


# Spring 2019 Pool Schedule

April 1 to June 28, 2019

Centennial Pool

780 Gustavus St. Port Elgin

519-832-2627

	Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim	7:30 - 8:30am 11:45am - 12:45pm 8:00 - 9:00pm	6:30 - 7:30am* 7:30 - 8:30am 11:00am - 12:45pm (11:00 - 11:45am*) 8:00 - 9:00pm**	7:30 - 8:30am 11:45am - 12:45pm 8:00 - 9:00pm**	6:30 - 7:30am* 7:30 - 8:30am 11:00am - 12:45pm (11:00 - 11:45am*)	7:30 - 8:30am 11:45am - 12:45pm
Aqua Fit	9:00 - 9:45am	1:00 - 1:45pm	9:00 - 9:45am	1:00 - 1:45pm Deep End	9:00 - 9:45am
Aqua Bike (Drop in)				10:15 - 11:00am	
Parent and Tot		11:00 - 11:45am**		11:00 - 11:45am**	9:45 - 10:30am
Fun Swim					6:30 - 7:30pm
	Saturday	Sunday			
Lane Swim	12:00 - 1:00pm	12:00 - 1:00pm			
Fun Swim	1:00 - 2:30pm	1:00 - 2:30pm			

Lane availability: \*2 or \*\*3

## Planning to enjoy a Fun Swim?

Review our **Pool Admission Policy** before arrival. The ratio is 2:1 for kids under 9 to parents/guardians. Read the full policy on the next page.

## Spring Pool Schedule Changes

- April 19, 21 and 22—Pool closed for Easter weekend
- April 20—No lessons. Open for Lane and Fun Swim
- May 18 and 19—No lessons. Open for Lane and Fun Swims
- May 20—Pool closed for Victoria Day
- May 28—Pool closed at 6pm for Swim Meet. No Masters or 8pm Lane Swim

General Admission	Child	Student / Senior	Adult	Family	Fitness Classes	Student / Senior	Adult
1 Visit	\$3.05	\$4.08	\$4.33	\$10.98	1 Visit	\$5.76	\$6.88
10 Visit Pass	\$21.73	\$29.96	\$39.15		10 Visit Pass	\$48.20	\$59.96
20 Visit Pass	\$42.98	\$54.44	\$73.39		20 Visit Pass	\$89.35	\$100.21
Memberships	Contact Community Services at 519-832-2008 ext 131						

For the latest news and programs, follow us on social media @SaugeenShoresON or subscribe to our e-newsletter at [SaugeenShores.ca/RecNews](http://SaugeenShores.ca/RecNews)



# Pool Admission Policies

## **Admittance Requirements for Children:**

- Children 6 years of age and younger must be accompanied by a parent, or guardian who is at least 16 years of age and is responsible for their direct supervision.
- Children 7 – 9 years of age must pass a facility swim test or be accompanied by a parent or guardian who is at least 16 years of age and is responsible for their direct supervision.
- Direct supervision is defined by being within arms reach at all times. When directly supervising children there is a maximum of two children under the age of 9 years old per guardian.
- **Swim Test:** 2 widths of a recognizable stroke without stopping and 1 minute of treading water.
- We encourage all our swimmers to swim with a buddy.

**Age Requirements for Change Room Use:** Children 7 years of age or older are required to use the change room designated for their gender. If this is not suitable, please see our Program Staff so that appropriate accommodations can be arranged.

**Serious Medical Conditions:** Those with serious medical conditions should be accompanied by an individual who knows their condition and is responsible for their direct supervision.

**Special Needs:** Adult, children and seniors are welcome. Any caregiver volunteering their time to help a person with special needs is admitted free (1 caregiver). Special needs swimmers are welcome at any of our swims.

**Pool and Deck Capacity:** Fun Swims: 140 max. Fun Swims with the Inflatable: 75 max.

# Swim Descriptions

**Lane Swims:** Swim in a loop in a slow, medium or fast lane. All swimmers are welcome. 5 lanes available, or limited lanes available where indicated.

**Fun Swims and the Inflatable Pool Float:** Shallow and Deep areas are available as well as fun activities such as basketball, slide and rope swing. Children must be at least 7 to use inflatable. Pool admission policies apply.

**Parent and Tot Swim:** Parents and caregivers can come and swim with their children. These swims are for families only so please remember to bring your parents, siblings, grandparents etc. Shallow and Deep areas are open and there is a lane available for practicing some strokes.

# Fitness Descriptions

**Aquafit and Deep Water Aquafit:** Aquafit is a low impact workout that uses the water as resistance. Classes are available in the shallow or deep end of the pool. Go at your own pace, the instructors will give you a variety of options to try. Flotation belts are provided for classes in the deep end.

**Aqua Bike Fit (drop in):** Enjoy a spinning workout in the water. This class is low impact and will test your aerobic level and endurance.

**Underwater Hockey:** Played with a mask, snorkel and fins. Players push a heavy puck along the bottom of the pool using a short stick while holding their breath. Typically offered during the winter session.

**Saugeen Masters Swim Club:** This registered program allows you to swim with coached practices. All levels are welcome. From competitive to beginner.