




# SPRING & SUMMER Recreational Swim & Aquafitness Schedule

March 3 – June 30, 2012

## Dufferin Clark Pool • 1441 Clark Ave. W., Concord • 905.832.8554

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ladies Only		8:00-10:00am		8:00-10:00am			
Length	8:00-9:30am		8:00-9:30am		8:00-9:30am		
	11:05am-1:00pm	10:05am-1:00pm	11:05am-1:00pm	10:05am-1:00pm	11:05am-1:00pm		
Parent & Tot	11:05am-1:00pm	11:05am-1:00pm	11:05am-1:00pm	11:05am-1:00pm	11:05am-1:00pm		
Recreational	8:05-9:30pm		8:05-9:30pm		8:05-9:30pm	2:30-4:30pm	2:30-4:30pm  <b>Half Price Swim</b> children/youth under 18 yrs

### 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+)
Single	\$2.25	\$4.75	\$3.25	\$9.50	Single	\$7.65	\$3.43
10 passes	\$20.40	\$37.70	\$26.40	\$74.50	10 passes	\$67.50	\$31.50
50 passes	\$89	\$166.40	\$115.50	\$331.50	25 passes	\$158.50	\$74.25
1 year pass	\$130.15	\$242.80	\$135.67 \$169.08 Non-Resident	\$485.06	1 year pass	\$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: 27.7 – 28.3°C (82-83°F)



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## March 3 – June 30, 2012

### Recreational Swim

**Ladies Only:** Open to women to swim lengths in a gender exclusive environment.

**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.

**10 years of age or older?**  
Unaccompanied. It's always recommended to swim with a buddy!