

Swimming Lesson Information

The Lifesaving Society Swim Program!

The best place to learn how to swim is in the water! That's just one of the many reasons we're running the Lifesaving Society's in-depth Swim Program. It stresses lots of in-water practice to develop solid swimming strokes and skills and it incorporates valuable Water Smart® education that will last a lifetime.



What level should I register in?

Check the Learn to Swim Progression Chart on page 29, the Swimming Activity Description Chart on page 30 or come in to the pool and one of the customer service staff or aquatic staff can assist you in determining what level to register in. We offer FREE screenings during all recreational swim times. Ask the aquatic staff on duty for this free service to assist you in determining what level is correct for you or your child.

Missed Class(es)

In the event that a customer is unable to attend a class(es), the City regrets that make-up class(es) will not be offered.

Deck Supervisor/Parents' Day

Do you have questions about your child's swimming progress? Would you like to help your child learn? Here's your chance! Each pool has a Deck Supervisor or Head Coach on duty during most lesson programs; please speak with these staff to find out how your child is progressing in the program and what you can do to enhance his/her learning. In addition, a Parents' Day is scheduled during each lesson session to allow you time to speak directly with the instructor or coach working with your child. Please check at the pool for more information.

Below are additional suggestions on how to help make your swimming lesson participation a success:

- Participate in a recreational swim before the first lesson. Orient your child to the change room, washrooms and pool. Everyone likes to know what to expect. Have fun and practice skills that your child already knows.
- Swimming is like any other skill; it requires a lot of patience, practice and positive feedback. Children need to progress at their own rate. Talk with your child about his/her lessons and have realistic expectations. Look upon swimming lessons as a long-term progression, a time for enjoyment in a special environment.
- Speak to your child's instructor. Ask about his/her progress and any areas that you could work on with your child during a recreational swim. Practice makes perfect. See page 27 for your local pool's recreational swim schedule.

Holiday and Other Pool Closures

Scheduled lessons at most pools may require breaks due to holiday and facility closures. Please check your confirmation receipt carefully and at the pool for lesson program exception dates.

Exception dates for scheduled Recreational Swimming may be required. We will do our best to let you know at the pools as early as possible. Signs will be posted at the pool.

Pool Shut Downs

To ensure the safe and efficient operation of our aquatic facilities and to provide a clean, inviting atmosphere for our swimmers, City pools shut down for maintenance and repairs. Registration will still be accepted at each pool office or community centre location during regular office hours.

The following are pool closing dates (inclusive):

Cawthra	Mon Sept. 1–Fri. Sept. 19
Clarkson	N/A
Erin Meadows	Mon. Dec. 22 to Fri. Jan. 9
Frank McKechnie	Tues. Sept. 2 to Sept. 7
Glenforest	Mon. Sept. 1 to Fri. Sept. 19
Huron Park	Therapy Pool—Sept. 5 at 4:30pm to Sept. 12 Main Pool—Jan. 1 to Jan 9
Malton	Mon. Sept. 1 to Fri. Sept. 19
Meadowvale	Mon Sept. 1 to Fri. Sept. 19
River Grove	Sat. Dec. 20–Fri. Jan 9
South Common	Mon. Sept. 1–Fri. Sept. 19
Terry Fox	Sat. Aug.30–Fri. Sept. 12

How to Register for Outdoor Pool Lessons

Registrations completed prior to June 21 can be done through the Touch Tone Registration (TTR) System, Connect 2 Rec, mail, drop off or fax. Effective June 21, all outdoor pool lesson registrations will be done in person at the outdoor pool location.

Please note: All Outdoor Pools will be running swimming lessons Mon. to Fri., five days a week. Please check your confirmation receipt carefully for dates.

Aquatic Volunteer Opportunities

Volunteers are required at our pools to assist qualified Instructors to teach swimming lessons. Volunteers must be 14 years of age or older and have a minimum swimming certification of Bronze Medallion. Interested volunteers are asked to contact the Aquatic Supervisor at their local pool for details. For more information on volunteer opportunities and additional requirements see page 289.

