

## **Swimming Make-Up Classes Policy 2025-2026 season**

### Who Is Eligible for Make-Up Classes?

If you miss your regular swim class in Novice, Junior Development, Senior Development, or Masters, don't worry! We've got you covered. You'll automatically get a chance to make it up, it will automatically be applied to your account.

If there is inclement weather, or a facility closure a make class will be automatically applied to your account.

### When Can You Take a Make-Up Class?

Make-up classes must be scheduled after your regularly scheduled class. For example; if you miss a Wednesday practice, you can take it Thursday or any of the available make-up classes moving forward. We encourage you to make up your missed sessions to ensure you don't fall behind in your swim training.

### Attending a Make-Up Class

You do not need to notify administration or coaches in advance of the class. Once you arrive at the class please notify the coaches that you are doing a "Make-Up Class."

### Available Make-Up Classes

**Make-up classes are ONLY allowed to be made up during the following specified classes:**

#### **1. Novice Make-Up Classes:**

- Monday at Laurier from 4:45-5:45 PM
- Monday at Burlington YMCA from 8:15-9:15 PM
- Tuesday at Centennial from 5:30-6:30 PM
- Wednesday at Burlington YMCA from 8:15-9:15 PM
- Thursdays at Sir Winston Churchill Recreation Centre from 6:00-7:00 PM
- Fridays at Goldfish Burlington from 5:00-6:00 PM
- Fridays at Central Memorial Recreation Centre from 5:30-6:30 PM
- Sundays at Angela Coughlan from 8:30-9:30 AM
- Sundays at Westmount Recreation Centre from 10:00-11:00 AM

#### **2. Junior Development Make-Up Classes:**

- Mondays at Laurier from 5:45-7:15 PM
- Mondays at Ron Edwards YMCA from 8:15-9:15 PM
- Wednesdays at Central Memorial Recreation Centre from 6:30-8:00 PM
- Wednesdays at Burlington YMCA from 8:15-9:15 PM

- Thursdays at Sir Winston Churchill Recreation Centre from 6:00-7:30 PM
- Fridays at Angela Coughlan 5:30-7:00 AM
- Fridays at Central Memorial Recreation Centre from 5:00-6:30 PM
- Fridays at Goldfish from 7:00-8:30 PM
- Sundays at Angela Coughlan from 7:00-8:30 AM
- Sundays at Westmount Recreation Centre from 8:30-10:00 AM

### **3. Senior Development Make-Up Class:**

- Mondays at Laurier from 6:00-7:30 PM
- Mondays at Ron Edwards YMCA from 8:15-9:15 PM
- Wednesday at Burlington YMCA from 8:15-9:15 PM
- Thursdays at Sir Winston Churchill Recreation Centre from 6:00-7:30 PM
- Saturdays at McMaster from 10:30 AM - 12:00 PM
- Sundays at Angela Coughlan 7:00 AM- 8:30 AM
- Sundays at Westmount Recreation Centre from 8:30-10:00 AM

### **4. Masters Make-Up Class:**

- Mondays at Ron Edwards YMCA from 8:15-9:15 PM
- Wednesdays at Ron Edwards YMCA from 8:15-9:15 PM
- Saturdays at McMaster from 10:30-12:00 PM
- Sundays at Westmount Recreation Centre from 8:30-10:00 AM

## Policy Enforcement

We're all about fairness. Please adhere to this policy to ensure fairness and availability of make-up classes for all swimmers. If anyone is found violating this policy multiple times, their make-up class privileges will be revoked.

## Make-Up Class Limitation

Remember, make-up classes can't be turned into cash, and they'll reset at the end of your swim session. So, make sure to use them while you can!

## Questions?

If you are unsure about your eligibility for a make-up class or have any questions, please feel free to reach out to us for clarification. We're here to support you!

We value your commitment to improving your swimmers skills, and we want to make sure you have the opportunity to catch up on any missed classes. By following this policy, we can maintain a fair and efficient system for make-up classes.

Thank you for your cooperation and being a valuable part of our swim community, and let's continue to make a splash together!

*Available Make-Up Classes are Subject to Change*

Golden Horseshoe Aquatic Club

Date of Policy Implementation: September 18, 2023

Date Updated: **January 7, 2026**