

AQUATIC PROGRAMS

For more information on Aquatic Programs please call 748-1005/7.



BEFORE YOU HEAD TO THE BEACH THIS SUMMER

- Make sure the water is safe and an adult is with you.
- Take along a buddy.
- Know where it is safe to enter.
- Know where deep water is.
- Look out for weeds, currents, rocks and other hazards.



BOATING FUN

Boating Tips

Drowning is a leading cause of unintentional injury and/or death for Canadian children, especially toddlers aged 1-4.

Children drown in almost every imaginable setting including swimming pools, lakes, rivers, streams, bathtubs, oceans, hot tubs, drainage ditches, buckets and puddles.

Many young children drown when their guardian's attention is distracted "only for a moment".

At the Waterfront...

Children traveling in boats or playing in, on or around water should be fitted with appropriate sized Canadian-approved Personal Flotation Devices (PFDs). Parents should set the example and also wear PFDs!

When you purchase a PFD for your child, make sure it fits.



*Remember that your
child's best
life preserver is you!*

REGISTRATION

July session of swimming lessons takes place in person at the pool, first come, first served basis. If you or your child are enrolled in the present series of swimming lessons, you can enroll in the next session on the last day of classes.

Note:

- Registration will not be accepted after the second class of a session.
- Waiting Lists: Parents are encouraged to leave their child's name for a waiting list if the level that they are interested in is filled. We will endeavor to add more classes if the pool time is available and there is sufficient demand.

New Participant Registration

June 27 7:00 - 9:00 pm
 June 28 1:00 am - 5:00 pm
 August session: July 30, 9:00 am - 12 noon

CANCELLATION POLICY:

Classes may be cancelled or combined depending upon registration and are subject to time change when necessary. We reserve the right to cancel a class with less than one half a class registered. Credits or refunds will only be issued if the class is cancelled by the Department or if a participant is medically required to withdraw from a set of lessons with at least 4 classes remaining.

Swimming Pool will be closed July 1.

SESSION DATES:

July 5 to July 29 Classes twice a week for four weeks
August 2 to 26 Classes twice a week for four weeks

COST: 8 Classes

30 minutes \$32.00
 45 minutes \$37.00
 Adult Classes \$48.00

(H.S.T. is included in all costs where applicable.)

Maximum Class Size - Per Instructor:

- Polliwog & Tadpole - 6 students
- Red Cross Swim Kids - 6 students
- AquaAdults - 10 students

LESSON SCHEDULE

July and August, 2010

Ages 3 & 4 years old

Polliwog I	Mon. & Wed. Mon. & Wed. Tues. & Thurs.	10:15-10:45 am 6:00-6:30 pm 5:00-5:30 pm
Polliwog II	Mon. & Wed. Mon. & Wed. Tues. & Thurs.	10:15-10:45 am 6:00-6:30 pm 5:00-5:30 pm
Polliwog III	Mon. & Wed. Tues. & Thurs.	10:45-11:15 am 5:00-5:30 pm
Tadpole I	Mon. & Wed. Tues. & Thurs.	10:45-11:15am 5:30-6:00 pm
Tadpole II	Tues. & Thurs.	5:30-6:00 pm

Ages 5 & 6 years old

Polliwog I	Mon. & Wed. Tues. & Thurs.	5:00-5:30 pm 10:45-11:15 am
Polliwog II	Mon. & Wed. Tues. & Thurs.	5:00-5:30 pm 10:45-11:15 am
Polliwog III	Mon. & Wed.	5:00-5:30 pm
Tadpole I	Mon. & Wed.	5:30-6:00 pm
Tadpole II	Mon. & Wed.	5:30-6:00 pm
Tadpole III	Mon. & Wed.	5:30-6:00 pm
Tadpole IV	Mon. & Wed.	6:30-7:00 pm
Swim Kids 3	Mon. & Wed.	6:30-7:00 pm
Swim Kids 4	Mon. & Wed.	6:30-7:00 pm