Pool Locations and Office Hours

Pool Locations and Office Hours

Indoor Facilities	Office Hours <small>*subject to change during holidays and downtime between sessions</small>	Office Hours Summer Hours	25 metres # of lanes	Leisure Pool/Shape	Male Change room	Female Change room	Family Change room	Community Change room	Hot Tub	Therapeutic Pool/Wave Pool	Tarzan Rope	Water Slide/Flume	Diving Board	Shallow Pool less than 75 cm. in depth	Wheelchair accessible
Cawthra Pool 1305 Cawthra Road 905-615-4800	T/W/TH: 5:30-8:30pm Sa,Su: 9:00am-4:00pm	M-F: 9:00am-8:00pm Sa,Su: 9:00am-4:00pm	6		•	•						S	•		•
Clarkson Pool 2524 Bromsgrove Road 905-615-4840	Tu/Th: 5:00-10:00pm Sa,Su: 9:00am-2:30pm	M-F: 10:00am-8:00pm Sa,Su: 1:30-3:00pm	6		•	•						S	•		
Erin Meadows 2800 Erin Centre Blvd. 905-615-4750	M-F: 9:00 am-9:00 pm Sa,Su: 8:00 am-5:00 pm		6	•	•	•	•				•			•	•
Frank McKechnie 310 Bristol Road East 905-615-4660	M-F: 9:00 am-8:00 pm Sa,Su: 9:00 am-3:00 pm		6	•	•	•	•		•		•	S		•	•
Glenforest 3575 Fieldgate Drive 905-615-4630	M-F: 5:30 pm-8:30 pm Sa,Su: 12:00 pm-3:00 pm	M-F: 10:00 am-8:00 pm Sa,Su: 12:00 pm-3:00 pm	6		•	•						S	•		
Huron Park 830 Paisley Blvd. West 905-615-4820	M-F: 9:00 am-8:00 pm Sa,Su: 9:00 am-3:00 pm		6					•		TH		S	•	•	•
Malton Community Pool 3545 Morning Star Drive 905-615-4640	M-F: 5:30 pm-8:00 pm Sa,Su: 1:00 pm-2:30 pm	M-F: 10:00 am-8:00 pm Sa,Su: 1:00 pm-2:30 pm	6		•	•					•	S	•		
Meadowvale 6655 Glen Erin Dr. 905-615-4710	M-F: 9:00 am-8:00 pm Sa,Su: 9:00 am-3:00 pm		6		•	•						S	•		•
River Grove 5800 River Grove Ave. 905-615-4780	M-F: 6:30 am-10:00 pm Sa,Su: 7:30 am-7:00 pm		5	•	•	•	•		•			S F		•	•
South Common 2233 South Millway 905-615-4770	M-F: 9:00 am-9:00 pm Sa,Su: 9:00 am-4:00 pm	M-F: 9:00 am-9:00 pm Sa,Su: 9:00 am-4:00 pm	2	•	•	•	•		•			S			•
Terry Fox (in Mississauga Valley Community Centre) 1275 Mississauga Valley Blvd. 905-615-4670	M-F: 9:00 am-8:00 pm Sa,Su: 9:00 am-3:00 pm		6					•		WP	•		•		•
Outdoor Facilities	Office Hours June 21–June 27	Office Hours June 28–September 1													
Applewood 3119 Constitution Blvd. 905-275-9618	M-F: 4:30 pm-7:00 pm Sa,Su: 1:30 pm-3:30 pm	M-F: 12:30pm-7:00pm Sa,Su: 1:30pm-4:30pm	6		•	•						S	•		
David Ramsey 2470 Thornlodge Dr. 905-823-5089	M-F: 5:30 pm-6:30 pm Sa,Su: 12:30 pm-4:00 pm	M-F: 1:30 pm-7:00 pm Sa,Su: 1:30 pm-5:00 pm	6		•	•							•		
Don McLean Westacres 2166 Westfield Dr. 905-277-2870	M-F: 5:00 pm-7:00 pm Sa,Su: 1:30 pm-4:30 pm	M-F: 1:30pm-6:30pm Sa,Su: 1:30pm-4:30pm	6		•	•						S			
Erindale 1244 Shamir Cres. 905-896-5503	M-F: 4:30 pm-7:00 pm Sa,Su: 1:30 pm-3:30 pm	M-F: 1:30 pm-7:00 pm Sa,Su: 1:30 pm-3:30 pm	6		•	•						S	•		
Lewis Bradley 745 Inverhouse Dr. 905-823-5720	M-F: 4:30pm-7:00pm Sa,Su: 1:30pm-4:30pm	M-F: 1:30pm-7:30pm Sa,Su: 1:30pm-4:30pm	6		•	•						S	•		
Port Credit 20 Rosewood Ave. 905-615-4830, ext. 2630	M-F: 4:30pm-7:00pm Sa,Su: 1:30pm-4:30pm	M-F: 1:30pm-7:30pm Sa,Su: 1:30pm-4:30pm	6		•	•						S	•		
Streetsville 335 Church St. 905-826-2031	M-F: 4:30 pm-7:00 pm Sa,Su: 1:30 pm-3:30 pm	M-F: 1:30 pm-7:00 pm Sa,Su: 1:30 pm-3:30 pm	6		•	•						S			

*Outdoor pools may be closed in inclement weather. For Splash Pad locations, see page 28.

