



Your Active Kids

swimming school

FALL 2026 INDOOR SWIMMING PROGRAM

Fall Session: SEPTEMBER 14, 2026 - NOVEMBER 30, 2026

• Monday • Wednesday • Friday

📍 755 Oakdale Rd, North York — Hwy 400 & Finch Ave W

ABOUT YOUR ACTIVE KIDS

Your Active Kids is a swimming school focused on strong technical development and consistent progress at every stage — from a child's first independent movements in the water to advanced performance training.

Now in our seventh year of teaching swimmers in Toronto, we have built our program around a clear philosophy: strong progress starts with proper technique.

Our team includes athletes and coaches with Master of Sport titles, international-level experience, and Olympic experience.

Our approach: progress through proper technique.

From the very beginning, we develop:

body position • feel for the water • kick • breathing • coordination • stroke mechanics • efficient movement

An important part of our teaching is developing a swimmer's **feel for the water** — understanding how the body interacts with the water, maintaining balance and control, and coordinating movements efficiently.

We teach skills correctly from the start so that progress is **technically strong, confident, and sustainable over time.**



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Programs & Levels

Placement is based on the swimmer's current skills, independence, confidence, and technical readiness — not simply age.

Program	Best For	Group Size	Lesson	Schedule
Semi-Private Foundations 	Usually 4+. Some children from approximately 3.5 years old may be ready depending on the individual child. For younger beginners who need a coach in the water.	2 swimmers : 1 coach	30 min	Mon / Wed / Fri 6:00–6:30 PM 6:30–7:00 PM 7:00–7:30 PM 7:30–8:00 PM
Beginner Lane 	Beginners who are ready to work independently on a lane. This may include older children starting from zero or younger swimmers progressing from Semi-Private.	Up to 5 swimmers	45 min	Mon / Wed / Fri 6:00–6:45 PM 7:00–7:45 PM
Intermediate 	Independent swimmers who can swim across the pool and are ready for structured stroke development and increased training load.	Target: 4 swimmers per lane	60 min	Mon / Wed / Fri 6:00–7:00 PM 7:00–8:00 PM
Competitive 	Advanced swimmers ready for performance-focused training, greater distances, speed development, and technical work aimed at improving swim times.	Target: 4 swimmers per lane	60 min	Wednesday 7:00–8:00 PM Friday 7:00–8:00 PM

Technique first. Progress that lasts.

WHAT WE TEACH

Semi-Private Foundations — overcoming fear of the water through play, building water confidence, body position, feel for the water, breathing, kicking, coordination, and first swimming skills.

Beginner Lane — independent swimming, body position, breathing, kicking, coordination, drills, and basic stroke technique.

Intermediate — stroke technique, all four swimming strokes, endurance, speed, starts, turns, and underwater skills.

Competitive — advanced technical refinement, performance development, increased training distances, faster swim times, pacing, speed, turns, and starts.

ONE SCHOOL. ONE TRAINING SYSTEM.

Students register with **Your Active Kids Swimming School**, not with one individual coach. All of our coaches come from competitive swimming backgrounds and follow the same Your Active Kids methodology, technical standards, and training progression. Coaches may rotate between groups, while each swimmer continues to follow one consistent program focused on their individual progress.

FALL SESSION REGISTRATION & PRICING



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Fall Session Pricing

TRAINING FREQUENCY	RATE
 1 lesson / week	\$50 per lesson
 2 lessons / week	\$45 per lesson *discount rate
 3 lessons / week	\$40 per lesson *discount rate



FAMILY RATE

1st child — regular rate

2nd child — 10% OFF

3rd child — 15% OFF

Discounts cannot be combined



Full Fall Session Registration



Prorated if joining after the session starts



First lesson free for new swimmers

Technique first. Progress that lasts.

*All prices are subject to 13% HST

** Registration is for the full remaining Fall Session, not month-to-month.

*** Training frequency options are subject to level and schedule availability.

WHAT TO BRING

Please bring:

- swimming attire;
- **one-piece swimsuit for girls;**
- **swim cap for girls;**
- swimming goggles;
- clean pool shoes / flip-flops;
- towel;
- water bottle;
- personal shower / hygiene products if needed.

* Parents entering the pool area must also bring **clean indoor/pool footwear**.

Additional equipment for Intermediate & Competitive levels:

- Front snorkel
- Hand paddles

*If you do not have this equipment yet, please contact us and we will send you a link with our recommended options.

BEFORE REGISTRATION

Please review our **Registration Agreement & Program Policy**, which contains detailed information regarding:

payments • attendance • make-up lessons • withdrawals • facility and changing-room rules • safety requirements