YOUTH LESSONS

Ages 7 & Up

Red Cross Swim Kids 1	Mon. & Wed. Tues. & Thurs.	7:00-7:30 pm 5:30-6:00 pm
Red Cross Swim Kids 2	Mon. & Wed. Tues. & Thurs.	7:00-7:30 pm 7:00-7:30 pm
Red Cross Swim Kids 3	Mon. & Wed. Tues. & Thurs.	7:00-7:30 pm 7:00-7:30 pm
Red Cross Swim Kids 4	Mon. & Wed. Tues. & Thurs.	7:30-8:00 pm 7:00-7:30 pm
Red Cross Swim Kids 5	Mon. & Wed. Tues. & Thurs.	7:30-8:15 pm 7:30-8:15 pm
Red Cross Swim Kids 6	Mon. & Wed. Tues. & Thurs.	7:30-8:15 pm 7:30-8:15 pm
Red Cross Swim Kids 7	Tues. & Thurs.	7:30-8:15 pm
Red Cross Swim Kids 8	Mon. & Wed.	8:15-9:00 pm
Red Cross Swim Kids 9	Mon. & Wed.	8:15-9:00 pm
Red Cross Swim Kids 10	Mon. & Wed.	8:15-9:00 pm

AquaAdult Lessons

AquaAdults 1	Tues. & Thurs.	8:15-9:05 pm
AquaAdults 2	Tues. & Thurs.	8:15-9:05 pm
AquaAdults 3	Tues. & Thurs.	8:15-9:05 pm

Private Lessons

More pool space may be available on an ad hoc basis. If interested, please leave your name at our Reception Desk.

Tuesday & Thursday	4:30-5:00 pm
Monday and Wednesday	4:30-5:00 pm



RECREATION SWIMS



July 2 to August 28, 2010

(Inclusive)

Family Swim

Friday 7:00 - 7:50 pm
 Sunday 5:00 - 5:50 pm
 Cost: 2 people - \$4.00 / 3 - 5 people - \$6.50
PARENTS MUST SWIM WITH CHILDREN

Public Swim (All Ages)

Saturday 5:00 - 7:00 pm
 Cost: \$2.50 per person
 Monday to Friday 2:30 - 3:20 pm
 & 3:30 - 4:20 pm
 Tuesday and Thursday 6:00 - 6:50 pm
 Sunday 4:00 - 4:50 pm
 & 7:00 - 7:50 pm
 Cost: Youth \$2.00 / Teen \$2.00 / Adult \$2.50

*Children 5 years of age and under must be accompanied by an adult in the water.

Pre-Teen Swim (Ages 10 -12 years)

Friday 8:00 - 9:30 pm
 Cost: \$2.50 per person

Teen Swim (Ages 13 - 17 years)

Sunday 8:00 - 8:50 pm
 Cost: \$2.00 per person

Adult Noon Swim (Ages 17 & Over)

Monday to Friday 11:30 - 1:00 pm
 Cost: \$2.50 per person / Seniors: \$2.00
 Includes use of Sauna

Adult Recreation (17 & Over)

Sunday, Monday & Wednesday 9:00 - 9:50 pm
 Cost: \$2.50 Includes use of Sauna

POOL PARTIES

The perfect birthday party is a POOL PARTY!!! Arrange to have your child celebrate his or her birthday at the Mount Pearl Pool. Parties include:

- One hour of pool time
- Qualified lifeguard
- Multi-purpose room (1 hour)
- Kitchen facilities
- Maximum 30 people

Cost: \$85.00 (HST included)

When: Friday	6:00 - 7:00 pm	pool
	7:00 - 8:00 pm	upstairs
Saturday	4:00 - 5:00 pm	pool
	5:00 - 6:00 pm	upstairs
Sunday	3:00 - 4:00 pm	pool
	4:00 - 5:00 pm	upstairs
Sunday	6:00 - 7:00 pm	pool
	7:00 - 8:00 pm	upstairs

To book a time, please call 748-1007

Children 5 years of age and under must be accompanied by an adult in the water.



SWIMMING POOL RULES

Lifeguards are present to ensure the safety of all patrons in and around the pool area. Rules will be enforced to prevent accidents.

1. Children 5 years of age and under must be accompanied in the water by a responsible supervisor 16 years or older.
2. Persons with communicable diseases, open wounds/sores or nasal, eye or ear discharge may not use the pool.
3. Children 5 years and over must use gender appropriate change rooms.
4. We are not responsible for lost or stolen articles.
5. No cameras or video equipment permitted on pool deck or upstairs viewing area during Swimming Lessons and Public Recreation Swims.

Please respect all posted rules when using pool facilities.

For your protection we recommend that you do not leave valuables in your parked vehicles.

Parents of children in lessons are reminded that food, drink and street shoes are not permitted on the pool deck for any reason.

Due to safety and space considerations, parents may view swimming lessons from the upstairs viewing area.

