

# Pools

## Aquatics

The City of Greater Sudbury's comprehensive swimming programs offer something for everyone, including recreational swimming, registered programs, private lessons, aquatic leadership and specialty programs. We invite you to join us at one of our five municipally-owned pools. Register for one of our many aquatic programs and have a splash!

Please note that the City of Greater Sudbury is in affiliation with the Lifesaving Society. All swimming and leadership course content is derived from the worksheets put forward from the Lifesaving Society.

## Lifesaving Swimming Courses – Descriptions

### Parents and Tots (4 months to 3 years old)

Spend quality time with your child while you both have fun learning and socializing. Through structured in-water interaction between parent and child, we stress the importance of play in developing positive attitudes and skills in the water. We provide Lifesaving Society Water Smart tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

**Prerequisites:** 4 months old

### Preschool Swim Lessons (3 years to 5 years old)

Preschool 1 to 5: Swim and safety skills designed specifically to meet the needs of the preschool swimmer. The program that makes sure your kids are "Water Smart" before they get in too deep! Parents of preschoolers are not permitted to stay on pool deck. The class length is 30 minutes.

### Preschool 1

With the help of our qualified instructors, these preschoolers will have fun learning to get in and out of the water. We will help them jump into shallow water. They will try floats and glides on their front and their back, and will learn the importance of wearing a Personal Flotation Device. They will also learn to get their face wet and blow bubbles underwater.

**Prerequisite:** Be 3 years old prior to the first class.

### Preschool 2

These preschoolers will learn to jump into shallow water by themselves, and get in and get out of the pool while wearing a Personal Flotation Device. They will submerge and exhale underwater. The preschoolers will also learn to swim with a buoyant aid; more specifically they will work on moving through the water kicking their feet while on their front and back.

**Prerequisite:** Be 3 years old prior to the first class and be comfortable in the water.

### Preschool 3

These youngsters will jump into chest-deep water and into deep water wearing a Personal Flotation Device. They will learn to swim distances of 3 to 5 meters on their front and back as well as on their own. They will also be taught to recover objects from the bottom of the pool.

**Prerequisite:** Preschool 2

### Preschool 4

Advanced preschoolers will learn to do solo jumps into deeper water, return and exit by themselves. They will learn to support themselves at the surface of the water, open their eyes underwater and recover objects from the bottom in deeper water. They will also master the front crawl to distances between 3 to 5 meters and become more comfortable swimming on their back for distances between 8 and 10 meters.

**Prerequisite:** Preschool 3

### Preschool 5

While wearing a Personal Flotation Device, these youngsters get more adventurous with sideways entries into the pool; front and back floats with rollovers and holding their breath underwater for up to 5 seconds! They will work on longer distances (5 to 10 meters) for front crawl swims and get a giggle out of whip kick. They will also learn back crawl to distances between 3 and 5 meters.

**Prerequisite:** Preschool 4

### Preschool Fitness

The Preschool Fitness instructor will teach a variety of kicking interval training; swimming interval training; 100-meter workout, endurance, proper technique for front and back crawl and introduce whip kick.

**Prerequisite:** Preschool 5

### Swimmer Swim Lessons

This program focuses on lots of in-water practice to develop solid swimming strokes and skills. Water Smart education is part of every level. Your children learn how to swim and make water-smart choices before they get in too deep! Class length is 45 minutes for children 6 to 12 years.

### Swimmer 1

These beginners will become comfortable jumping into the water with and without a Personal Flotation Device. They will learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom. They will learn to glide on their front and back as well as kick on their front and back to distances between 3 and 5 meters.

**Prerequisite:** Be 6 years old prior to the first class. Children who have completed Preschool 1, Preschool 2 or Preschool 3 must start in Swimmer 1 after turning 6 years old.

### Swimmer 2

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They will be able to support themselves at the surface without an aid, learn whip kick, and swim the front and back crawl to distances of 10 to 15 meters. They will also learn how to turn over from front to back and vice versa.

**Prerequisite:** Be 6 years old prior to the first class and have completed Swimmer 1, Preschool 4 or Preschool 5.

### Swimmer 3

These junior swimmers will learn to dive and roll into the water. The new bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They will work on the proper mechanics for front and back crawl over short distances, and perform interval training 4 times 25 meters using flutter kick with a 15-20 second rest between the 25-meter swims to improve endurance. The swimmers will also attempt to perform the Canadian Swim to Survive standards and learn whip kick on their back.

**Prerequisite:** Swimmer 2

### Swimmer 4

These intermediate swimmers will refine their diving skills. They will wrestle with whip kick, this time learning to perform the kick on their front. They will also learn the next step in breaststroke by practicing drills to work on their breaststroke arms. They will learn to swim underwater and tread water for 2 minutes. As well as learning new skills, they will build their endurance. For this level, swimmers will perform interval training four times 25 meters using front or back crawl with 15-20 second rests between each swim.

