

(Note: Indoor pools closed July 1 & Aug 6)

(Check outdoor pools for holiday swim schedule)

## Recreational Swim Schedule SUMMER 2012

### CAWTHRA (June 30-Sept. 2)

Fun	M-F	2:30-4:00 pm
	M, W, F	6:30-8:00 pm
	Sa & Su	1:00-2:30 pm
Length	M-F	8:00-9:00 pm
	M-Su	12:00-1:00 pm

### CLARKSON WITH THERAPEUTIC POOL

(June 30-Sept. 2)

Length (5 lanes, Main Pool)

M-F (1-2 lanes)	7:05-8:00 am
M-Th (1-2 lanes)	8:05-9:00 pm
F	8:05-9:00 pm
Su	5:05-6:00 pm

Adult Leisure (Main & Therapeutic Pool)

M-F	11:35 am-12:30 pm
Sa	12:35-1:30 pm

Therapeutic Fitness (Main & Therapeutic Pool)

M-F	3:05-4:00 pm
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### con't CLARKSON WITH THERAPEUTIC POOL

(June 30-Sept. 2)

Therapeutic Time (Therapeutic Pool)

M-F	3:05-4:30 pm
Su	11:35 am-1:30 pm

Fun (Main & Therapeutic Pool)

M-Su	1:35-3:00 pm
M-F	6:35-8:00 pm
Sa (male only)	3:15-4:45 pm
Su (female only)	3:15-4:45 pm

Family (Main & Therapeutic Pool)

Sa	9:30-11:00 am
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Parent & Tot (Therapeutic Pool)

F	12:35-1:30 pm
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### ERIN MEADOWS (June 30-Sept. 2)

Fun	M, W, F	2:15-3:45 pm
	M & F	8:05-9:30 pm
	Tu & Th	7:05-8:30 pm
	Sa & Su	1:05-2:30 pm
Length	Tu- F	7:30-8:25 am

### con't ERIN MEADOWS (June 30-Sept. 2)

M & F	9:35-10:30 pm
Tu & Th	1:00-2:00 pm
Tu & Th	9:20-10:15 pm
W	8:05-9:00 pm
Sa & Su	8:00-8:55 am
	12:05-1:00 pm

Parent & Tot (play pool)

Tu & Th	1:00-2:00 pm
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### FRANK McKECHNIE

Due to major lifecycle replacements and upgrades, the Frank McKechnie Pool will be closed June 30<sup>th</sup> until spring 2013.

### GLENFOREST (June 30-Sept. 2)

Fun	M-Su	2:30-4:00 pm
	M-F	7:05-8:30 pm
Length	M, W, F	8:30-9:30 pm
	Tu & Th (3 lanes)	6:00-7:00 am
	Sa & Su	1:30-2:30 pm

## HURON PARK WITH THERAPEUTIC POOL

(June 30-Sept 2)

Fun (main & therapeutic pool)

M-F	2:45-4:15 pm
M, W, F	7:35-9:00 pm
Sa & Su	1:30-3:00 pm

Family (main & therapeutic pool)

Sa & Su	3:15-4:45 pm
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Lane (6 lanes, main pool)

M, W, F	7:15-8:15 am
M-F	11:35-12:30 pm
M, W, F	9:05-10:00 pm
Sa & Su	12:00-1:25 pm

Adult Leisure (therapeutic pool)

M-F	11:35 am-12:30 pm
M, W, F	9:05-10:00 pm
Sa & Su	12:00-1:25 pm

Parent & Tot (therapeutic pool)

M, W, F	10:00-11:00 am
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## MALTON WITH THERAPEUTIC POOL

(June 30-Sept. 2)

Fun (Main and Therapeutic Pool)

M-Su	3:30-4:55 pm
Sa (female only)	5:15-6:45 pm
M, W, F	8:05-9:30 pm

Family (Therapeutic pool)

Tu & Th	1:35-2:30 pm
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Lane (4 lanes, Main Pool)

W	6:30-9:00 am
	9:35-10:30 pm
F	1:35-2:30 pm
Su	2:35-3:30 pm

AquaCardio & Lane (Main Pool)

F (2 lanes)	6:30-9:00 am
Tu (2 lanes)	8:50-9:45 pm
Th (2 lanes)	9:05-10:00 pm

Adult Leisure (Therapeutic pool)

W & F	6:30-9:00 am
W	9:35-10:30 pm
Th	9:05-10:00 pm
F	1:35-2:30 pm
Su	2:30-3:30 pm

## con't MALTON WITH THERAPEUTIC POOL

(June 30-Sept. 2)

Therapeutic Time (Therapeutic Pool)

M & W	2:30-3:30 pm
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Therapeutic Time/Fitness Swim\* (Main Pool)

M & W (1 lane)	2:30-3:30pm
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\*Therapeutic/Fitness memberships apply.

Non-members – Therapeutic time rates apply.

