



SPRING & SUMMER Recreational Swim & Aquafitness Schedule

March 3 – June 30, 2012

Woodbridge Pool • 5020 Highway #7, Woodbridge • 905.832.8576

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Aquafitness	12:15-1:00pm	10:00-10:45am	12:15-1:00pm	10:00-10:45am	12:15-1:00pm		
Gentle Aquafitness	11:30am-12:15pm	10:45-11:30am	11:30am-12:15pm	10:45-11:30am	11:30am-12:15pm		
		7:15-8:00pm		7:15-8:00pm			
Length	11:30am-1:00pm	10:00am-1:00pm	11:30am-1:00pm	10:00am-1:00pm	11:30am-1:00pm		
Parent & Tot		11:30am-1:00pm		11:30am-1:00pm			
Therapy	10:30-11:30am	12:00-1:00pm	10:30-11:30am	12:00-1:00pm	10:30-11:30am		

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.

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

Small Pool Temperature: 33.3 – 33.9°C (92-93°F)



vaughan.ca



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Recreational Swim

Length Swim: A time for endurance and fitness swimming for patrons requiring structured length swimming or fitness. Participants must be 7 years of age and able to pass the Facility Swim Test.

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.

Therapy Swim: An open swim time for individuals looking to do rehabilitation exercises alone or with their therapist. Accompanying therapists are admitted free.

Aquafitness

Arthritis Aquafitness: An aquafitness program for people with arthritis. Exercises are designed to help with range of motion and flexibility.

Gentle Aquafitness: A gentle program designed to trim and tone your muscle while improving your fitness level. Stay in shape and meet new people.

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!