**Prerequisite:** Swimmer 3

# Pools

## Swimmer 5

These swimmers will master shallow dive entries and cannonballs, as well as wrestle with the eggbeater kick. They will refine their front and back crawl with over 50-meter swims of each. They will also put together the whip kick and breaststroke arms to perform the breaststroke. Then they will pick up the pace in 25-meter sprints. They will also perform interval training four times 50 meters using front or back crawl.

**Prerequisite:** Swimmer 4

## Swimmer 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries, stride entry into deep water and the eggbeater kick on their back to distances between 10 and 15 meters. They will learn the scissor kick and build on their endurance for front crawl, back crawl and breaststroke. They will also perform interval training and 300-meter workouts.

**Prerequisite:** Swimmer 5

## Rookie Patrol (Swimmer 7)

This program features a timed 100-meter swim, 350-meter workouts and swims with clothes. A work-hard / play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour. They will also learn basic First Aid skills.

**Prerequisite:** Swimmer 6

## Ranger Patrol (Swimmer 8)

This program features a timed 200-meter swim, 100-meter fitness medley and support while carrying a 5-pound weight. The content of this program is challenging but, with effort, achievable! Skill drills enhance capability in the water including a non-contact rescue.

**Prerequisite:** Rookie Patrol (Swimmer 7)

## Star Patrol (Swimmer 9)

This program features a timed 300-meter swim, 3 x 600-meter workouts, swim with clothes, defence methods, as well as the support and carry of a 10-pound weight. Swimmers will also be introduced to scene assessment, towing rescue and victim removal.

**Prerequisite:** Ranger Patrol (Swimmer 8)

## Fitness Swimmer

The Fitness Swimmer instructor will teach a variety of stretches for swimmers, use a pace clock and times, kicking interval training, swimming interval training, 300-meter workout, workout design, as well as distance swim and sprint swim.

**Prerequisite:** Swimmer 3

## Adult Lessons

Participants will be grouped by experience and ability and instructed the Lifesaving Learn to Swim Program at their own pace or based on what they want to learn. Encouragement from peers is a fabulous motivator.

## Aquafitness

Aquafitness includes Aquacise, Pool Therapy, Deep Water Aquacise, and Aquatic Boot Camp. The classes are 45 minutes unless otherwise specified. Call your local pool to find out what programs are offered. Aquafitness programs may share the pool with another program taking place at the same time.

## Leadership Swimming Courses

Interested in enhancing your skills or becoming a lifeguard and/or swim and lifesaving instructor? The City of Greater Sudbury offers the Aquatic Leadership Programs you will need to reach your goal and maintain your certification.

## Bronze Star

Participants develop problem-solving and decision-making skills individually and in pairs. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a 400-meter swim.

**Prerequisite:** Swimmer 6 or Swim Patrol Program (Rookie, Ranger and Star)

## Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education – judgment, knowledge, skill and fitness. Rescuers learn tows and carries, defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500-meter timed swim (15 minutes). The final exam is evaluated by a Lifesaving Society examiner. Candidates will also be examined and certified in Lifesaving Society's Emergency First Aid and CPR "B".

**Prerequisite:** Bronze Star or 13 years old

## Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard Service and Lifesaving Instructor certification. Includes a timed 600-meter swim (18 minutes). The final exam is evaluated by a Lifesaving Society examiner.

**Prerequisite:** Bronze Medallion and Emergency First Aid & CPR "B"

## National Lifeguard Service

NLS training builds on the fundamental skills, knowledge and values of the Society taught in the lifesaving awards to develop the practical skills and knowledge required by lifeguards. National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The NLS program is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. 100% attendance is mandatory. The final exam is evaluated by a Lifesaving Society examiner.

**Prerequisite:** 16 years old (prior to exam date) and Bronze Cross (need not be current) and a current Standard First Aid & CPR "C" Certification (must be a certification from one of the following: Lifesaving Society, St John's Ambulance, Canadian Red Cross or Ski Patrol).

## Lifesaving and Swim Instructor

The Lifesaving Society Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. 100% attendance is mandatory.

**Prerequisite:** 16 years old by course end date and Bronze Cross (need not be current)

## First Aid and CPR Certification / Recertification

This course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, artificial respiration, CPR, and what to do for choking, external bleeding, heart attack, and stroke.

**Prerequisite:** None

# Pools

## Pool Locations and Contact Information

For pool locations and contact information, please see the Facilities Contact List.

### All City of Greater Sudbury swimming pools will be closed for the following holidays:

- September 3, Labour Day
- October 8, Thanksgiving Day
- November 11, Remembrance Day
- December 25, Christmas Day
- December 26, Boxing Day
- January 1, New Year's Day
- February 18, Family Day
- March 29, Good Friday
- April 1, Easter Monday

## Holiday Schedule

### Christmas Schedule:

December 17 to December 31, 2012

### Pools are closed

December 25, 26 and January 1.

