



ACADEMY

2023 Spring Term

Our 2023 Spring Term is 10/11 weeks long and all classes will be at our facility located at 200-400 Fort Whyte Way. All classes are once a week and are 30 minutes long.

Class Day	First Class	Last Class	No Classes
Monday	April 17	June 26	May 22
Tuesday	April 11	June 20	
Wednesday	April 12	June 21	
Thursday	April 13	June 22	
Friday	April 14	June 23	
Saturday	April 15	June 24	May 20
Sunday	April 16	June 25	May 21

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 Uplifter 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. 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 **March 15th at 12:00pm.**
 - **Phase 2 - H2O Families:** If you have swam with H2O previously, registration will open for you on **March 17th at 12:00pm.**
- **Public Registration:**
 - **Phase 3 -** Registration opens to the public on **March 20th at 12:00pm.**
- **Registration Cut-off:**
 - Registration for all Spring Term classes will be closed on Friday, May 19th, 2023.

Weekly Class Schedule

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

		12:45 pm – 1:15 pm
		1:30 pm – 2:00 pm
		2:15 pm – 2:45 pm
		3:00 pm – 3:30 pm
Toddler Splash (parented) <i>19 – 36 months</i> 6 students max per class	Monday	9:15 am – 9:45 am
		10:00 am – 10:30 am
		11:30 am – 12:00 pm
	Tuesday	9:15 am – 9:45 am
		11:15 am – 11:45 am
	Wednesday	8:45 am – 9:15 am
		10:15 am – 10:45 am
		3:15 pm – 3:45 pm
		4:00 pm – 4:30 pm
	Thursday	10:45 am – 11:15 am
		12:15 pm – 12:45 pm
		4:30 pm – 5:00 pm
	Friday	10:15 am – 10:45 am
		11:45 am – 12:15 pm
		1:15 pm – 1:45 pm
	Saturday	9:15 am – 9:45 am
		10:45 am – 11:15 am
		11:30 am – 12:00 pm
		12:15 pm – 12:45 pm
		1:45 pm – 2:15 pm
		2:30 pm – 3:00 pm
	Sunday	9:15 am – 9:45 am
		10:45 am – 11:15 am
		11:30 am – 12:00 pm
		1:45 pm – 2:15 pm
		2:30 pm – 3:00 pm
		4:00 pm – 4:30 pm
		4:45 pm – 5:15 pm
Toddler Shark (parented) <i>24 – 36 months</i> Must meet class pre-requisites. 6 students max per class	Monday	10:45 am – 11:15 am
		5:00 pm – 5:30 pm
	Tuesday	10:00 am – 10:30 am
		4:45 pm – 5:15 pm
	Wednesday	5:15 pm – 5:45 pm
	Thursday	9:15 am – 9:45 am
		11:30 am – 12:00 pm
	Friday	9:30 am – 10:00 am
	Saturday	10:00 am – 10:30 am
		1:00 pm – 1:30 pm
	Sunday	10:00 am – 10:30 am
		12:15 pm – 12:45 pm
		1:00 pm – 1:30 pm
3:15 pm – 3:45 pm		

Toddler Shark (un- parented) 30 – 36 months Must meet class prerequisites. 2 students max per class	Monday	12:15 pm – 12:45 pm
	Wednesday	9:45 am – 10:15 am
	Thursday	10:45 am – 11:15 am
Mini Splash 3 & 4 years old 3 students max per class	Monday	9:00 am – 9:30 am
		10:45 am – 11:15 am
		11:30 am – 12:00 pm
		12:15 pm – 12:45 pm
		1:30 pm – 2:00 pm
		1:45 pm – 2:15 pm
		3:00 pm – 3:30 pm
		3:15 pm – 3:45 pm
		4:45 pm – 5:15 pm
		5:30 pm – 6:00 pm
		5:45 pm – 6:15 pm
	Tuesday	9:00 am – 9:30 am
		9:30 am – 10:00 am
		9:45 am – 10:15 am
		10:45 am – 11:15 am
		11:15 am – 11:45 am
		11:30 am – 12:00 pm
		12:30 pm – 1:00 pm
		1:00 pm – 1:30 pm
		1:45 pm – 2:15 pm
		2:15 pm – 2:45 pm
		3:00 pm – 3:30 pm
		4:15 pm – 4:45 pm
		5:00 pm – 5:30 pm
		5:45 pm – 6:15 pm
	Wednesday	8:30 am – 9:00 am
		9:30 am – 10:00 am
		10:30 am – 11:00 am
		11:00 am – 11:30 am
		12:00 pm – 12:30 pm
		2:00 pm – 2:30 pm
		2:30 pm – 3:00 pm
		2:45 pm – 3:15 pm
		4:00 pm – 4:30 pm
		4:30 pm – 5:00 pm
		4:45 pm – 5:15 pm
		5:15 pm – 5:45 pm
		5:30 pm – 6:00 pm
	Thursday	10:00 am – 10:30 am
		11:30 am – 12:00 pm
		12:00 pm – 12:30 pm