Recreational Swimming Admission Rates

		Pay-As-You-Go Per Person	Book Tickets (10 visits)	1 Month	3 Month	12 Month \$ monthly payment
Fun Swim, Water Sport Drop In, Youth Swim	All pools except River Grove	\$2.60	\$23.40	\$32.40	\$62.00	\$131.50 \$10.95/month
	River Grove (higher rates due to additional amenities)	\$3.60	\$32.40	\$48.70	\$93.20	\$197.40 \$16.45/month
Lane, Length, Leisure, or Length Wave Swim		\$3.50	\$31.50	\$44.00	\$84.80	\$179.55 \$14.96/month
Family Swims (maximum 5 people and must include one adult 16 years of age or older)	All pools except River Grove	\$6.50	N/A	\$83.80	\$161.20	\$341.80 \$28.48/month
	River Grove (higher rates due to additional amenities)	\$9.40	N/A	\$125.80	\$241.90	\$512.80 \$42.73/month
Specialty Swim		\$6.50	N/A	N/A	N/A	N/A

- A \$1 additional charge must be paid with the use of a Fun Swim Book Ticket or Pass at River Grove.
- A family is defined as a maximum of 5 people and must include one adult 16 years of age or over.
- Passes are usable at all City operated pools and skating rinks.
- Passes can be purchased at all pool offices or customer service desks.
- 12 Month Swim & Skate passes available to purchase on a monthly payment plan.
- Free admission to recreational swims for disabled persons (who meet criteria—see Aquatic Supervisor), tots (3 years and younger when accompanied by a guardian 16 years of age or older, guardian must pay.)
- Any person entering the pool area must pay admission.

Admission Standard Guidelines

- Children 5 years of age and under must be directly supervised (within arms reach), regardless of swimming ability, by a guardian 12 years of age or older. Maximum of 2 children per guardian.
- Children between the ages of 6 and 9 who cannot swim 2 uninterrupted widths must be supervised (able to render assistance), by a guardian 12 years of age or older. Maximum of 4 children per guardian.
- The ratio for 6 to 9 year olds can be increased to 1 to 8 if all participants are wearing an approved personal flotation device and the guardian is in the water and able to render assistance.

Change Rooms Information

- **Male and Female Change Rooms:** Designed for use by one gender with open space changing. Children under 7 who are accompanied by parent or guardian of the opposite gender may change in the opposite gender specific change room. Where only gender specific change rooms are available, children 7 years of age or older must use gender specific change rooms.
- **Family Change Room:** Designed for use by all pool customers, male & female of all ages with private change cubicles. Male and Female change rooms available.
- **Community Change Room:** Designed for use by all pool customers, male & female of all ages with private change cubicles. On deck showers.

Facility Safety Guidelines

- People with long hair are encouraged to tie their hair up or use a bathing cap.
- Those with serious medical conditions should be accompanied by individuals knowledgeable of their condition and responsible for their direct supervision.

Swim Descriptions

Swim Descriptions

Adult Leisure Swim—Come out to exercise, socialize or just relax. This swim is limited to 16 years of age and over.

Family Swim—Children 15 and younger must be accompanied in the pool area by an adult. Please refer to admission standard guidelines.

Fun Swim—Everyone welcome; please refer to admission standard guidelines.

Fun WAVE Swim (At Terry Fox only)—Everyone welcome. Fun Swim with waves.

“NEW” Homework Swim—Swim Instructors will be available to give suggestions and feedback while you and your child practice your instructor recommended items from our swim lesson program.

Lane Swim—At least one of the pool lanes are available for lap swimming. Recommended for teens/adults—lap swimming only.

Length Swim—A great way to get fit! Students welcome!