### March Break Schedule:

March 11 to 15, 2013

Please contact individual pools for Christmas and March Break swim times.

**Note:** The City of Greater Sudbury follows admission standards set out by the Sudbury and District Health Unit

## Public Swimming Fees

	Individual Pass	10-Visit Pass	3-Month Pass
Adult:	\$4.75	\$40.00	\$88.00
Student/Child:	\$3.75	\$34.00	\$68.00
Senior:	\$3.75	\$34.00	\$68.00
Family:	\$10.00	\$79.00	\$156.00

**Adults:** 18 years to 54 years

**Student/Child:** 17 years and younger

**Senior:** 55 years and older

**Students must show a valid student card.**

**Note:** The 3-month swim pass is not available at the Howard Armstrong Recreation Centre.

## Public Swimming (commencing August 27)

	Gatchell 705-688-3905	Howard Armstrong 705-688-3906	Nickel District 705-688-3907	Onaping 705-688-3908	R. G. Dow 705-688-3909
<b>Public Swim</b>	Mon. 9:00-9:55 a.m. Mon. 7:30-8:25 p.m. Tue. 9:00-9:55 a.m. Wed. 9:00-9:55 a.m. Wed. 7:30-8:25 p.m. Thu. 9:00-9:55 a.m. Fri. 9:00-9:55 a.m. Fri. 7:30-8:25 p.m.	Mon. 7:30-8:25 p.m. Tue. 12:00-12:55 p.m. Wed. 7:30-8:25 p.m. Thu. 12:00-12:55 p.m. Sat. 6:00-7:25 p.m. Sun. 1:00-2:25 p.m.	Fri. 6:30-7:55 p.m. Sun. 1:00-2:25 p.m.	Mon. 12:00-12:55 p.m. Tue. 9:00-9:55 a.m. Tue. 7:00-7:55 p.m. Wed. 12:00-12:55 p.m. Thu. 9:00-9:55 a.m. Thu. 7:00-7:55 p.m. Fri. 10:00-10:55 a.m. Sat. 1:00-2:55 p.m.	Tue. 1:00-1:55 p.m. Wed. 7:00-7:55 p.m. Thu. 1:00-1:55 p.m. Sun. 2:30-3:55 p.m.
<b>Family Swim</b> (all children must be accompanied in the water by an adult)	Wed. 2:00-2:55 p.m. Fri. 6:00-7:25 p.m. Sat. 1:00-2:25 p.m.	Tue. 7:00-7:55 p.m. Thu. 7:00-7:55 p.m. Fri. 6:00-7:25 p.m. Sun. 2:30-3:25 p.m.	Tue. 12:00-12:55 p.m. Thu. 12:00-12:55 p.m. Sun. 2:30-3:55 p.m.	Tue. 10:00-10:55 a.m. Fri. 6:00-7:55 p.m.	Fri. 6:30-7:55 p.m. Sun. 1:00-2:25 p.m.
<b>Adult Swim</b>	Mon. 12:00-12:55 p.m. Mon. 8:30-9:25 p.m. Tue. 12:00-12:55 p.m. Wed. 12:00-12:55 p.m. Wed. 8:30-9:25 p.m. Thu. 12:00-12:55 p.m. Thu. 7:30-8:25 p.m. Fri. 12:00-12:55 p.m. Fri. 8:30-9:25 p.m.	Mon. 9:00-9:55 a.m. Mon. 12:00-12:55 p.m. Mon. 8:30-9:25 p.m. Wed. 9:00-9:55 a.m. Wed. 12:00-12:55 p.m. Wed. 8:30-9:25 p.m. Fri. 9:00-9:25 a.m. Fri. 12:00-12:55 p.m. Fri. 8:30-9:25 p.m.	Mon. 9:00-9:55 a.m. Mon. 12:00-12:55 p.m. Mon. 8:30-9:25 p.m. Tue. 9:00-9:55 a.m. Tue. 8:00-8:55 p.m. Wed. 9:00-9:55 a.m. Wed. 12:00-12:55 p.m. Wed. 8:30-9:25 p.m. Thu. 9:00-9:55 a.m. Thu. 8:30-9:25 p.m. Fri. 9:00-9:55 a.m. Fri. 12:00-12:55 p.m. Fri. 9:00-9:55 p.m.	Mon. 8:00-8:55 p.m. Wed. 1:00-1:55 p.m. Wed. 8:00-8:55 p.m. Sat. 12:00-12:55 p.m. Senior Swim Tue. 11:00-11:55 a.m. Thu. 11:00-11:55 a.m.	Mon. 9:00-9:55 a.m. Mon. 12:00-12:55 p.m. Tue. 9:00-9:55 a.m. Tue. 12:00-12:55 p.m. Tue. 8:00-8:55 p.m. Wed. 9:00-9:55 a.m. Wed. 12:00-12:55 p.m. Thu. 9:00-9:55 a.m. Thu. 12:00-12:55 p.m. Thu. 8:00-8:55 p.m. Fri. 9:00-9:55 a.m. Fri. 12:00-12:55 p.m.
<b>Lane Swim</b>		Mon. 8:00-8:55 a.m. Tue. 9:00-9:55 a.m. Tue. 8:45-9:25 p.m. Wed. 8:00-8:55 a.m. Thu. 9:00-9:55 a.m. Thu. 8:45-9:25 p.m. Sun. 10:00-10:55 a.m.			
<b>Female-Only Swim</b>	Wed. 1:00-1:55 p.m. Sat. 4:00-4:55 p.m.				
<b>Special Needs Swim</b>			Tue. 7:00-7:55 p.m.		Wed. 11:00-11:55 a.m.

