

Swimmer H40 Program

The H40 Program provides students with lower ratio classes. One instructor with a maximum of 4 students teaches the Lifesaving Society's Swimmer Program. All H40 classes are thirty minutes in duration.

Level	Day	Time	Fee
Swimmer 1 H40	Monday thru Thursday	11:30 am – 12:00 pm	12 Classes - \$98.00 Mon – Thurs Session A&B 10 Classes - \$82.00 Mon – Thurs Session C 9 Classes - \$74.00 Mon/Wed Session A 8 Classes - \$66.00 Mon/Wed Session B
	Monday and Wednesday	6:15 pm – 6:45 pm	
	Tuesday and Thursday	5:30 pm – 6:00 pm	
Swimmer 2 H40 Beginner	Monday thru Thursday	11:30 am – 12:00 pm	
	Monday and Wednesday	6:00 pm – 6:30 pm	
Swimmer 2 H40 Advanced	Monday thru Thursday	9:30 am – 10:00 pm	
	Monday and Wednesday	6:30 pm – 7:00 pm	
Swimmer 3 H40	Monday thru Thursday	9:00 am – 9:30 am	
	Monday and Wednesday	7:00 pm – 7:30 pm	
Swimmer 4 H40	Monday thru Thursday	9:30 am – 10:00 am	
	Monday and Wednesday	6:45 pm – 7:15 pm	
Swimmer 5 H40	Monday thru Thursday	10:30 am – 11:00 am	
	Monday and Wednesday	4:15 pm – 4:45 pm	
Swimmer 6 H40	Monday thru Thursday	9:30 am – 10:00 am	
	Monday and Wednesday	5:15 pm – 5:45 pm	