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

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

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

		3:30 pm – 4:00 pm
Junior Intro <i>9 & 10 years old</i> 3 students max per class	Tuesday	8:00 pm – 8:30 pm
	Thursday	7:15 pm – 7:45 pm
Junior Splash <i>9 & 10 years old</i> 3 students max per class	Monday	7:15 pm – 7:45 pm
		7:45 pm – 8:15 pm
	Tuesday	7:00 pm – 7:30 pm
		8:00 pm – 8:30 pm
	Wednesday	7:00 pm – 7:30 pm
		7:45 pm – 8:15 pm
	Thursday	7:30 pm – 8:00 pm
		8:00 pm – 8:30 pm
	Saturday	11:45 am – 12:15 pm
		5:45 pm – 6:15 pm
Sunday	11:45 am – 12:15 pm	
	5:45 pm – 6:15 pm	
Junior Shark <i>9 & 10 years old</i> Must meet class pre-requisites. 3 students max per class	Monday	7:45 pm – 8:15 pm
	Tuesday	7:15 pm – 7:45 pm
	Wednesday	7:30 pm – 8:00 pm
		8:15 pm – 8:45 pm
	Thursday	7:45 pm – 8:15 pm
	Saturday	4:15 pm – 4:45 pm
Sunday	4:15 pm – 4:45 pm	
Tween Splash <i>11 & 12 years old</i> 3 students max per class	Monday	8:15 pm – 8:45 pm
	Tuesday	8:15 pm – 8:45 pm
	Thursday	8:15 pm – 8:45 pm
Tween Shark <i>11 & 12 years old</i> Must meet class pre-requisites. 3 students max per class	Tuesday	7:45 pm – 8:15 pm
	Wednesday	8:15 pm – 8:45 pm
Teen 3 students max per class	Monday	8:30 pm – 9:00 pm
	Wednesday	7:45 pm – 8:15 pm
Adult Learn 2 Swim <i>18+</i> 2 students max per class	Monday	12:45 pm – 1:15 pm
		8:15 pm – 8:45 pm
		8:45 pm – 9:15 pm
	Tuesday	12:15 pm – 12:45 pm
		8:30 pm – 9:00 pm
		8:30 pm – 9:00 pm
	Wednesday	7:15 am – 7:45 am
		7:45 am – 8:15 am
		8:00 am – 8:30 am

		8:30 pm – 9:00 pm
		8:45 pm – 9:15 pm
	Friday	12:30 pm – 1:00 pm
Adult Skills & Drills 18+ 3 students max per class	Wednesday	7:00 am – 7:30 am
	Thursday	8:30 pm – 9:00 pm
Private (1:1) or Semi-Private (2:1)	Monday	5:15 pm – 5:45 pm
		6:45 pm – 7:15 pm
		7:30 pm – 8:00 pm
		8:00 pm – 8:30 pm
		8:30 pm – 9:00 pm
	Tuesday	2:30 pm – 3:00 pm
		5:15 pm – 5:45 pm
		5:30 pm – 6:00 pm
		6:15 pm – 6:45 pm
		7:00 pm – 7:30 pm
		7:45 pm – 8:15 pm
	Wednesday	5:30 pm – 6:00 pm
		6:30 pm – 7:00 pm
		7:15 pm – 7:45 pm
		8:00 pm – 8:30 pm
	Thursday	5:45 pm – 6:15 pm
		6:30 pm – 7:00 pm
		7:15 pm – 7:45 pm
		8:00 pm – 8:30 pm