

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 30 minutes in duration.

Level	Day	Time	Fee <small><i>*see page 11 for session dates</i></small>
Swimmer 1 H40	Monday thru Thursday	11:30 am – 12:00 pm	Monday – Thursday Session A & B 12 classes - \$98.50
	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	Session C 10 classes - \$82.00
	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 Session A 9 classes - \$74.00
	Monday and Wednesday	6:30 pm – 7:00 pm	
Swimmer 3 H40	Monday thru Thursday	9:00 am – 9:30 am	Session B 8 classes - \$66.00
	Monday and Wednesday	7:00 pm – 7:30 pm	
Swimmer 4 H40	Monday thru Thursday	9:30 am – 10:00 am 10:00 am – 10:30 am	Tuesday and Thursday Session A 9 classes - \$74.00
	Monday and Wednesday	6:45 pm – 7:15 pm	
Swimmer 5 H40	Monday thru Thursday	10:30 am – 11:00 am	Session B 8 classes - \$66.00
Swimmer 6 H40	Monday thru Thursday	9:30 am – 10:00 am	