

Drop-In Swim Descriptions

- **Adult Leisure Swim**-Come out to exercise, socialize or just relax. This swim is limited to 16 years of age and over.
- **Aqua Cardio Swim**- A cross training opportunity that may include open lanes for swimming laps, water running belts and tethers, resistance training equipment and Aqua Cycles to try during the swim.
- **Family Swim**-Children 15 and younger must be accompanied in the pool area by an adult. Please refer to admission standard guidelines.
- **Fun Swim**-Everyone welcome; please refer to admission standard guidelines.
- **Fun & Fit Swim** - A 'FUN' swim with at least one lane reserved for length swimming. Everyone is welcome.
- **Fun WAVE Swim (At Terry Fox only)**-Everyone welcome. Fun Swim with waves.
- **Homework Swim**-Swim Instructors will be available to give suggestions and feedback while you and your child practice your instructor recommended items from our swim lesson program.
- **Lane Swim**-At least one of the pool lanes are available for lap swimming. Recommended for teens/adults—lap swimming only.
- **Length Swim**-A great way to get fit! Students welcome!
- **Length Wave Swim (At Terry Fox Pool only)**-Recommended for swimmers who would like the added challenge to their swim workout in an open water setting. Great for triathlon swim training.
- **Loonie Swim**-Designated fun swims available for only \$1.00/person. All admission standards apply.
- **Parent and Tot**-For parents with children 5 years of age and under.
- **Open Swim (At River Grove only)**-Leisure, lap and whirlpool are all open! Please refer to admission standard guidelines.
- **Outdoor Sport and Swim** – A half day summer drop-in program for children and youth 10 yrs + incorporates a variety of field sports and games followed by a fun swim. This program keeps participants active while developing skills in a variety of sports and games.

- **Aquatic Leadership Drop-In**-Need to work on specific skills, missed a class, want to brush up or try out new items? Come to our Aquatic Leadership Drop-In. Each class will provide time to work on land based skills development and theory, as well as, water skills from Bronze Levels, First Aid and National Lifeguard Service Awards. Note: Leadership Exams will not be conducted during this time however; participants will be given performance feedback related to the Lifesaving Society MUST SEES.
- **Extreme Water Sports Swim**-Kayak-Water polo-Underwater Hockey-Snorkel-Walk on Water-Obstacles; throwing, Towing, Carrying, Paddling-Take on the Waves at Terry Fox Pool.
- **Swim Lesson Drop In**-Specialty Swim fees apply. If scheduled swim lessons are too difficult to manage in your hectic family life? Try Drop In Swim Lessons. Instructors will work with participants to develop strong swimming skills.
- **Water Sport Drop In**-Fun Swim fees apply. For ages 10 to 17 to come out and participate in water polo, underwater hockey, water basketball, or water volleyball just to name a few.
- **Whirlpool Only swim** - The Whirlpool ONLY is open for relaxing and socializing in the warmer water. You must be 12 years old or accompanied by a guardian who is a minimum of 14 years old.
- **Women's Swim**-Recreation opportunities for women and girls.
- **Men's Swim**-Recreation opportunities for men and boys.
- **Triathlon WAVE Training Drop-In**-Terry Fox Pool offers the only indoor Open Water Swim Training in the area. This program provides an opportunity for the Tri-athlete to practice their open water/wave swimming techniques all year round. Coached workout will provide feedback on technique, motivation and tips to swimming in open water. Whether you are an experienced athlete, or want to participate in your first endurance event this program is for you.
- **Learn to Kayak Drop-In**-Learn the basic of kayaking at Terry Fox Pool. Paddle, turn, try rolling, and enjoy a game of kayak water polo. Each class will include instruction on the basics of kayaking as well as games and activities to strengthen learned skills.
- **Youth Swim**-Fun Swim fees apply. For ages 10 to 17—a time for you to enjoy the pool with your friends.