# Pools

## Swimming Lessons

### Pool Rentals

All pool rentals include 2 lifeguards.

All pool rentals require evidence of insurance in accordance with the City's insurance policy.

**Gatchell, Nickel District, R.G. Dow, Howard Armstrong Recreation Centre rental,**  
per occasion (50 minutes) .....\$128.00

**Onaping Pool rental,**  
per occasion (50 minutes) .....\$66.00

### Session Dates

**Fall Session:** August 27 to October 21

**Late Fall Session:** October 22 to December 16

**Winter Session:** January 2 to February 24

**Late Winter Session:** February 25 to April 21

### Howard Armstrong Registration Dates

Fall Session (September to October):

Week of Monday, August 20

Late Fall Session (November to December):

Week of Monday, October 15

Winter Session (January to February):

Week of Monday, December 10

Late Winter Session (March to April):

Week of Tuesday, February 19

Onaping Pool swimming will start on August 27.

## Aquatic Program Fees

**Gym & Swim** .....\$81.00  
(one 1-hour lesson per week for 8 weeks)

**Parents and Tots** .....\$71.00  
(one 30-minute lesson per week for 8 weeks)

**Preschool 1 to 5** .....\$71.00  
(one 30-minute lesson per week for 8 weeks)

**Swimmer 1 to 6** .....\$71.00  
(one 45-minute lesson per week for 8 weeks)

**Swimmer 7 (Rookie), Swimmer 8 (Ranger), Swimmer 9 (Star)** .....\$71.00  
(one 45-minute lesson per week for 8 weeks)

**Private** .....\$102.00  
(three 30-minute lessons)

**Semi-Private** .....\$102.00  
(six 30-minute lessons)

**Note:** Families enrolling more than two children qualify for a 50% discount for additional children (offer excludes adult and leadership lifesaving programs, semi-private and private lessons).

**Note:** Individuals unable to participate in group lessons due to special needs may enrol in private or semi-private lessons at group rate.

## Lifesaving Society Program Fees:

(one lesson per week for 8 weeks)

**Bronze Star** .....\$76.00

**Bronze Medallion** .....\$127.00

**Bronze Cross** .....\$129.00

**Fitness Swimmer** .....\$76.00

**Teen Lessons** .....\$76.00

**Adult Lessons** .....\$80.50

## Advanced Classes

– Inquire at facility for dates and times

National Lifeguard Service: .....\$220.00

Lifesaving Society Instructor

& Swim Instructor Course: .....\$220.00

Lifesaving Society Standard

First Aid with CPR "C": .....\$111.00

Lifesaving Society Standard First Aid with CPR "C" Re-certification: .....\$76.00