## MEADOWVALE (June 30-Sept. 2)

Fun	M-Su	2:35-3:55 pm
	M, W, F	7:35-9:00 pm
Length	M-F	12:35-1:30 pm
	M-F	9:05-10:00 pm
	Su	1:30-2:30 pm

### Holiday Swim Schedule

Outdoor pools will be open on July 1<sup>st</sup> and August 6<sup>th</sup>. Check with your local outdoor pool for holiday swim times. Indoor pools will be closed.

All pools are closed on Labor Day Monday

## RIVER GROVE (June 30-Sept. 2)

Fun	M-F	2:05-3:25 pm
	M-F	7:05-8:25 pm
	Sa & Su	1:05-2:25 pm
Family	Su	2:35-3:55 pm
Length	M-F	6:30-8:55 <b>am</b>
	M, W, F	12:05-12:55 pm
	M, W, F	8:35-9:30 pm
	Sa	7:30-8:25 <b>am</b>
Lane (space may be limited to 1 lane)		
	M-F	9:00 am-8:25 pm
	Sa	1:05-2:25 pm
	Su	1:05-3:55 pm

## SOUTH COMMON (June 30-Sept. 2)

Fun	M-F	2:35-3:55 pm
	M-F	7:05-8:25 pm
	Sa & Su	1:35-2:55 pm
Length	M-F	6:05-6:55 pm
Adult Leisure	M-Su	12:35-1:25 pm

## TERRY FOX WITH THERAPEUTIC POOL

(June 30-Sept. 2)

Fun (Main & Therapeutic Pool)

	M-F	4:00-5:25 pm
	Tu & Th	8:00-9:25 pm
	Sa & Su	12:30-2:00 pm
Length	M-F*	6:30-8:55 <b>am</b>
	M-Su	11:30 <b>am</b> -12:30 pm
	M, W, F	8:00-9:30 pm
	Tu & Th	9:30-10:30 pm

\* Tuesday 8:00-8:55 **am** (3 lanes only)

Adult Leisure (therapeutic pool)

	M-Su	11:30 <b>am</b> -12:30 pm
	M, W, F	8:00-9:30 pm
	Tu & Th	9:30-10:30 pm

Parent & Tot (therapeutic pool)

	M-F	3:00-4:00 pm
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**August 26-30 (inclusive)**

Therapeutic Time (Therapeutic Pool)

	M-F	10:00-11:30 <b>am</b>
		5:30-7:00 pm

**NEW Therapeutic Pool opens June 30<sup>th</sup>**

## Holiday Swim Schedule

Outdoor pools will be open on July 1<sup>st</sup> and August 6<sup>th</sup>. Check with your local outdoor pool for holiday swim times. Indoor pools will be closed.

All pools are closed on Labor Day Monday.

## APPLEWOOD HEIGHTS OUTDOOR POOL

(June 23-30)

Fun & Fit	M-F	6:30-8:00 pm
Fun	Sa & Su	1:30-4:30 pm
Length	Sa & Su	12:00-1:30 pm

(July 1- Sept 2)

Fun	M-Su	1:30-4:30 pm
Fun & Fit	M-F	6:30-8:00 pm
	Sa & Su	5:00-7:00 pm
Length	M-F	12:15-1:15 pm
	Sa & Su	12:00-1:30 pm
Aqua Cardio	M, W, F	11:15 <b>am</b> -12:15 pm

## DAVID RAMSEY OUTDOOR POOL

(June 23-30)

Fun	M-F	6:30-8:00 pm
	Sa & Su	1:30-4:30 pm
Length	Sa & Su	12:30-1:25 pm

(July 1- Sept 2)

Fun	M-Su	1:30-4:30 pm
	M-Th	6:30-8:00 pm
	F	7:30-9:00 pm
	Su	5:30-7:00 pm
Length	M-Th	8:00-9:00 pm
	F	6:30-7:30 pm
	Sa & Su	12:30 – 1:25 pm

## DON McLEAN/WESTACRES OUTDOOR POOL

(June 23-30)

Fun & Fit	Sa & Su	1:00-2:00 pm
Fun	M-F	6:00-7:30 pm
	Sa & Su	2:00-5:00 pm
Length	Sa & Su	5:00-6:00 pm

## con't DON McLEAN/WESTACRES OUTDOOR POOL

(July 1-Sept 2)

Fun & Fit	Sa & Su	1:00-2:00 pm
Fun	M-Su	2:00-5:00 pm
	M-F	6:00-7:30 pm
Length	M-Su	12:00-1:00 pm
	Sa & Su	5:00-6:00 pm

## ERINDALE OUTDOOR POOL

(June 23-30)

Fun	M-Th	6:00-7:30 pm
	F	6:00-9:00 pm
	Sa & Su	1:35-4:30 pm
	Sa	5:30-7:30 pm
Lane (6 lanes)	Tu & Th	7:00-8:00 am
	Sa & Su	12:30-1:25 pm
	M-Th (3 lanes only)	7:35-8:30 pm
Aqua Cardio	Tu & Th	7:35-8:30 pm

