

**SWIM DESCRIPTIONS**

**Public Swim**

All ages welcome, admission standards apply. Pool toys and flotation aids are permitted in the shallow areas at the discretion of the aquatics staff. Facility specific amenities (such as diving boards, water features, etc.) may not be available at all times.

**Aquafitness**

A fun and energetic workout including a warm-up, cardiovascular conditioning, muscular strength, endurance and stretching. Participants are encouraged to work-out at their own pace. Swimmers and non-swimmers are welcome. Classes are 55 minutes in length.

**Fitness Swim**

For youth and adults who wish to utilize the pool for fitness (such as length swimming, water jogging, etc.).

**Parent/Guardian and Child**

This shallow water swim time is for children seven (7) years of age and under and their caregiver. Adults must accompany children in the water. Admission standards apply.

**FEES:**

**PUBLIC SWIM & FITNESS SWIM**

Adult 18+.....\$3.75 per activity

Youth/Student/Adult 55+..\$3.00 per activity

Family..... \$8.50 per activity

*(up to 5 people – 2 adults max).*

**AQUAFITNESS**

Adult 18+..... \$10.15 per activity

Youth/Adult 55+..... \$8.15 per activity

**POOL GUIDELINES:**

**Admission Standards**

- 1) Children five (5) years of age or younger, regardless of swimming ability, must be directly supervised by a parent/guardian at least fourteen (14) years of age, who is in the water wearing bathing attire, within arms' reach, and able to render immediate assistance. There is a maximum number of two (2) children per parent/guardian.
- 2) Children ages six to nine (6-9) who do not pass the facility swim test must be directly supervised by a parent/guardian at least fourteen (14) years of age, who is in the water wearing bathing attire, within arms' reach, and able to render immediate assistance. There are a maximum number of two (2) children per parent/guardian. If all children are wearing a lifejacket the supervision ratio is increased to four (4) children per parent/guardian.
- 3) Children ages six to nine (6-9) who do pass the facility swim test must be accompanied by a parent/guardian at least fourteen (14) years of age that maintains visual contact and remains within the pool viewing area at all times.
- 4) Children ten (10) years of age or older, regardless of swimming ability, do not require supervision by a parent/guardian.
- 5) Participants with serious medical conditions should be accompanied by individuals knowledgeable regarding their condition and responsible for their direct supervision.

**FACILITY SWIM TEST**

To successfully pass the facility swim test individuals must:

- Swim on their front for 15 metres with the ability to put their face in the water and take at least one (1) breath without putting their feet on the bottom of the pool.
- Tread water for one (1) minute.

The recreational swim admission standard applies to all recreational swims. Aquatics staff may ask for a demonstration of swimming ability if they feel there is a question of your child's safety.

**SWIMMING ATTIRE**

Bathing/swimming attire is defined as clothing that is clean and is used specifically for the purpose of swimming. Children who are not toilet trained must wear appropriate swim diapers.

**PHOTOGRAPHY AT THE POOLS**

The privacy and comfort of our pool customers is important to us. Therefore the use of any device capable of rendering a photographic image is prohibited in our facilities.

# Swim Drop-in Schedule



# Drop-In Swim Schedule

January 7 – March 8, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>CALEDON CENTRE FOR RECREATION &amp; WELLNESS – 14111 REGIONAL ROAD 50 NORTH, BOLTON</b>								
<b>Aqua-fitness</b>	7:00 – 7:55 a.m. 9:00 – 9:55 a.m. 10:30 – 11:25 a.m. 8:00 – 8:55 p.m.	7:00 – 7:55 a.m. 9:00 – 9:55 a.m. 10:30 – 11:25 a.m.	9:00 – 9:55 a.m. 8:00 – 8:55 p.m.	7:00 – 7:55 a.m. 9:00 – 9:55 a.m. 10:30 – 11:25 a.m. 8:00 – 8:55 p.m.		9:00 – 9:55 a.m. 11:30 – 12:25 p.m.	1:30 – 2:25 p.m.	
<b>Fitness Swim</b>	6:00 – 7:00 a.m. 8:00 – 9:00 a.m. 11:30 – 4:00 p.m. 3:00-4:00 p.m. <i>Cancelled Jan 7/14, Feb 4/11</i> 9:00 – 10:00 p.m.	6:00 – 7:00 a.m. 8:00 – 9:00 a.m. 11:30 – 1:00 p.m. 2:00 – 4:00 pm 8:30 – 10:00 p.m.	6:00 – 9:00 a.m. 7:00-8:00 a.m. <i>Cancelled Jan 9 &amp; Feb 6</i> 10:30 –4:00 p.m. 9:00 – 10:00 p.m.	6:00 – 7:00 a.m. 8:00 – 9:00 a.m. 11:30 – 1:00 p.m. 2:00 – 4:00 p.m. 2:30-3:30 p.m. <i>Cancelled Jan 10/17, Feb 7</i> 9:00 – 10:00 p.m.		6:00 – 9:00 a.m. 10:00 – 11:30 a.m. 12:30 – 4:00 p.m. 8:30 – 10:00 p.m.	7:00 – 8:30 a.m. 6:30 – 8:00 p.m.	8:00 – 9:30 a.m. 5:30 – 8:00 p.m.
<b>Parent &amp; Child</b>	9:30 – 10:30 a.m.	9:30 – 10:30 a.m.	9:30 – 10:30 a.m.	9:30 – 10:30 a.m.	9:30 – 10:30 a.m.	9:30 – 10:30 a.m.		
<b>Public Swim</b>				7:00 – 8:00 p.m.	7:30 – 8:30 p.m.	5:00 – 6:30 p.m.	3:30 – 5:30 p.m.	

\* 2 Lanes Available

<b>MAYFIELD RECREATION COMPLEX – 12087 BRAMALEA ROAD, CALEDON</b>							
<b>Aqua-fitness</b>	9:00 – 9:55 a.m.	9:00 – 9:55 a.m.	9:00 – 9:55 a.m.	9:00 – 9:55 a.m.	9:00 – 9:55 a.m.		
<b>Fitness Swim</b>	7:30 – 9:00 a.m. 9:00 – 11:30 a.m.* 9:00 – 10:00 p.m.*	7:30 – 9:00 a.m. 9:00 – 10:30 a.m.* 10:30 – 1:00 p.m.**	7:30 – 9:00 a.m. 9:00 – 11:30 a.m.* 9:00 – 10:00 p.m.*	7:30 – 9:00 a.m. 9:00 – 10:30 a.m.* 10:30 – 1:00 p.m.** 9:00 – 10:00 p.m.	7:30 – 9:00 a.m. 9:00 – 10:00 a.m.* 11:30 – 1:00 p.m.	11:30 – 12:30 p.m.*	11:30 – 12:30 p.m.*
<b>Public Swim</b>	10:15 – 11:30 a.m. <i>Note: Half pool, 1m diving board only</i>				7:45 – 8:45 p.m.	2:30 – 4:00 p.m.	2:15 – 3:45 p.m.

\* 3 Lanes Available

\*\* 4 Lanes Available

**Note: Facilities will operate on an alternative schedule for Family Day programs.**