**Note:** Manuals are not included in the price of leadership courses. Please enquire at pool.

**Programs identified with (Fr.) provide instruction in French.**

	<b>Gatchell 705-688-3905</b>	<b>Howard Armstrong 705-688-3906</b>	<b>Nickel District 705-688-3907</b>	<b>Onaping 705-688-3908</b>	<b>R. G. Dow 705-688-3909</b>
<b>Gym &amp; Swim</b> (1 to 3 years)*		Tue. 9:15-10:30 a.m. Sat. 9:00-10:00 a.m. (Half hour in gym and half hour in pool)			
<b>Parents and Tots</b> (4 months to 3 years)**	Wed. 6:00 p.m. Fri. 11:00 a.m. Sat. 9:00 a.m. Sat. 11:30 a.m.	Mon. 6:30 p.m. Tue. 10:30 a.m. Wed. 6:30 p.m. Thu. 2:00 p.m. Thu. 6:30 p.m. Sat. 9:00 a.m. Sat. 12:15 p.m.	Mon. 1:00 p.m. Tue. 11:00 a.m. Tue. 5:30 p.m. Sat. 9:00 a.m. Sat. 10:30 a.m.	Thu. 6:00 p.m. Fri. 11:00 a.m.	Mon. 11:00 a.m. Tue. 6:00 p.m. Thu. 11:00 a.m. Thu. 5:30 p.m. Sat. 9:00 a.m. Sat. 9:30 a.m.
<b>Preschool 1</b> (3 to 5 years)	Tue. 4:00 p.m. Wed. 6:00 p.m. Thu. 4:30 p.m. Thu. 6:30 p.m. Fri. 11:30 a.m. Sat. 9:30 a.m. Sat. 10:45 a.m.	Mon. 5:30 p.m. Mon. 7:00 p.m. (Fr.) Tue. 10:00 a.m. Tue. 5:00 p.m. (Fr.) Tue. 5:45 p.m. Wed. 5:30 p.m. (Fr.) Wed. 6:00 p.m. Thu. 5:00 p.m. Sat. 9:00 a.m. (Fr.) Sat. 10:00 a.m. Sat. 11:15 a.m.	Mon. 1:00 p.m. Tue. 11:00 a.m. Tue. 5:30 p.m. Wed. 4:30 p.m. Wed. 5:00 p.m. Thu. 4:30 p.m. Thu. 5:45 p.m. Sat. 9:00 a.m. Sat. 10:00 a.m. Sat. 11:15 a.m.	Tue. 5:30 p.m. Thu. 6:30 p.m. Fri. 11:30 a.m. Sat. 10:00 a.m.	Mon. 5:00 p.m. Mon. 6:30 p.m. Tue. 11:00 a.m. Tue. 4:30 p.m. Tue. 5:30 p.m. Wed. 6:30 p.m. Thu. 6:00 p.m. Fri. 6:00 p.m. Sat. 9:00 a.m. Sat. 10:00 a.m. Sat. 11:30 a.m.

\* Regular diapers are not allowed in the pool.

\*\* Regular diapers are not allowed in the pool. Parent must accompany child in pool.