## con't ERINDALE OUTDOOR POOL

(July 1-Sept. 2)

Fun	M-F	2:00-5:00 pm
	M-Th	6:00-7:30 pm
	F	6:00-9:00 pm
	Sa & Su	1:35-4:30 pm
	Sa	5:30-7:30 pm
Lane (6 lanes)		
	M & W (3 lanes)	12:35-1:30 pm
	M-Th (3 lanes)	7:35-8:30 pm
	Tu & Th	7:00-8:00 am
	Tu, Th, F	12:35-1:30 pm
	Sa & Su	12:30-1:25 pm
Aqua Cardio	M & W	12:35-1:30 pm
	Tu & Th	7:35-8:30 pm

## LEWIS BRADLEY OUTDOOR POOL

(June 23-30)

Fun	M-F	6:05-7:30 pm
	Sa & Su	1:35-4:30 pm
Length (6 lanes)	M, W, F	5:05-6:00 pm
		7:35-8:30 pm
	Sa & Su	12:35-1:30 pm
		4:35-5:30 pm

## con't LEWIS BRADLEY OUTDOOR POOL

**(July 1- Sept 2)**

Fun	M-Su	1:35-4:30 pm
	M-F	6:05-7:30 pm
	F	8:35-10:00 pm
	Su	5:35-7:00 pm
Length (6 lanes)	M, W, F	9:05-10:00 <b>am</b>
		5:05-6:00 pm
		7:35-8:30 pm
	Sa & Su*	12:35-1:30 pm
		4:35-5:30 pm

\*3 lanes open from 12:35-1:30

## LIONS CLUB OF CREDIT VALLEY

**OUTDOOR POOL (formerly Port Credit)**

**(June 23-30)**

Fun	M-F	6:05-7:30 pm
	Sa & Su	1:35-4:30 pm
Length (6 lanes)	M, W, F	7:35-8:30 pm
	Tu & Th	4:35-5:30 pm
	Sa & Su	12:35-1:30 pm

**(July 1- Sept 2)**

Fun	M-Su	1:35-4:30 pm
	M-F	6:05-7:30 pm
	Sa	5:35-7:00 pm
Length (6 lanes)	Tu & Th	9:05-10:00 <b>am</b>
		4:35-5:30 pm
	M, W, F	7:35-8:30 pm
	Sa* & Su	12:35-1:30 pm
		4:35-5:30 pm
Parent & Tot	M-F	11:35 <b>am</b> -12:30 pm

\* 3 lanes open from 12:35-1:30 pm

## STREETSVILLE OUTDOOR POOL

**(June 23-30)**

Fun	M, W, F	6:05-7:30 pm
	Sa & Su	1:05-4:00 pm
		5:05-6:30 pm
Aqua Cardio	M-F	7:45-8:45 pm

**(July 1- Sept 2)**

Fun	M-Su	1:05-4:00 pm
	M, W, F	6:05-7:30 pm
	Sa & Su	5:05-6:30 pm
Aqua Cardio	M-F	7:45-8:45 pm

### Holiday Swim Schedule

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## RECREATIONAL SWIM DESCRIPTIONS

**Fun & Fit Swim:** A “Fun” swim with a minimum of one lane reserved for swimming. All ages welcome.

**Family Swim:** Children ages 13 & younger must be accompanied in the pool by an adult/caregiver 14+.

**Adult Leisure Swim:** For persons ages 16 and older. May or may not include a lane open for swimming.

**Parent & Tot Swim:** For preschool children ages 5 and younger and their parents or caregiver.

**Lane/Length Swim:** Swimming is a low-impact exercise for all ages. The number of lanes open varies according to scheduled activities in the pool.

**Aqua Cardio:** A cross training opportunity

- endurance swimming
- water running
- resistance training
- aqua cycles

## ADMISSION STANDARDS

- Children 9 years of age and under **MUST** be supervised, within the pool enclosure, by a guardian who is a minimum of 14 years of age.
- Children 5 years of age and under **MUST** be supervised, in the water and within arms reach, regardless of swimming ability. Maximum of 2 children per guardian.
- Children between the ages of 6 and 9 who cannot complete the swim test (see below) **MUST** be directly supervised, in the water and within arms reach. Maximum of 4 children per guardian. This ratio may be increased to 8 children per guardian if all children are wearing approved Personal Flotation Devices.

- **Swim Test:** Participant must be able to swim 2 widths of the pool uninterrupted and without touching the pool bottom. No stopping during the test except at the end. Participants of any age may be asked to take a test before entering the deep end, to use equipment and/or if a guardian must be in the water for supervision. Those who pass the swim test will be given a wrist band that will allow them to go into the deep end, use the Slide, Flume Slide and Tarzan rope (depending on location) without a PFD. Personal Flotation Devices are not permitted on the Flume Slide at River Grove.