

RECREATIONAL SWIM

Schedule in effect from January 7 - June 15, 2008



Pool Rules

- Any swimmer with a serious medical condition should inform a lifeguard
- All swimmers must wear gender appropriate swim attire
- Use of floatation devices is not permitted in the deep end
- Children under seven years must be accompanied in the water within arms reach by someone 13 years or older (3:1 ratio)
- Children not completely toilet trained must wear specialty swim diapers or snug-fitting rubber pants
- In the event of a fouling, Community Health Department requires pool closure
- The pool is governed by regulation 565 of the Ontario Health Protection and Promotion Act and Community Health Department
- **Lane Swim and open swims end 5 minutes early when programs follow**

Slide Rules

- Riders must be at least 4 feet tall and swim 25 m (1 length) unassisted
- Only one rider on the slide at a time
- The slide is governed by TSSA and Ontario Amusement Devices Act

Lane Swimmers: during simultaneous aquafit, lane, preschool lessons and open swim only a single lane may be available.

Non-Members: city rates = non members can swim at current city prices. All other swim times require current YMCA day fee prices.

Whirlpool Users:

- During non-open swim times, users must be sitting on whirlpool bench with their head above water
- During non-open swim times, swimming toys and floatation devices are not permitted.

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim & Water Jogging	5:45am-4:45pm 8-10:45pm	5:45am-4:45pm 7-10:45pm	5:45am-4:45pm 8-10:45pm	5:45am-4:45pm 8-10:45pm	5:45am-4:25pm 9-10:45p.m.	6-8:25am 5-9:45pm	8-9:25am 6-7:45pm
Open Swim	10-12 noon 1-4:25pm	10-12 noon 1-4:25pm 7-7:55pm	10-12 noon 1-4:25pm	10-12 noon 1-4:25pm 8-8:55pm	10-12 noon 1-4:25pm 7-9:25pm	11-11:30am 1-3:55pm 6-7:55pm	11-11:30am 1-3:55pm 6-7:45pm Open
Swim (City Rates)	1-4:25pm	7-7:55pm	1-4:25pm		1-4:25pm 7-9:25pm	1-3:55pm 6-7:55pm	1-4pm 6-7:45pm
Lane Swim (City Rates)	9-10:45pm			6-9am	9-10:45pm	6-8:30am 6-9:45pm	8-9:30am 6-7:45pm

Masters Lane Swim

8-9:55am

Come enjoy a work out in the pool! This program is designed for adults who want guidance during a swim workout, that is catered to their skill level.

Statutory Holiday Schedule

Lane Swim 8 a.m. - 4:45 p.m. **Open Swim** 10 - 12 noon; 1 - 4:45 p.m. **Open Swim (city rates)** 1 - 4:45 p.m.



Chaplin Family YMCA

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A YMCA Developmental Asset: Boundaries and Expectations

Young people need clear rules consistent consequences for breaking rules and encouragement to do their best.