Length Wave Swim (At Terry Fox Pool only)—Recommended for swimmers who would like the added challenge to their swim workout in an open water setting. Great for triathlon swim training.

Parent and Tot—For parents with children 5 years of age and under.

Open Swim (At River Grove only)—Leisure, lap and whirlpool are all open! Please refer to admission standard guidelines.

Aquatic Leadership Drop-In—Need to work on specific skills, missed a class, want to brush up or try out new items? Come to our Aquatic Leadership Drop-In. Each class will provide time to work on land based skills development and theory, as well as, water skills from Bronze Levels, First Aid and National Lifeguard Service Awards. Note: Leadership Exams will not be conducted during this time, however, participants will be given performance feedback related to the Lifesaving Society MUST SEES.

Extreme Water Sports Swim—Kayak—Waterpolo—Underwater Hockey—Snorkel—Walk on Water—Obstacles; throwing, Towing, Carrying, Paddling—Take on the Waves at Terry Fox Pool

Swim Lesson Drop In—Specialty Swim fees apply. If scheduled swim lessons are too difficult to manage in your hectic family life try out our Drop In Swim Lessons. Instructors will work with participants to develop strong swimming skills.

Swim to Survive Drop In—FREE—Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. And this is what our Swim to Survive campaign is all about. We believe that Swim to Survive is an important first step to being safe around the water. If every child in Canada could pass the Swim to Survive Standard, we would be able to reduce the number of drownings by half. Come out and learn this valuable skill—ALL AGES WELCOME.

Water Sport Drop In—Fun Swim fees apply. For ages 10 to 17 to come out and participate in water polo, underwater hockey, water basketball, or water volleyball just to name a few.

Women’s Swim—Recreation opportunities for women and girls.

Men’s Swim—Recreation opportunities for men and boys.

Youth Swim—Fun Swim fees apply. For ages 10 to 17—a time for you to enjoy the pool with your friends.



JERRY LOVE
CHILDREN’S FUND

Your Contribution is Appreciated

Mississauga Recreation and Parks invites interested businesses, service clubs and individuals to participate in the Jerry Love Children’s Fund by making a donation to the fund at any community center or at the Civic Centre, 2nd floor.

Donations are tax deductible and go to support recreation program fees for needy children 15 years of age and under. Families access the fund through a variety of social service agencies including the Region of Peel Social Assistance, the Children’s Aid Society, and the Board of Education Social Workers. The fund operates without municipal tax dollars. For more information on making a contribution or receiving a subsidy, call 905-896-5322.

Spring Recreational Swim Schedule

Please note: The regular swim schedule may change during the March Break, holidays and pool shut downs. Please call pool for revised swim schedule.

Cawthra Pool (Sept.–Mar 31, 2008)

FUN SWIM	
Fri	8:30-10:00 pm
Sat & Sun	2:30-4:00 pm
LENGTH SWIM	
Mon	8:30-9:30 pm
Tues*	10:00 am-12:00 pm
Tues, Wed, Thurs	9:30-10:30 pm
Sat, Sun	8:00-9:00 am
FAMILY SWIM	
Sun	9:00-10:30 am
PARENT AND TOT SWIM	
Tues*	12:00-1:00 pm
(*1/2 pool only)	

Clarkson Pool (April 1–Jun 29)

FUN SWIM	
Tues & Thurs	7:35-9:00 pm
Sat & Sun	1:05-2:30 pm
LENGTH SWIM	
Mon to Thurs *	9:05-10:00 pm
Sun	12:05-1:00 pm
Mon & Wed	6:00-7:00 am
Youth Swim	
Fri	9:00-10:30 pm
(*1/2 pool only on Wed)	

Erin Meadows (April 1–June 22)

FUN SWIM	
Mon, Wed, Fri	12:05-1:00 pm
Thurs	7:35-9:00 pm
Sat	1:35-3:00 pm
Sun	12:05-1:30 pm
LENGTH SWIM	
Mon, Wed, Fri	11:05 am-12:00 pm
Tues & Thurs	11:05 am-12:55 pm
Mon & Tues	9:20-10:15 pm
Thurs & Fri	9:05-10:00 pm
Sat	12:35-1:30 pm

Frank McKechnie (Mar 29–Jun 27)