# Pools

	<b>Gatchell 705-688-3905</b>	<b>Howard Armstrong 705-688-3906</b>	<b>Nickel District 705-688-3907</b>	<b>Onaping 705-688-3908</b>	<b>R. G. Dow 705-688-3909</b>
<b>Preschool 2</b> (3 to 5 years)	Mon. 2:30 p.m. Mon. 4:30 p.m. Tue. 3:30 p.m. Thu. 4:30 p.m. Thu. 6:30 p.m. Fri. 11:00 a.m. Sat. 9:00 a.m. Sat. 10:45 a.m.	Mon. 6:00 p.m. Mon. 7:00 p.m. (Fr.) Tue. 10:00 a.m. Tue. 5:45 p.m. Tue. 6:00 p.m. (Fr.) Wed. 5:30 p.m. (Fr.) Wed. 6:15 p.m. Wed. 7:00 p.m. Thu. 5:30 p.m. Sat. 9:30 a.m. (Fr.) Sat. 10:00 a.m. Sat. 10:45 a.m. Sat. 11:45 a.m.	Mon. 1:30 p.m. Tue. 11:30 a.m. Tue. 4:30 p.m. Tue. 5:00 p.m. Wed. 5:00 p.m. Wed. 6:00 p.m. Thu. 4:30 p.m. Thu. 5:45 p.m. Sat. 9:00 a.m. Sat. 9:30 a.m. Sat. 10:00 a.m. Sat. 11:45 a.m.	Mon. 4:00 p.m. Wed. 4:45 p.m. Sat. 9:30 a.m.	Mon. 11:30 a.m. Mon. 4:30 p.m. Mon. 5:45 p.m. Tue. 4:00 p.m. Tue. 5:00 p.m. Tue. 6:00 p.m. Wed. 5:00 p.m. Wed. 6:30 p.m. Thu. 11:30 a.m. Thu. 5:30 p.m. Fri. 4:00 p.m. Sat. 9:00 a.m. Sat. 9:30 a.m. Sat. 10:15 a.m.
<b>Preschool 3</b> (3 to 5 years)	Tue. 5:00 p.m. Wed. 4:00 p.m. Wed. 5:45 p.m. Thu. 4:30 p.m. Thu. 6:15 p.m. Fri. 11:30 a.m. Sat. 9:45 a.m. Sat. 11:30 a.m.	Mon. 5:30 p.m. Mon. 6:00 p.m. (Fr.) Tue. 10:00 a.m. Tue. 5:00 p.m. (Fr.) Tue. 6:30 p.m. Wed. 5:30 p.m. Wed. 6:00 p.m. (Fr.) Wed. 7:00 p.m. Thu. 5:00 p.m. Thu. 5:30 p.m. (Fr.) Thu. 6:00 p.m. Sat. 9:30 a.m. Sat. 10:00 a.m. (Fr.) Sat. 10:30 a.m. Sat. 11:30 a.m. Sat. 1:00 p.m.	Mon. 1:30 p.m. Tue. 11:30 a.m. Tue. 4:30 p.m. Tue. 6:30 p.m. Wed. 4:30 p.m. Wed. 6:00 p.m. Thu. 4:30 p.m. Thu. 5:45 p.m. Sat. 9:30 a.m. Sat. 10:00 a.m. Sat. 11:15 a.m.	Mon. 4:30 p.m. Tue. 6:30 p.m. Wed. 5:15 p.m. Thu. 5:30 p.m. Sat. 9:00 a.m.	Mon. 6:00 p.m. Tue. 11:30 a.m. Tue. 4:00 p.m. Tue. 6:30 p.m. Wed. 4:30 p.m. Wed. 5:30 p.m. Thu. 6:30 p.m. Fri. 5:30 p.m. Sat. 10:45 a.m. Sat. 11:30 a.m.
<b>Preschool 4</b> (3 to 5 years)	Wed. 4:30 p.m. Thu. 5:00 p.m. Sat. 10:15 a.m. Sat. 12:15 p.m.	Mon. 5:30 p.m. (Fr.) Mon. 7:00 p.m. Tue. 10:30 a.m. Tue. 5:00 p.m. Tue. 5:30 p.m. (Fr.) Wed. 6:30 p.m. (Fr.) Wed. 7:00 p.m. Thu. 5:00 p.m. Thu. 5:45 p.m. (Fr.) Sat. 10:30 a.m. Sat. 11:30 a.m. (Fr.)	Tue. 4:30 p.m. Tue. 5:00 p.m. Wed. 4:30 p.m. Wed. 5:30 p.m. Sat. 9:00 a.m. Sat. 11:15 a.m.	Mon. 5:45 p.m.	Mon. 5:30 p.m. Tue. 6:30 p.m. Wed. 4:30 p.m. Fri. 6:00 p.m. Sat. 9:45 a.m.
<b>Preschool 5</b> (3 to 5 years)	Wed. 4:45 p.m. Thu. 5:15 p.m. Sat. 10:15 a.m.	Mon. 7:00 p.m. Tue. 6:30 p.m. (Fr.) Thu. 5:45 p.m. Thu. 6:30 p.m. (Fr.) Sat. 9:00 a.m. Sat. 11:30 a.m. (Fr.)	Tue. 6:00 p.m. Thu. 4:30 p.m. Sat. 9:30 a.m.	Tue. 6:00 p.m.	Tue. 4:00 p.m. Wed. 6:00 p.m. Thu. 5:30 p.m. Sat. 9:30 a.m.
<b>Preschool Fitness</b> (3 to 5 years)		Mon. 6:15 p.m. Wed. 7:00 p.m.			
<b>Swimmer 1</b> (6+ years)	Tue. 4:30 p.m. Wed. 4:00 p.m. Thu. 5:45 p.m. Sat. 9:00 a.m. Sat. 10:45 a.m.	Mon. 5:30 p.m. Mon. 6:30 p.m. Tue. 5:45 p.m. Tue. 6:15 p.m. (Fr.) Wed. 5:30 p.m. Thu. 5:00 p.m. Thu. 6:00 p.m. (Fr.) Sat. 11:00 a.m. Sat. 12:15 p.m. Sat. 1:00 p.m. (Fr.)	Tue. 4:30 p.m. Tue. 6:15 p.m. Wed. 5:45 p.m. Thu. 5:00 p.m. Sat. 9:30 a.m. Sat. 11:45 a.m.	Tue. 4:45 p.m. Wed. 4:00 p.m. Thu. 4:45 p.m.	Mon. 5:00 p.m. Tue. 4:30 p.m. Wed. 5:45 p.m. Thu. 6:00 p.m. Fri. 4:45 p.m. Sat. 10:00 a.m.

