

Swimming ACTIVITIES

For more information on swimming activities call 748-1005/7



POOL REGISTRATION PROCEDURE



OPEN REGISTRATION

January 4-6
1:00 pm - 6:00 pm
at the Swimming Pool

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 four classes remaining.

Classes will commence on January 10
(Pool will be closed Good Friday, April 2, Easter Sunday, April 4 and Victoria Day, May 24)

All lessons will be offered on a once-a-week basis. Fees for lessons are based on eight classes.

COST: 30 minute classes - \$32
45 minute classes - \$37
Adult classes - \$48

NOTE: The opportunity to register for the next set of lessons will be available after the last class in a session. Participants in the continuous program are asked to make payment for the next session on the last day of classes.

- 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.

Qualified lifeguards supervise at all swim times. In addition, we require that a responsible adult must accompany children five years of age or under into the water. That person must be appropriately dressed and must remain within arm's length of the child in the pool.

Adult Lessons

Level: AquaAdults 1A & AquaAdults 1B
Time: Tuesday, 8:00 - 8:50 pm

Level: AquaAdults 2 & AquaAdults 3
Time: Tuesday, 8:00 - 8:50 pm

Cost: \$48 (HST included)
- 8 classes



January/February 2010 Lesson Schedule

Schedule times for the January/February session may change for the March/April session.

Tiny Tot Lessons

Tuesday 10:30 - 11:00 a.m.

Ages 3 & 4 Years

Polliwog I	Monday Tuesday Saturday	5:00 - 5:30 pm 11:00 - 11:30 am 4:30 - 5:00 pm
Polliwog II	Monday Wednesday Friday Saturday	5:00 - 5:30 pm 5:00 - 5:30 pm 10:00 - 10:30 am 1:30 - 2:00 pm
Polliwog III	Wednesday Friday Saturday	5:30 - 6:00 pm 10:00 - 10:30 am 1:00 - 1:30 pm
Tadpole I	Saturday	1:30 - 2:00 pm

Ages 5 & 6 Years

Polliwog I	Friday Saturday	4:30 - 5:00 pm 4:30 - 5:00 pm
Polliwog II	Friday Saturday	4:30 - 5:00 pm 4:30 - 5:00 pm
Polliwog III	Friday Saturday	4:30 - 5:00 pm 4:30 - 5:00 pm
Tadpole I	Wednesday Saturday	6:30 - 7:00 pm 5:00 - 5:30 pm
Tadpole II	Wednesday Saturday	5:30 - 6:00 pm 5:00 - 5:30 pm
Tadpole III	Wednesday Saturday	6:00 - 6:30 pm 1:30 - 2:00 pm
Tadpole IV	Wednesday Saturday	5:00 - 5:30 pm 1:30 - 2:00 pm
RC Kids 3	Saturday	5:00 - 5:30 pm
RC Kids 4	Saturday	5:00 - 5:30 pm
RC Kids 5	Saturday	2:30 - 3:15 pm

Age 7 and up

RC Kids 1	Saturday	5:30 - 6:00 pm
RC Kids 2	Saturday	6:00 - 6:30 pm
RC Kids 3	Saturday	6:30 - 7:00 pm
RC Kids 4	Wednesday Saturday	6:30 - 7:00 pm 2:00 - 2:30 pm
RC Kids 5	Tuesday Saturday Sunday	6:30 - 7:15 pm 6:15 - 7:00 pm 4:00 - 4:45 pm
RC Kids 6	Tuesday Wednesday Saturday	7:15 - 8:00 pm 6:00 - 6:45 pm 2:30 - 3:15 pm
RC Kids 7	Tuesday Friday Saturday	7:15 - 8:00 pm 5:00 - 5:45 pm 2:30 - 3:15 pm
RC Kids 8	Tuesday Friday	7:15 - 8:00 pm 5:00 - 5:45 pm
RC Kids 9	Tuesday Friday	7:15 - 8:00 pm 5:00 - 5:45 pm
RC Kids 10	Friday Saturday	5:00 - 5:45 pm 6:15 - 7:00 pm

Adult Lessons

Aqua Adults 1A	Tuesday	8:00 - 8:50 pm
Aqua Adults 1B	Tuesday	8:00 - 8:50 pm
Aqua Adults 2	Tuesday	8:00 - 8:50 pm
Aqua Adults 3	Tuesday	8:00 - 8:50 pm



RECREATION SWIMS

January to June, 2010 (starts Sun., Jan. 10)

ADULT NOON SWIM (17 years and over)

Monday to Friday: 11:45 - 1:15 pm
 Cost: \$2.50
 Ages 50+: \$2.00
 (includes use of sauna)
 Pass:
 10 swims in 30 days: \$22.50
 3 months: \$90.00
 Pass 50+:
 10 swims in 30 days: \$17.50
 3 months: \$55.00

ADULT RECREATION SWIM (17 years and over)

Sunday, Monday & Wednesday: 9:00 - 9:50 pm
 Cost: \$2.50 per swim
 (includes use of sauna)

PRE-TEEN SWIM (10-12 years)

Friday: 8:00 - 8:50 pm
 Friday: 9:00 - 9:50 pm
 Cost: \$2.00 per swim

TEENAGE RECREATION SWIM (13-17 years)

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

PUBLIC SWIM

Saturday: 7:10 - 8:00 pm
 Sunday: 6:05 - 6:55 pm
 Cost: \$2.00 youth
 \$2.00 teen
 \$2.50 adult

PARENT & TOT RECREATION SWIM (infants - 5 years)

Tuesday: 9:30 - 10:15 am
 Cost: \$1.25 each

FAMILY SWIM (Adults must swim with children)

Wednesday & Friday: 7:05 - 7:55 pm
 Sunday: 3:05 - 3:55 pm
 Cost: \$4.00 for two people
 \$6.50 for three to five people



BIRTHDAY PARTIES

- One hour of pool time (qualified lifeguard)
- Use of multi-purpose room (one hour)
- Kitchen facilities

Maximum: 30 people

To book a party call 748-1007

Cost: \$85

Times Available:

Friday: 6:00 - 7:00 pm (Pool)
 7:00 - 8:00 pm (Upstairs)
 Saturday: 3:20 - 4:20 pm (Pool)
 4:20 - 5:20 pm (Upstairs)
 Sunday: 12:30 - 1:30 pm (Pool)
 1:30 - 2:30 pm (Upstairs)
 7:00 - 8:00 pm (Pool)
 8:00 - 9:00 pm (Upstairs)

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



TINY TOT LESSONS

Instruction for Parents & Tots (age 6 months to 3 years)

Tuesday: 10:30 - 11:00 am
 Cost: \$32 for 8 lessons

These lessons are provided to assist you in becoming familiar with handling your child in the water and to practice new techniques to prepare your child for independent swimming lessons.

SHALLOW WATER FITNESS

Age: Adults 19+
 Start Date: January 11
 Monday & Wednesday:
 8:05 - 8:55 pm
 Cost: Drop In \$5
 10 Class Pass \$35
 20 Class Pass \$60

PRIVATE LESSONS

Wednesday: 5:00 - 5:30 pm
 5:30 - 6:00 pm
 6:00 - 6:30 pm
 6:30 - 7:00 pm
 Sunday: 1:30 - 2:00 pm
 2:00 - 2:30 pm
 Cost: \$12 / 30 minute lesson