PARENT AND TOT SWIM—PLAY POOL ONLY	
Tues, Thurs	9:30 to 10:30 am
FUN SWIM—PLAY POOL ONLY	
Mon to Fri	11:30 am to 1:00 pm
FUN SWIM—PLAY POOL AND MAIN POOL	
Tues, Thurs, Fri	7:30 to 9:00 pm
Sat, Sun	1:30 to 3:00 pm
SWIM TO SURVIVE DROP IN FREE—MAIN POOL	
Tuesday	4:30-5:00 pm
SWIM LESSON DROP IN—MAIN POOL	
Tues & Fri	2:00 to 3:00 pm
LENGTH SWIM—MAIN POOL	
Mon to Fri	6:30 to 9:00 am
Mon to Fri	11:30 to 1:00 pm
Mon to Thurs	9:00 to 10:00 pm
Sat, Sun	12:30 to 1:30 pm

Glenforest (until June 27)

FUN SWIM	
Fri	7:05-8:30 pm
Sat & Sun	1:00-2:30 pm
LENGTH SWIM	
Mon*, Fri	8:35-9:30 pm

Wed	9:05-10:00 pm
Sat & Sun	12:00-1:00 pm
(*1/2 pool only)	

Huron Park (April 1–June 27)

FUN SWIM	
Mon to Fri *	12:30-1:25 pm
FUN SWIM & THERAPY POOL	
Wed & Fri	7:35-9:00 pm
Sat & Sun	1:35-3:00 pm
LENGTH SWIM	
Fri	6:00 am-8:00 am
Sun	8:00-9:30 am
LENGTH SWIM & THERAPY POOL	
Mon to Fri	11:35 am-12:30 pm
Wed & Fri	9:05-10:00 pm
Lane Swim	
Mon to Fri *	12:30-1:25 pm
Mon & Wed	7:00-8:00 am
(*1/2 pool only)	

Therapy/Warm Water Pool Only

PARENT AND TOT	
Mon to Fri	12:30-1:25 pm
Thurs	5:30-7:00 pm
Open Therapy Program	
For Open Therapy Pool & Therapeutic Fitness	
Swim times see page 49.	

Malton (Mar 29–June 20)

FUN SWIM	
Wed & Fri	7:35-9:00 pm
Sat & Sun	1:05-2:30 pm
WOMEN'S ONLY SWIM	
Fri	6:00-7:00 pm
LENGTH SWIM	
Mon, Wed*	8:30-9:30 pm
Tue, Thur	7:30-8:30 pm
Sun	12:00-1:00 pm
*1/2 Pool Only	

Meadowvale (Mar 29–June 22)

FUN SWIM	
Mon to Fri	11:35 am-12:30 pm
Fri	7:35-9:00 pm
Sat	1:05-2:25 pm
Sun	2:45-4:10 pm
LENGTH SWIM	
Mon to Fri	12:30-1:25 pm
Mon, Tues*	9:05-10:00 pm
Wed, Fri	9:05-10:00 pm
Sat* & Sun*	8:30-9:25 am
Sun	12:05-1:00 pm
FAMILY SWIM	
Sat	6:35-8:00 pm
Sun	1:05-2:30 pm
"NEW" HOMEWORK SWIM	
Sun	4:15-5:15 pm
(*1/2 pool only)	

River Grove (Mar 29–Jun 22)

FUN SWIM	
Tues	4:00-5:25 pm
Fri	7:35-9:00 pm
Sat & Sun	1:05-2:25 pm
LENGTH SWIM	
Mon & Wed	8:35-9:30 pm
Fri	9:05-10:00 pm
Sat & Sun	7:30-8:25 pm
OPEN SWIM	
Mon to Fri	11:35-12:55 pm
FAMILY SWIM	

Sun	3:35-4:55 pm
LANE SWIM	
Mon & Wed	6:30 am-8:30 pm
Tues	6:30 am-7:00 pm
Thurs	11:30 am-7:00 pm
Fri	6:30 am-9:00 pm
Sat	1:00 pm-5:30 pm
Sun	1:00 pm-5:00 pm
Note: Lane Swim takes place during other programs—swimming space is limited to one lane.	