# Pools

	<b>Gatchell</b> <b>705-688-3905</b>	<b>Howard Armstrong</b> <b>705-688-3906</b>	<b>Nickel District</b> <b>705-688-3907</b>	<b>Onaping</b> <b>705-688-3908</b>	<b>R. G. Dow</b> <b>705-688-3909</b>
<b>Swimmer 2</b> (6+ years)	Tue. 4:30 p.m. Wed. 4:30 p.m. Wed. 5:15 p.m. Thu. 5:00 p.m. Sat. 9:30 a.m. Sat. 11:30 a.m. Sat. 12:00 p.m.	Mon. 6:15 p.m. Tue. 5:00 p.m. Tue. 5:30 p.m. (Fr.) Tue. 6:15 p.m. Wed. 5:30 p.m. Wed. 6:00 p.m. (Fr.) Thu. 5:00 p.m. (Fr.) Thu. 6:15 p.m. Sat. 10:30 a.m. (Fr.) Sat. 12:30 p.m. Sat. 1:15 p.m.	Tue. 5:15 p.m. Tue. 6:15 p.m. Wed. 5:45 p.m. Thu. 5:00 p.m. Sat. 10:15 a.m. Sat. 11:45 a.m.	Mon. 5:00 p.m. Wed. 5:45 p.m. Sat. 10:30 a.m.	Mon. 4:30 p.m. Mon. 6:00 p.m. Tue. 5:15 p.m. Wed. 5:15 p.m. Thu. 6:15 p.m. Fri. 4:00 p.m. Sat. 9:00 a.m. Sat. 10:45 a.m.
<b>Swimmer 3</b> (6+ years)	Tue. 5:15 p.m. Wed. 5:00 p.m. Wed. 5:30 p.m. Thu. 5:00 p.m. Sat. 10:00 a.m. Sat. 12:15 p.m.	Mon. 5:30 p.m. Mon. 6:15 p.m. (Fr.) Tue. 5:00 p.m. Tue. 6:00 p.m. Wed. 6:45 p.m. (Fr.) Thu. 5:45 p.m. Thu. 6:15 p.m. (Fr.) Sat. 9:00 a.m. (Fr.) Sat. 9:45 a.m., 1:15 p.m.	Tue. 5:00 p.m. Tue. 6:15 p.m. Wed. 4:30 p.m. Thu. 5:00 p.m. Sat. 10:30 a.m. Sat. 11:45 a.m.	Tue. 4:00 p.m. Wed. 6:30 p.m.	Mon. 6:15 p.m. Tue. 5:15 p.m. Wed. 4:30 p.m. Fri. 4:30 p.m. Sat. 10:30 a.m.
<b>Swimmer 4</b> (6+ years)	Tue. 4:15 p.m. Wed. 5:45 p.m. Thu. 4:30 p.m. Sat. 10:45 a.m.	Mon. 5:30 p.m. (Fr.) Mon. 6:45 p.m. Tue. 6:15 p.m. Wed. 6:15 p.m. Thu. 5:00 p.m. (Fr.) Sat. 9:00 a.m. Sat. 9:45 a.m. (Fr.) Sat. 12:00 p.m.	Tue. 5:30 p.m. Wed. 5:00 p.m. Sat. 10:30 a.m.	Thu. 4:00 p.m. Sat. 11:15 a.m.	Mon. 4:15 p.m. Wed. 5:00 p.m. Fri. 5:15 p.m. Sat. 10:00 a.m.
<b>Swimmer 5</b> (6+ years)	Tue. 5:15 p.m. Wed. 5:15 p.m. Thu. 5:45 p.m. Sat. 11:15 a.m.	Mon. 6:45 p.m. Tue. 5:30 p.m. Wed. 5:30 p.m. Thu. 5:30 p.m. Sat. 9:00 a.m.	Tue. 6:15 p.m. Thu. 5:00 p.m. Sat. 11:00 a.m.	Wed. 7:15 p.m.	Mon. 5:15 p.m. Wed. 6:00 p.m. Fri. 4:00 p.m. Sat. 11:15 a.m.
<b>Swimmer 6</b> (6+ years)	Tue. 5:15 p.m. Wed. 5:15 p.m. Thu. 6:15 p.m. Sat. 11:30 a.m.	Mon. 6:15 p.m. Wed. 6:15 p.m. Thu. 6:15 p.m. Sat. 9:45 a.m. Sat. 11:15 a.m.	Tue. 6:15 p.m. Thu. 5:00 p.m. Sat. 11:00 a.m.	Mon. 6:15 p.m.	Tue. 4:30 p.m. Thu. 5:30 p.m. Sat. 10:45 a.m.
<b>Swimmer 7</b> <b>(Rookie)</b> (6+ years)	Wed. 4:30 p.m. Sat. 12:00 p.m.	Tue. 6:15 p.m. Sat. 1:00 p.m.	Thu. 5:45 p.m. Sat. 12:30 p.m.		Tue. 6:00 p.m. Fri. 4:45 p.m. Sat. 11:15 a.m.
<b>Swimmer 8</b> <b>(Ranger)</b> (6+ years)	Thu. 5:45 p.m. Sat. 9:45 a.m.	Wed. 6:45 p.m. Sat. 10:30 a.m.	Thu. 5:45 p.m. Sat. 12:30 p.m.		Tue. 6:00 p.m. Fri. 4:45 p.m. Sat. 11:15 a.m.
<b>Swimmer 9</b> <b>(Star)</b> (6+ years)	Thu. 4:45 p.m. Sat. 9:45 a.m.	Mon. 5:30 p.m. Sat. 1:00 p.m.	Sat. 12:30 p.m.	Mon. 7:00 p.m.	Tue. 6:00 p.m. Fri. 4:45 p.m. Sat. 11:15 a.m.
<b>Bronze Star</b>	Thu. 4:30 p.m. Sat. 9:00 a.m.	Sat. 10:30 a.m.	Fri. 5:30 p.m.		Thu. 6:00 p.m.
<b>Bronze Medallion and Emergency First Aid/CPR 'B'***</b>	Sun. 9:00 a.m.	Sun. 5:15-7:45 p.m.			Sat. 12:00-2:30 p.m. (Sept. 1 to Oct. 20)
***12 years old with Bronze Star, or 13 years old with no Bronze Star. Minimum of 6 participants required.					
<b>Bronze Cross</b> (min. 6 participants)	Sun. 9:00 a.m.	Sun. 5:15-7:45 p.m.			Sat. 12:00-2:30 p.m. (Oct. 27 to Dec. 15)
<b>National Lifeguard Service</b> (16+ yrs.)	Sun. 10:00 a.m.-3:00 p.m.				

