

Don McLean West Acres Outdoor Pool

2166 Westfield Drive, L4Y 1P7

(905) 277-2870

Open June 19 - September 6, 2010

FUN SWIM (Full-time hours) <i>June 25 - Sept 6, 2010</i>	
Fun Swim	
Mon - Sun	1:30 - 4:30pm
Mon - Fri	5:30 - 7:00pm
Length Swim	
Mon-Fri	7:30-8:30am
Sat & Sun	4:30 - 5:30pm
Lane Swim (1 lane only)	
Mon-Fri	11:00am-12:00pm

HOLIDAY FUN SWIM SCHEDULE	
July 1	1:30 - 4:30pm
Aug 1	1:30 - 4:30pm
Sept 6	1:30 - 4:30pm

*** Please note that on very hot days, Don McLean Westacres Outdoor Pool may be offering extended hour swims, please call the pool directly at (905) 277-2870 for the most up to date information on these swims.**

There is parking available at West Acres School located on 2165 Breezy Brae Drive, and you can use walkway to the pool. Please ensure if you are parking on any side streets to review the parking signs, any other parking /by law questions, please call 311 for more information.

Swimming Lessons and Programs

Learn To Swim Lessons for children ages 6 months to 15 years, which include:

- Preschool ABC , CDE,
- Swimmer Levels 1-6
- Semi Private and Private lessons

Lessons are offering in the mornings between 9am-12am, you can check availability online and register at www.connect2rec.ca , or you can call the Westacres Outdoor pool at (905) 277-2870. If you do not see a specific course and would like to make a program request please contact the pool and we would

Aquatic Leadership Courses

Calling all Future Lifeguards!!! We offer a variety of leadership courses that will provide you with opportunities for future employment and develop your first aid and leadership skills.

Bronze Star	Prepares student for Bronze Medallion. Development in problem solving, decision making. CPR training and development in lifesaving skills. Includes a timed 400M swim. Recommended completed Swimmer 9 Star.
Bronze Medallion	Course Length 22.5 hours - Student will learn rescue techniques, resuscitation and the history of the Lifesaving society, as well as Emergency First Aid/CPR B. Prerequisite: 13 years of age by end of the course or hold a Bronze Star award.
Bronze Cross	Course Length 27.5 hours - Bronze Cross is a prerequisite. Includes a timed 600m swim. If you're looking for a more challenging advanced training this is an option. Other prerequisites include : Emergency First Aid/CPR B and Bronze Medallion
Outdoor Junior Lifeguard Club	Earn all the awards you need to be a certified lifeguard in one course. Includes: bronze medallion, emergency first aid, bronzed cross, standard first aid, CPR B and C, National Lifeguard Service and Automatic External Defibrillation. Manual costs extra. Course length is 12 hours.

Half Day Camps

We offer half day camps for your convenience, for ages 3-14 years and offer a variety of different options. Visit www.connect2rec.ca to register for half day camps today!

Half Day Camps	<p>We offer half day camps for your convenience, for ages 3-14 years and offer a variety of different options, please refer to Recreation and Parks Brochure for detailed information on pages 110-123.</p>
Little Guppies Water Camp (ages 3-6 yr)	<p>Will educate your child in all aspects of water safety and with a swim component and them camp and craft activities. A structured swim focusing on skill development and a recreational swim is included. This program is offered week of July 5- 9th, and July 26- 30th from 9am-12pm.</p>
H2O Intro Half Day Camp (age 7-14yr)	<p>Will allow your child to work towards their swim levels (LSS Swimmer 1-6) while having fun and enjoying the water. Your child will enjoy aquatic instruction, fun games and activities, water safety and recreational swim and sport based components.</p>
Half Day Intro to Competitive Swimming (8-15 yr)	<p>Will introduce your child to competitive swimming that offer the opportunity to learn skills and improve their fitness. They will work on various strokes using a variety of drills, sprints, while incorporating flips turns, starts and dives used in swimming races and work towards setting and improving their own personal best goals. Must be able to swim 2 lengths of the pool and comfortable in deep end and tread water for 2 minutes.</p>

Citi Swim

Citi Swim is a team orientated introduction to competitive swimming program that offers the opportunity to learn skills and improve fitness for Mississauga Youth. The program includes stroke and skill improvement and physical skill improvement and physical training.

By belonging to a team, each person enjoys learning to swim faster by challenging themselves to improve personal best swim times in swim meets. Participants should be able to efficiently swim one length of the pool.

Citi Swim at West Acres Summer 2010 is offered on Monday, Wednesday, Friday 12:15-1:15pm, (Please refer Recreation and Parks Brochure page 84 for more detailed information on this program) including specific dates, times and registration information.

For more information please contact Summer Supervisor Andrea at Westacres Pool at West Acres pool at (905) 277-2870.