



# Fall 2021 Pool Schedule

## Session: September 7 to December 17

### Important changes due to COVID-19

To ensure the safety of our staff and patrons a number of protocols are in place. Watch our short **welcome back video** [on our pool page](#) prior to your first visit back to review our reopening protocols.

- All swim times must be pre-booked [online](#) or by calling 519-832-2008 ext. 131
- Search by the activity name when booking online
- Swims are available to pre-book up to 7 days in advance of activity date
- Pre-payment is required at time of booking
- Patrons may book up to 3 activities per week
- Complete a [COVID-19 screening](#) prior to your visit

### Fall pool schedule

#### Weekly schedule: September 7 to 10 and September 13 to 17

Note: Centennial Pool is closed weekends for staff training and advanced courses

Activity	Times	Days of the week
Lane Swim	7:30 to 8:15am 8:15 to 9:00am 10:45 to 11:30am 11:30am to 12:15pm	Monday to Friday
Aquafit	9:00 to 9:30am 9:30 to 10:00am	Monday to Friday
Parent and Tot Swim	10:00 to 10:45am	Monday to Friday

#### Weekly schedule for: September 20 to December 17

Activity	Times	Days of the week
Lane Swim	7:30 to 8:15am 8:15 to 9:00am 11:00 to 11:45am 11:45am to 12:30pm	Monday to Friday
Evening Lane Swim	8:00 to 8:45pm	Monday to Thursday
Aquafit	9:00 to 9:35am 9:40 to 10:15am	Monday to Friday
Parent and Tot Swim	10:15 to 11am	Monday to Friday

#### Weekend schedule: September 20 to December 17

Activity	Times	Days of the week
Lane Swim	12:00 to 12:45 pm	Saturday and Sunday
Family Swim	12:45 to 1:30pm 1:30 to 2:15pm	Saturday and Sunday

### Descriptions

**Lane swim:** All swimmers are welcome. 5 lanes available, 1 swimmer per lane.

**Aquafit:** A low impact workout that uses the water as resistance. Go at your own pace, the instructors will give you a variety of options.

**Parent and Tot Swim:** Parents and caregivers can swim with their children. Shallow and deep areas are open. The first tot swims free with an adult with additional cost for others.

**Family Swim:** Bring your family for a swim, up to 6 people. An adult must be in the water to ensure physical distancing from other families. Pool admission standards apply. Families may bring their own toys and equipment to use.

## Pool Admission Policies

We encourage all our swimmers to swim with a buddy.

### Admittance requirements for children

**Children 6 years of age and younger:** must be accompanied in the water by a parent, or guardian who is at least 16 years of age and is responsible for their direct supervision.

**Children 7 to 9 years of age:** must pass a facility swim test or be accompanied in the water by a parent or guardian who is at least 16 years of age and is responsible for their direct supervision.

**Direct supervision:** 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.

### 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

Varies by program to ensure physical distancing.

