

Arts and Culture Swimming Pool

Fall and Winter Schedule 2009-2010

Effective Sept 1, 2009

Phone 637-2546 for the Schedule and 637-2584 for the pool office

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
the early morning swim will only go	Ahead when swim team is swimming	Lap Swim 6:30-8:00 2 lanes available		Lap Swim 6:30-8:00 2 lanes available		
Schools 8:45- 11:45	Schools 8:45- 11:45	Schools 8:45- 11:45	Schools 8:45- 11:45	Schools 8:45- 11:45	Lessons 9am- 3pm	Lessons 9am-3pm
Adult Noon Swim 12:00-1:30	Adult Noon Swim 12:00-1:30	Adult Noon Swim 12:00-1:30	Adult Noon Swim 12:00-1:30	Adult Noon Swim 12:00-1:30		
Open Swim 1:30-2:30	Open Swim 1:30-2:30	Open Swim 1:30-2:30	Open Swim 1:30-2:30	Open Swim 1:30-2:30		Available Rental 3:00-4:00
Handicapped/ Senior Swim 2:30-3:15			Lessons 3:30-4:30		Available Rental 3:15-4:15	Open Swim 4:00-5:00
Synchro 3:15-5:15	Lessons & Children Rehab 3:45-4:45	Swim Team 4:15 - 5:15	Swim Team 4:30 - 6:00	Lessons 3:45-4:45	Private Rental 4:30-5:30	Family Swim 5:00-6:00
Swim Team 5:15-7:15	Swim Team 4:45 - 7:00	Synchro 5:15 - 7:15	Private Rental 6:00-7:00	Swim Team 4:45-7:00	Family Swim 5:30-7:00	Aqua Size Drop In 6:00- 7:00
Masters/Lap Swim 7:15-8:15	Private Rental 7:10-8:10	Masters/Lap Swim 7:15-8:15	Open Swim 7:15-8:15	Open Swim 7:00-8:00	Open Swim 7:00-8:00	Open Swim 7:00-8:00
Adult Swim 8:15-9:15	Adult Swim 8:15-9:15	Adult Swim 8:15-9:15	Adult Swim 8:15-9:15	Aqua Size Drop In 8:00-9:00		Adult Swim 8:15-9:15
Aqua Size Drop In 9:15-10:15	Adult Lessons 9:15-10:15	Aqua Size Drop In 9:15-10:15	Adult Lessons 9:15-10:15			

Open Swim - open to every one for recreation swimming children **under the age of 8 who cannot touch the bottom of the pool must be accompanied into the water by an adult.**

Family Swim - Children of all ages must be accompanied into the water by an adult.

Masters Lap Swim - open to everyone who wishes to do length swimming

Evening Adult Swim - must be **18** and over **-one** lane available for length swimming for 45min

Day time Adult Swim - is a length swim for swimmers of various ability

Aquasize Class - drop in fitness class for adults in children in their late teens. Anyone attending this swim **MUST** participate in the class.

All floats (not attached to child) must remain in the shallow end during all public swims

Bathing suits must be worn in swimming pool **-No tee shirts or cut offs permitted**

Children must be able to swim the **length** of the pool to be allowed access to the deep end without floats

Non swimming Children who wish to use the diving board must be wearing a lifejacket

Infant floats and or swim rings must remain in shallow end (they tip over)

No viewing of any swims at this facility – all patrons on deck must be wearing a swimsuit and pay to be there.

Arts and Culture Swimming Pool Fall swimming lessons 2009

Pre-Registration will be on **September 5th** from **9:00 - 1:00** (only open to those in one of our summer blocks)

Open Registration will be on **September 5th** from **1:00 – 4:00**

All classes run for 1 hour and **are subject to change pending registration.**

Tuesday (September 22nd)

3:45-4:45 Special Need, SK 5/6, SK 7/8/9/10 & Stroke Improvement

9:15-10:15 Adult Lessons

Thursday (September 24th)

3:30-4:30 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water: SK 3/4 & SK 5/6

9:15-10:15 Adult Lessons

Friday (September 25th)

3:45-4:45 **Shallow end:** Sea Turtle, Salamander/ Sunfish & SK 1/2

Deep water (no floats): Crocodile/Whale & SK 3/4

Saturday (September 26th)

9:00-10:00 Tots & Stroke Improvement

10:00-11:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water (no floats): Crocodile/Whale & SK 3/4

11:00-12:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water: SK 3/4, SK 5/6 & SK 7/8/9/10

12:00-1:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water (no floats): Crocodile/ Whale & SK 3/4

1:00-2:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water: SK 3/4, SK 5/6 & SK 7/8/9/10

2:00-3:00 Tots & Stroke Improvement

Sunday (September 27th)

9:00-10:00 Tots, Stroke Improvement & SK 9/10

10:00-11:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water (no floats): Crocodile/Whale & SK 3/4

11:00-12:00 **Shallow end:** Sea Turtle/ Salamander/ Sunfish & SK 1/2

Deep water: SK 3/4, SK 5/6 & SK 7/8

12:00-1:00 Tots & Stroke Improvement

Children five and under have to STAY in the PRE-SCHOOL PROGRAM (Sea Turtle, Salamander, Sunfish, Crocodile and Whale) until they are six years of age. Once they are six, they may proceed to the Swim Kids Program. These guidelines are set by the Canadian Red Cross Society.