

KIDS FIRST

SWIMMING LESSONS

3 to 1 ratio
all ages to adult

TODDLER GYM

8 months -
2.5 years

CRAFTS AND SWIM

3 to 6 years

CRAFTS AND GYM

2 to 3 years

Swim & Rec Centre

The facilities, programs & individualized teaching methods at Kidsfirst make it a unique children's activity centre where every child develops to his or her full potential.

"The need to learn to swim is vital in any child's progress," says Marissa Ellis of Kidsfirst. "It increases their ability to cope in the water and becomes a much more natural environment for them to participate in."

Kidsfirst offers children of all ages an opportunity to learn to be comfortable in water. Programs begin with tiny tots and move through the Red Cross Aquaquest system. At age thirteen, youngsters can move on to Royal Lifesaving Society bronze level classes.

Whether your family spends the summer months on lakes up north or remains in the city, swimming is an essential skill. Young people are exposed to water in social situations all the time, at camp, at friends' homes and even at birthday parties. Children who aren't able to swim are at a disadvantage and can be embarrassed by their inability to cope.

More important is the safety factor. "I want my children to be water safe, to understand and respect the water, not fear it," says Marissa, a mother herself. "I want them to know how to handle themselves in a dangerous situation."

In addition to swimming classes, Kidsfirst offers gym classes for tots from age eight months to two and a half years, accompanied by a caregiver or parent. Fitness activity is a habit that can't be instilled too early. Classes in combination with swimming lessons are available.

Kidsfirst also offers a craft and swimming for children age three up, or craft and gym program for two to three year olds. Children in this program do the physical activity, then enjoy a snack and drink before tackling a craft.

A new company, Kidsfirst has completely renovated the pool and premises at 385 John Street, Unit 10 in Thornhill. The pool is kept at 90 degrees for the comfort of all participants and classes always have a ratio of three to one. The pool is always fully supervised. Children naturally love to show off their achievements. Yours could be saying, "Watch me swim right across without stopping!" There's nothing like the confidence built from accomplishing a new task.

**REGISTER NOW
FOR
SUMMER PROGRAMS**



385 John St., Unit 10, Thornhill
between Bayview Ave.
& Birch Mills Rd.

DON'T MISS OUR OPEN HOUSE
FRIDAY, JULY 7TH & 14TH ~ 9:30-6:30 and
SATURDAY, JULY 8TH & 15TH 9:30-4:00