

# Rec. Pool Schedule

## July 2 - September 5, 2010

*The pool will be closed June 28-30 for annual maintenance.*

*The F.T. Sherk Fitness & Aquatic Centre will be closed on Thursday, July 1st (Canada Day), Monday, August 2nd (Civic Holiday) and Monday, September 6th (Labour Day)*

### 25 Metre Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:30 - 8:30 am	Lane Swim 6:30 - 8:30 am	Lane Swim 6:30 - 8:30 am	Lane Swim 6:30 - 8:30 am	Lane Swim 6:30 - 8:30 am	Lane Swim 8 - 9 am
Birthday Party Rentals 11:30 am - 1 pm Call 519-322-2337		55+ Swim 11 am - 12 noon		55+ Swim 11 am - 12 noon	*one lane available during Aqua Fitness 11 - 12 pm	Birthday Party Rentals 11:30 am - 1 pm Call 519-322-2337
	Lane Swim 12 noon - 1 pm	Lane Swim 12 noon - 1 pm	Lane Swim 12 noon - 1 pm	Lane Swim 12 noon - 1 pm	Lane Swim 12 noon - 1 pm	
Open Swim 1 - 3 pm *one lane available	*one lane available during Day Camp 1 - 3 pm	*one lane available during Day Camp 1 - 3 pm	*one lane available during Day Camp 1 - 3 pm	*one lane available during Day Camp 1 - 3 pm	*one lane available during Day Camp 1 - 3 pm	Open Swim 1 - 3 pm *one lane available
<b>LEGEND</b>  <div style="display: flex; flex-direction: column; gap: 5px;"> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: #cccccc; border: 1px solid black; margin-right: 5px;"></span> Rec. Swim</div> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: #add8e6; border: 1px solid black; margin-right: 5px;"></span> Lessons/ Programs</div> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: #ffffff; border: 1px solid black; margin-right: 5px;"></span> Rentals</div> </div>	Open Swim 3 - 5 pm *one lane available	Open Swim 3 - 5 pm *one lane available	Open Swim 3 - 5 pm *one lane available	Open Swim 3 - 5 pm *one lane available	Open Swim 3 - 5 pm *one lane available	
	Family Swim 7 - 8 pm *one lane available	*one lane available during Aqua Fitness 7 - 8 pm	Family Swim 7 - 8 pm *one lane available	*one lane available during Aqua Fitness 7 - 8 pm	Open Swim 7 - 9 pm *one lane available	
<i>*one lane available for (circle) swimming.</i>						

**Aquatic Programs**

### Tot & Leisure Pools

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family Swim 6:30 - 8:30 am	Family Swim 6:30 - 8:30 am	Family Swim 6:30 - 8:30 am	Family Swim 6:30 - 8:30 am	Family Swim 6:30 - 8:30 am	
Birthday Party Rentals 11:30 am - 1 pm Call 519-322-2337	Family Swim 11:15 am - 1 pm	Family Swim 12 noon - 1 pm	Family Swim 11:15 am - 1 pm	Family Swim 12 noon - 1 pm	Family Swim 11:15 am - 1 pm	Birthday Party Rentals 11:30 am - 1 pm Call 519-322-2337
	Open Swim 1 - 3 pm	Open Swim 3 - 5 pm	Open Swim 3 - 5 pm	Open Swim 3 - 5 pm	Open Swim 3 - 5 pm	
		Family Swim 6 pm - 8 pm		Family Swim 7 - 8 pm	Open Swim 7 - 9 pm	

### Rec. Swim Admittance Policy (for Open Swim times and Family Swim times)

Your safety is our main concern. We know it is your main concern as well. To make our facilities as safe as possible, children 7 years and under must be accompanied in the water AND be within arms reach of a parent or person 14 years of age or older. The ratio of children 7 and under per adult is 3 to 1. This policy is referred to as the "Within Arms Reach" Policy and applies to all pools during rec. swim times.

**Medical Conditions:** Participants with serious medical conditions (especially seizure disorders) should be accompanied by another person knowledgeable of their condition.  
**Health & Safety Regulations - water participants must enter pool area through the showers and are required to take a shower before entering the pool.** Board of Health Regulations state that no street shoes are allowed on the pool deck - beyond the blue line.

**Open Swim:** Your safety is our main concern, we know it is your main concern as well. To make our facilities as safe as possible, the "Within Arms Reach Policy" applies.

**Lane Swim:** Lanes are set up for continuous swimming. Please be courteous and share your lane. Circle swimming is required (swim up one side of the lane and down the other).

**\*One Lane Available:** One lane swim available during program or rec swim times. Lane available for swimming lengths only. Circle swimming is required.

**Adult Swim:** Adult (14 years and over) only.

**55+ Swim:** A quiet time reserved for participant's age 55 years and older.

**Family Swim:** Children of all ages must be accompanied by an adult in the water at all times.

**Tot Pool:** A shallow pool. Approximately 7m x 3m. Great for preschool aged participants. "Within Arms Reach Policy" applies.

**Leisure Pool:** A warmer pool attached to the main pool. "Within Arms Reach Policy" applies.