

# Aquatic Centre Swim Schedule

Effective August 31, 2010

\* PLEASE NOTE: Schedule is subject to change.

Type of Swim ↓	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
<b>Public Swims</b> Please check admission requirements	<b>Public Swim/Slide</b> \$3 admission 1 – 3 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4:30 pm  <b>Public Swim/Slide</b> 6:30 – 8 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4:30 pm  <b>Public Swim/Slide</b> 6:30 – 8 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4 pm  <b>Public Swim/Slide</b> 6:30 – 8 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4 pm  <b>Leisure Pool/Slide</b> 4:30 – 6 pm  <b>Public Swim/Slide</b> 6:30 – 8:30 pm	<b>Leisure Pool</b> 10:30 am – 1 pm  <b>Adult/Senior</b> 3 – 4:30 pm  <b>Public Swim/Slide</b> 6:30 – 8:30 pm	<b>Family Swim/Slide</b> 11am – 12:30 pm  <b>Public Swim/Slide</b> \$3 admission 1 – 3 pm  <b>Public Swim/Slide</b> 6:30 – 8:30 pm
<b>Tot Pool</b> Restricted to children 5 yrs. & under with adult in water	<b>Tot Pool</b> 12 – 3 pm	<b>Tot Pool</b> 9 am – 8 pm	<b>Tot Pool</b> 9 am – 3 pm 6:15 – 8 pm	<b>Tot Pool</b> 9 am – 8 pm	<b>Tot Pool</b> 9 am – 3 pm 6:15 – 8 pm	<b>Tot Pool</b> 9 am – 8:30 pm	<b>Tot Pool</b> 10 am – 3 pm & 6:30 – 8:30 pm	

Lane Swim (Laps) Lane Pool (Pool may be shared with other programs – minimum 2 lanes open at all times)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	12 – 1 pm	7 am – 4 pm 8 – 9:30 pm	7 am – 4 pm 8:15 – 9:30 pm	7 am – 4 pm 8 – 9:30 pm	7 am – 4 pm 8:15 – 9:30 pm	7 am – 4 pm	11 am – 12 pm

WaterFit Lane Pool	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	12 – 12:45 pm	8:30 – 9:15 am 8 – 8:45 pm	8:30 – 9:15 am 8 – 8:45 pm	8:30 – 9:15 am 8 – 8:45 pm	8:30 – 9:15 am 8 – 8:45 pm	8:30 – 9:15 am	

Gentle WaterFit Leisure Pool	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	12 – 12:30 pm	8:45 – 9:15 am	8:45 – 9:15 am	8:45 – 9:15 am	8:45 – 9:15 am	8:45 – 9:15 am	

Instructional Red Cross or Lifesaving Society Swim Programs	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	<b>Teen Swim Sports or Bronze Programs</b> 6 – 8 pm		<b>Swim Lessons</b> 5 – 7:30 pm <b>Teen/Adult Lessons</b> 7:30 – 8:15 pm		<b>Swim Lessons</b> 5 – 7:30 pm <b>Teen/Adult Lessons</b> 7:30 – 8:15 pm		

**Sauna & Hot Tub** Open during swim times listed above – closed during private rentals.

Rent the Pool!	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Birthday parties, staff parties, etc.	3:15 – 4:15 pm	Additional times and/or days may be available – please check with the Aquatic Facilitator					3:15 – 4:15 pm

School Classes	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Time rented by the Boards of Education		9:20 – 10:20 am 1:30 – 2:30 pm	9:20 – 10:20 am 1:30 – 2:30 pm	9:20 – 10:20 am 1:30 – 2:30 pm	9:20 – 10:20 am 1:30 – 2:30 pm	9:20 – 10:20 am 1:30 – 2:30 pm	

For more information phone 467-2087

\*Large print schedule available at Customer Service Desk

## Swim Descriptions

### Public Swim

Everyone welcome! Anyone who likes fun, challenges and activity will enjoy the leisure swim. Exciting attractions such as the Tarzan rope, waterslide, water sprinklers and a variety of water play equipment are for people of all ages. Attractions are open at various times. Please refer to the swim schedule and check the admission requirements.

### Lane Swim

Refresh yourself with an invigorating swim! Lap swimming for active swimmers age 13 years and over. The Lane Pool will be set-up in lanes. At times, the pool will be shared with other programs; however, a minimum of 2 lanes will be open at all times.

### WaterFit

If you enjoy the water and would like to improve your fitness level, this is the program for you! Try this fun and different way to trim and tone those muscles, while improving your cardiovascular system.

### Gentle WaterFit

A gentle stretching & exercising program. This is an excellent class for individuals with arthritis, joint pain, back trouble, recovering from recent surgery or wanting some gentle exercise!

## Registered Programs

(You must register prior to attending.)

### Swim Lessons (Red Cross)

Preschool – Classes for babies 4 months to 5-year-old children

Swim Kids – Classes for children 6 – 12 years of age

Teens & Adults – Classes for teens & adults - 2 levels: Swim Basics & Strokes

### Teen Swim Sports (Red Cross)

Jump in & get in the game! This program offers an introduction to a variety of aquatic sports. The focus is on having fun with your friends & peers & trying new activities. Ages 13 – 17 years

Sports include: Diving, Swim Workout, Synchronized Swimming, Water Polo, Triathlon Swim, Underwater Hockey & Lifesaving Sport.

### Swim Lessons (Lifesaving Society)

Bronze Star: excellent preparation for Bronze Medallion – ages 10 – 12 years

Bronze Medallion: introduction to lifesaving principles & water rescue - minimum 13 years of age or Bronze Star certification required.

Bronze Cross: advanced training including an introduction to safe supervision in aquatic facilities - Bronze Medallion & Emergency First Aid certifications required.



# Welcome to the Aquatic Centre!

## Admission Requirements

### Lane & Leisure Pool

Children must be **8 years old and 4' in height** to enter unaccompanied. Children who do not meet this requirement must be under the direct supervision (within arm's reach) of a responsible person 16 years of age or older. No more than 2 children under the direct supervision of one adult. Lifeguard staff have the authority to require a patron to perform the facility swim test before entering certain areas of the pool.

### Water Slide

To ride the water slide you must be at least 42" (107 cm) tall and able to comfortably swim 3 metres unassisted. Flotation devices cannot be worn on the slide and jewelry must be removed. Parents cannot 'catch' children at the bottom of the slide.

### Tot Pool

Restricted to children age 5 years and under accompanied in the water and directly supervised by an adult. Accompanying adult is responsible for supervision of children in their care & **must** stay in the water & within arm's reach at all times.

### Sauna

Admittance is restricted to persons 14 years of age and older.

### Hot Tub

Children under the age of 12 are not allowed in the hot tub unless accompanied and supervised by a person who is 16 years of age or older.

## Pool Descriptions

**Leisure Pool:** Water- spray features on at various times.  
Water depth 2' – 3'6" Water temp. 85 - 87° F

**Lane Pool:** 25 m., 6 lanes  
Water depth 3'8" - 10' Water temp. 81 - 83° F,  
3m diving board

**Tot Pool:** Wading Pool with fish water-spray feature  
Water depth 1' -2'6" Water temp. 91 - 93° F