# Pools

	<b>Gatchell</b> 705-688-3905	<b>Howard Armstrong</b> 705-688-3906	<b>Nickel District</b> 705-688-3907	<b>Onaping</b> 705-688-3908	<b>R. G. Dow</b> 705-688-3909
<b>Teen Swimming Lessons</b> (13+ years)		Sat. 12:00 p.m.			
<b>Endurance Fitness Swimmer</b>	Thu. 4:30 p.m.	Mon. 6:00 p.m. Tue. 5:00 p.m. Sat. 12:00 p.m.	Fri. 5:00 p.m.		Fri. 5:30 p.m.
<b>Adult Swimming Lessons</b>	Mon. 1:00 p.m. Mon. 5:45 p.m.	(Beginners & Advanced) Tue. 11:15 a.m.-12:00 p.m. (Beginners) Tue. 8:45-9:30 p.m. (Advanced) Thu. 8:45-9:30 p.m.	Fri. 9:00-9:55 p.m.		Mon. 7:00 p.m.
<b>Aquacise</b>	Mon. 11:00 a.m. Mon. 6:30 p.m. Wed. 11:00 a.m. Wed. 6:30 p.m.	Mon. 10:00 a.m. Tue. 1:00 p.m. Tue. 8:00 p.m. Wed. 10:00 a.m. Thu. 1:00 p.m. Thu. 8:00 p.m.	Mon. 6:30 p.m. Mon. 7:30 p.m. Tue. 2:00 p.m. Wed. 6:30 p.m. Wed. 7:30 p.m. Thu. 2:00 p.m. Thu. 6:30 p.m. Thu. 7:30 p.m. Fri. 8:00 p.m.	*Mon./Wed./Fri. 9:00 a.m. *Mon./Wed./Thu. 10:00 a.m. *Mon./Wed. 11:00 a.m. *By registration only	Mon. 10:00 a.m. Mon. 1:00 p.m. Tue. 7:00 p.m. Wed. 10:00 a.m. Wed. 1:00 p.m. Thu. 7:00 p.m. Fri. 10:00 a.m. Fri. 11:00 a.m.
<b>AquaTherapy</b>	Tue. 11:00 a.m. Tue. 2:00 p.m. Thu. 11:00 a.m. Thu. 2:00 p.m.	Mon. 11:15-12:00 p.m. Wed. 11:15-12:00 p.m. Fri. 11:15-12:00 p.m.	Mon. 10:00 a.m. Mon. 11:00 a.m. Mon. 2:00 p.m. Wed. 10:00 a.m. Wed. 11:00 a.m. Wed. 2:00 p.m. Fri. 10:00 a.m. Fri. 11:00 a.m. Fri. 2:00 p.m.	*Tue./Thu. 12:00 p.m. *By registration only	Tue. 10:00 a.m. Thu. 10:00 a.m.
<b>Deep Water Aquacise</b>	Mon. 6:30 p.m. Wed. 6:30 p.m.	Mon. 10:00-10:45 a.m. Tue. 1:00-1:45 p.m. Tue. 8:00-8:45 p.m. Wed. 10:00-10:45 a.m. Thu. 1:00-1:45 p.m. Thu. 8:00-8:45 p.m. Fri. 11:15-12:00 p.m.			Mon. 10:00 a.m. Tue. 7:00 p.m. Wed. 10:00 a.m. Thu. 7:00 p.m. Fri. 10:00 a.m.
<b>Parent and Tots Aquacise</b>		Mon. 10:45-11:15 a.m. Wed. 10:45-11:15 a.m.			
<b>Advanced Aquatic Boot Camp</b>	Tue. 8:00 to 8:55 p.m.			Tue./Thu. 8:00 p.m.	

## Aquacise Punch Cards for Aquacise and AquaTherapy:

# Visits	Adults	Seniors (55+)
1 visit	\$10.50	\$10.50
5 visits	\$42.00	\$35.00
10 visits	\$83.00	\$65.00
15 visits	\$108.00	\$87.00
20 visits	\$139.00	\$111.00
40 visits	\$220.00	\$169.00

**Note:** Punch cards are available at selected pools only. Punch cards may not be used at Onaping Pool or for the "registration only" class at R.G. Dow Pool.