South Common (April 1–June 27)

FUN SWIM	
Mon to Fri	11:35 am-12:25 pm
Mon, Wed, Fri	7:05-8:25 pm
Thurs	4:00-5:25 pm
Sat	1:35-2:55 pm
Sun	3:15-4:45 pm
ADULT LEISURE SWIM	
Mon to Sun	12:35-1:25 pm
LENGTH SWIM	
Mon & Wed	6:05-6:55 pm
Thurs & Fri	8:35-9:30 pm
FAMILY SWIM	
Sun	1:35-3:00 pm
Sun	6:35-8:00 pm

Terry Fox (Mar 15–June 20)

FUN SWIM	
Mon to Fri	12:30-1:30 pm
Tu, Th, Fri	3:30-4:30 pm
FUN WAVE SWIM	
Fri	7:30-9:00 pm
Sat & Sun	1:00-2:30 pm
Girls Fun Swim—Windows Covered	
Mon	3:30-4:30 pm
Boys Fun Swim—Windows Covered	
Wed	3:30-4:30 pm
SWIM LESSON DROP-IN	
Tues	12:30-2:00 pm
Thurs	8:00-9:00 pm
GIRLS DROP-IN LESSONS	
Mon	6:45-8:00 pm
BOYS DROP-IN LESSONS	
Wed	7:45-9:00 pm
Length Swim	
Mon, Tu, Fri	6:30-8:30 am
Mon to Fri	11:30-12:30 pm
Thurs	9:00-10:00 pm
Sat	8:00-9:00 am
WAVE LENGTH SWIM	
Tues, Fri	9:00-10:00 pm
Sun	12:00-1:00 pm
WOMEN'S LENGTH SWIM—WINDOWS COVERED	
Thurs	6:30-8:30 am
MEN'S LENGTH SWIM—WINDOWS COVERED	
Wed	6:30-8:30 am
FEMALE—AQUATIC LEADERSHIP DROP-IN	
Mon	5:00-9:00 pm
MALE—AQUATIC LEADERSHIP DROP-IN	
Wed	5:00-9:00 pm

Exception dates for scheduled Recreational Swimming may be required. We will do our best to let you know at the pools as early as possible. Signs will be posted at the pool.

Please refer to page 23 for annual maintenance shutdown dates.

Summer Recreational Swim Schedule—Indoor Pools/Outdoor Pools

Summer Recreational Swim Schedule—Indoor Pools

Cawthra (July 2–Sept. 3)

FUN SWIM	
Mon-Fri	2:30-4:00 pm
Sat & Sun	1:00-2:30 pm
Mon, Wed, Fri	6:30-8:00 pm
LENGTH SWIM	
Mon-Sun	12:00-1:00 pm
Mon-Fri	8:00-9:00 pm

Clarkson Pool (June 30–Sept. 6)

FUN SWIM	
Mon to Sun	1:30-3:00 pm
Mon to Fri	6:30-8:00 pm
LENGTH SWIM	
Mon, Wed, Fri	8:00-9:00 pm
LANE SWIM	
Tues & Thurs	8:00-9:00 pm
SWIM LESSON DROP-IN	
Sat & Sun	12:30-1:30 pm

Erin Meadows (June 28–Aug. 30)

FUN SWIM	
Mon, Wed, Fri	2:15-3:45 pm
Mon & Fri	8:05-9:30 pm
Tues & Thurs	7:05-8:30 pm
Sat & Sun	1:05-2:30 pm
LENGTH SWIM	
“New” Mon, Wed, Fri	7:30-8:30 am
Tues & Thurs	1:05-2:00 pm
Sat & Sun	12:05-1:00 pm
Mon & Fri	9:35-10:30 pm
Tues & Thurs	9:20-10:15 pm
Wed	8:05-9:00 pm

Frank McKechnie (June 28–Aug. 31)

FUN SWIM—PLAY POOL & MAIN POOL	
Mon to Fri	2:30-4:00 pm
Mon to Fri	8:00-9:30 pm
Sat & Sun	1:00-2:30 pm
LENGTH SWIM—MAIN POOL	
Mon to Fri	6:30-9:00 am
Mon to Fri	12:00-1:00 pm
Tues to Thurs	9:30-10:30 pm
Sat & Sun	12:00-1:00 pm

PARENT & TOT SWIM—PLAY POOL ONLY	
Mon to Fri	12:00-1:00 pm

Glenforest (June 30–Aug. 31)

FUN SWIM	
Mon to Sun	2:30-4:00 pm
Mon to Fri	7:05-8:30 pm
LENGTH SWIM	
Mon, Wed, Fri	8:35-9:30 pm
Sat & Sun	1:30-2:30 pm

Huron Park (June 28–Aug. 31)

FUN SWIM	
Mon to Fri	2:45-4:15 pm
	7:35-9:00 pm
Sat & Sun	3:15-4:45 pm
FAMILY SWIM	
Sat & Sun	1:30-3:00 pm
PARENT & TOT	
Fri	10:00-11:00 am

ADULT/LENGTH SWIM	
Mon to Fri	11:35-12:30 pm
Tues & Fri	9:05-10:00 pm
Sun	12:00-1:25 pm

For open therapy pool times, please see page 49.

