6:00 pm	
		7:00 pm – 7:30 pm	
	Tuesday	4:45 pm – 5:15 pm	
		6:45 pm – 7:15 pm	
	Wednesday	4:45 pm – 5:15 pm	
	Thursday	6:30 pm – 7:00 pm	
	Friday	1:30 pm – 2:00 pm	
	Saturday	11:00 am – 11:30 am	
		4:00 pm – 4:30 pm	
	Sunday	11:00 am – 11:30 am	
2:15 pm – 2:45 pm			
3:30 pm – 4:00 pm			
		4:30 pm – 5:00 pm	
	Monday	6:30 pm – 7:00 pm	
		Wednesday	6:45 pm – 7:15 pm
	Novice Intro <i>7 & 8 years old</i> 2 students max per class		
Monday		6:15 pm – 6:45 pm	
		7:15 pm – 7:45 pm	
	7:45 pm – 8:15 pm		
Novice Splash <i>7 & 8 years old</i> 3 students max per class	Tuesday	5:45 pm – 6:15 pm	
		6:15 pm – 6:45 pm	
		7:15 pm – 7:45 pm	
	Wednesday	5:30 pm – 6:00 pm	
		7:15 pm – 7:45 pm	
		7:30 pm – 8:00 pm	
Thursday	6:45 pm – 7:15 pm		
	7:00 pm – 7:30 pm		
	7:15 pm – 7:45 pm		
Saturday	10:15 am – 10:45 am		
	12:15 pm – 12:45 pm		
	2:15 pm – 2:45 pm		
Sunday	9:30 am – 10:00 am		
	12:15 pm – 12:45 pm		
	5:45 pm – 6:15 pm		
Novice Shark	Monday	7:00 pm – 7:30 pm	

7 & 8 years old Must meet class pre-requisites. 3 students max per class	Tuesday	6:45 pm – 7:15 pm 7:30 pm – 8:00 pm	
	Wednesday	6:30 pm – 7:00 pm 7:30 pm – 8:00 pm	
	Thursday	4:30 pm – 5:00 pm	
	Saturday	1:15 pm – 1:45 pm	
	Sunday	1:00 pm – 1:30 pm 3:30 pm – 4:00 pm	
	Junior Intro 9 & 10 years old 3 students max per class	Wednesday	8:00 pm – 8:30 pm
Thursday		7:00 pm – 7:30 pm	
Junior Splash 9 & 10 years old 3 students max per class	Monday	7:45 pm – 8:15 pm 8:00 pm – 8:30 pm	
		Tuesday	7:00 pm – 7:30 pm 7:45 pm – 8:15 pm 8:00 pm – 8:30 pm
	Wednesday		7:15 pm – 7:45 pm 8:00 pm – 8:30 pm
			Thursday
	Saturday	12:00 pm – 12:30 pm 5:30 pm – 6:00 pm	
		Sunday	2:00 pm – 2:30 pm 5:00 pm – 5:30 pm
	Junior Shark 9 & 10 years old Must meet class pre-requisites. 3 students max per class		Monday
		Tuesday	7:30 pm – 8:00 pm
		Thursday	7:15 pm – 7:45 pm
		Saturday	4:45 pm – 5:15 pm
Tween Splash 11 & 12 years old 3 students max per class	Monday	8:30 pm – 9:00 pm	
	Tuesday	8:15 pm – 8:45 pm	
	Wednesday	8:15 pm – 8:45 pm	
	Thursday	8:00 pm – 8:30 pm	
Tween Shark 11 & 12 years old Must meet class pre-requisites. 3 students max per class	Monday	8:15 pm – 8:45 pm	
	Wednesday	8:15 pm – 8:45 pm	
Teen 13 – 17 years old	Monday	8:30 pm – 9:00 pm	

3 students max per class	Thursday	8:00 pm – 8:30 pm
Adult Learn 2 Swim 18+ 2 students max per class	Tuesday	8:15 pm – 8:45 pm
		8:30 pm – 9:00 pm
	Wednesday	8:45 pm – 9:15 pm
		8:45 pm – 9:15 pm
	Thursday	8:45 pm – 9:15 pm
	Friday	9:00 am – 9:30 am
Saturday	5:30 pm – 6:00 pm	
Adult Skills & Drills 18+ 3 students max per class	Tuesday	8:45 pm – 9:15 pm
	Thursday	8:30 pm – 9:00 pm
	Friday	8:45 am – 9:15 am
Private / Semi-Private	Monday	5:15 pm – 5:45 pm
		6:00 pm – 6:30 pm
		6:45 pm – 7:15 pm
		7:30 pm – 8:00 pm
		8:15 pm – 8:45 pm
	Tuesday	3:00 pm – 3:30 pm
	Wednesday	6:00 pm – 6:30 pm
		6:15 pm – 6:45 pm
		6:45 pm – 7:15 pm
		7:00 pm – 7:30 pm
		7:45 pm – 8:15 pm
	Thursday	5:00 pm – 5:30 pm
		5:30 pm – 6:00 pm
		6:15 pm – 6:45 pm
		7:45 pm – 8:15 pm
		8:15 pm – 8:45 pm