



# SPRING & SUMMER Recreational Swim & Aquafitness Schedule

March 3 – June 30, 2012

## Vellore Village Pool • 1 Villa Royale Ave., Woodbridge • 905.832.8544

| Swim  | Monday          | Tuesday         | Wednesday       | Thursday        | Friday                        | Saturday    | Sunday      |
|---|-----------------|-----------------|-----------------|-----------------|-------------------------------|-------------|-------------|
| <b>Aquafitness</b>  | 9:15-10:00am    |                 |                 |                 |                               |             |             |
|   | 10:15-11:00am   |                 | 10:15-11:00am   | 10:15-11:00am   | 10:15-11:00am                 |             |             |
|   | 8:00-8:45pm     |                 | 8:00-8:45pm     |                 |                               |             |             |
| <b>Length</b><br>3 lanes only, large pool                             | 11:00am-1:00pm  | 11:00am-1:00pm  | 11:00am-1:00pm  | 11:00am-1:00pm  | 6:30-8:00am<br>11:00am-1:00pm | 7:30-9:00am | 7:30-9:00am |
|   | 4:30-6:00pm     |                 | 4:30-6:00pm     |                 | 4:30-6:00pm                   |             |             |
|   | 8:00-9:30pm     |                 | 8:00-9:30pm     |                 | 8:00-9:30pm                   |             |             |
| <b>Parent &amp; Tot</b><br>^ small pool only<br>No slide children < 7 | 11:00am-1:00pm^ | 11:00am-1:00pm^ | 11:00am-1:00pm^ | 11:00am-1:00pm^ | 11:00am-1:00pm^               | 7:30-9:00am | 7:30-9:00am |
| <b>Recreational</b>   |                 |                 |                 |                 |                               | 1:00-3:00pm | 1:00-3:00pm |

### Recreational Swim Fees:

### Aquafitness Fees:

|                    | Youth<br>(Under 18 Years) | Adult<br>(18 Years+) | Older Adult<br>(60 Years+)        | Group*   |                    | Youth/Adult<br>(14 Years+) | Older Adult<br>(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<br>\$169.08 Non-Resident | \$485.06 | <b>1 year pass</b> | \$335.98                   | \$125.22<br>\$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.

Large Pool Temperature: 27.7 – 28.3°C (82 - 83°F)

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



vaughan.ca



# SPRING & SUMMER Recreational Swim & Aquafitness Schedule

## 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.

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

