



# SPRING & SUMMER Recreational Swim & Aquafitness Schedule

March 3 – June 30, 2012

**Al Palladini Pool • 9201 Islington Avenue, Woodbridge • 905.832.8564**

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafitness</b>	8:15-9:00am	8:15-9:00am	8:15-9:00am	8:15-9:00am	-	-	-
	9:10-9:55am	9:10-9:55am	9:10-9:55am	9:10-9:55am	9:10-9:55am	8:45-9:30am	9:30-10:15am
	7:45-8:30pm	-	7:45-8:30pm	8:00-8:45pm	-	-	-
<b>Length</b> *3 lanes only +2 lanes only	7:00-8:00am	6:30-8:00am	6:30-8:00am	6:30-8:00am	-	7:30-8:30am	10:15am-12:00pm
	10:00am-1:00pm*	10:00am-1:00pm*	10:00am-1:00pm*	10:00am-1:00pm*	10:00am-1:00pm*	1:00-2:00pm	-
	8:30-10:00pm	8:30-10:00pm	8:30-10:00pm	8:30-10:00pm	8:10-9:30pm+	-	-
<b>Parent &amp; Tot</b>	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	-	-	-
<b>Recreational</b> *3 lanes only	-	7:30-8:30pm <b>Half Price Swim</b> <small>children/youth under 18 yrs</small>	-	-	8:10-9:30pm*	2:00-4:00pm	12:00-3:00pm

## Recreational Swim Fees:

## Aquafitness Fees:

	Youth (Under 18 Years)	Adult (18 Years+)	Older Adult (60 Years+)	Group*		Youth/Adult (14 Years+)	Older Adult (60 Years+)
<b>Single</b>	\$2.25	\$4.75	\$3.25	\$9.50	<b>Single</b>	\$7.65	\$3.43
<b>10 passes</b>	\$20.40	\$37.70	\$26.40	\$74.50	<b>10 passes</b>	\$67.50	\$31.50
<b>50 passes</b>	\$89	\$166.40	\$115.50	\$331.50	<b>25 passes</b>	\$158.50	\$74.25
<b>1 year pass</b>	\$130.15	\$242.80	\$135.67 \$169.08 Non-Resident	\$485.06	<b>1 year pass</b>	\$335.98	\$125.22 \$156.11 Non-Resident

\*Group fee includes a maximum of 5 participants residing at the same address. Children 3 years of age and under are FREE. Fees subject to change. HST will be charged at the point of sale; youth fees exempt.

**Pool Temperature: 28.3 – 29°C (83-84.5°F)**



[vaughan.ca](http://vaughan.ca)



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## March 3 – June 30, 2012

### Recreational Swim

**Length Swim:** A time for endurance and fitness swimming for patrons requiring structured length swimming or fitness.

**Parent & Tot Swim:** A time for parents and a maximum of 2 children under 7 years of age per adult.

**Recreational Swim:** Open to everyone. See 'Admission Guidelines'.

### Half Price Swim

- Half price swim for children/youth under 18 years only.
- Applies to single visits only; credits not issued for multiple visit passes/annual memberships.

### Aquafitness

This program uses the water as resistance to increase muscle tone, strength, and endurance. Classes are generally conducted in chest deep water. Knowing how to swim is not a prerequisite. Classes are designed to allow participants to work at their own pace and intensity. **Space is limited to maximum 30 participants per class.**

### Admission Guidelines

#### 6 Years of Age & Under:

- **Must** be accompanied by a parent or guardian 16 years+, who is responsible for their direct supervision. (Maximum of 2 children per guardian.)
- Parent/guardian must be in bathing attire and within arms reach of the child(ren) at all times (in or out of the water).

#### 7 - 9 Years of Age:

- **Must** use gender specific change rooms or family change room.

**Child is a non-swimmer or cannot complete facility swim test:**

**Must** be accompanied by a parent or guardian 14 years+ (Maximum of 2 children per guardian) who is responsible for their direct supervision. Maximum number of children increases to 8 per guardian when all children wear a Personal Flotation Device (PFD).

- Parent/guardian must be in bathing attire and within arms reach of the child(ren) at all times in or out of the water.

#### Child can complete facility swim test:

- Admitted unaccompanied. Recommend to always swim with a buddy.

#### 10 Years of Age & Older:

- Admitted unaccompanied. Recommend to always swim with a buddy.

### Wristband Policy

## Unsure? Be Sure!

*You'll always get it right, when you follow the traffic light!*



**Red Wrist Band**  
**Shallow End Only Non-Swimmer**  
 9 years of age & under. Accompanied by parent or guardian.



**Yellow Wrist Band**  
**Unaccompanied**  
 7-9 years of age: Facility swim test required\*



**Green Wrist Band**  
**Strong Swimmer**  
 7-9 years of age. Permitted unaccompanied in all swimming areas. Successfully completed facility swim test: \* Applied by lifeguard.

\*The facility swim test includes, but is not limited to, swimming 2 widths of the pool and treading water for 1 minute.