Malton (June 21–Aug. 31)

Fun Swim	
Tues, Thurs, Sat, Sun	1:05-2:30 pm
Mon to Fri	3:35-5:00 pm
Mon, Wed, Fri	8:00-9:30 pm
Women’s Only Swim	
Sat	2:35-3:30 pm
LENGTH SWIM (1/2 POOL ONLY)	
Tues & Thurs	9:00-10:00 pm
Fri	1:00-2:00 pm
Sun	12:00-1:00 pm

Meadowvale (June 28–Aug 31)

FUN SWIM	
Mon to Sun	2:35-3:55 pm
Mon, Wed, Fri	7:35-9:00 pm
LENGTH SWIM	
Mon to Fri	12:35-1:30 pm
Mon, Wed, Fri	9:05-10:00 pm
Tues & Thurs	8:20-9:15 pm
Sun	1:30-2:30 pm

River Grove (June 23–Aug. 31)

FUN SWIM	
Mon to Fri	2:05-3:25 pm
Mon to Fri	7:05-8:25 pm
Sat & Sun	1:05-2:25 pm
LENGTH SWIM	
Wed & Fri	8:35-9:30 pm
Mon to Fri	6:30-8:25 am
Mon, Wed, Fri,	
Sat, Sun	12:05-12:55 pm
FAMILY SWIM	
Sun	2:35-3:55 pm
LANE SWIM	
Mon to Fri	8:30am-8:30 pm
Sat	1:00-2:30 pm
Sun	1:00-4:00 pm

Note: Lane Swims take place during other programs. Swimming space is limited to one lane.

South Common (June 28–Aug. 31)

FUN SWIM	
Mon to Fri	2:35-3:55 pm
Mon to Fri	7:05-8:25 pm
Sat & Sun	1:35-2:55 pm
ADULT LEISURE SWIM	
Mon to Sun	12:35-1:25 pm
LENGTH SWIM	
Mon to Fri	6:05-6:55 pm

Terry Fox (June 21–Aug. 29)

WAVE FUN SWIM	
Sat & Sun	12:30-2:00 pm
Mon to Fri	4:00-5:30 pm
Mon, Wed, Fri	8:15-9:45 pm
NEW EXTREME WATER SPORTS SWIM	
Sat	2:00-3:30 pm
WAVE LENGTH SWIM	
Mon to Fri	9:45-10:45 pm
Sun	11:30-12:30 pm

LENGTH SWIM	
Mon to Sat	11:30-12:30 pm
Mon, Tues, Fri	6:30-8:30 am
WOMEN’S LENGTH SWIM	
Wed	6:30-8:30 am
MEN’S LENGTH SWIM	
Thurs	6:30-8:30 am
DROP-IN LESSONS	
Sunday	9:30-10:30 am
Sunday	10:30-11:30 am
GIRLS DROP-IN LESSONS	
Tues	7:00-8:00 pm
BOYS DROP-IN LESSONS	
Thurs	7:00-8:00 pm

Indoor pools may offer more recreational swims upon completion of the spring lesson program in late June.

For holiday schedules on Victoria Day, Canada Day and Labour Day, contact your local pool.

Summer Recreational Swim Schedule—Outdoor Pools

Outdoor pools and splash pads may be closed due to rain or air temperature falling below 18 C.

Applewood

June 16–29	
FUN SWIM	
Mon to Fri	6:00-8:00 pm
Sat & Sun	1:00-4:00 pm
June 30–Sept. 1	
FUN SWIM	
Mon, Wed, Fri	1:00-4:00 pm
Tues, Thur	2:00-5:00 pm
Mon to Fri	5:30-7:00 pm
LENGTH SWIM	
Mon & Wed	12:00-1:00 pm
Sun	12:00-1:00 pm

David Ramsey Pool

June 21–June 29	
FUN SWIM	
Mon to Fri	5:30–7:00 pm
Sat & Sun	1:30pm–4:30 pm
LENGTH SWIM “NEW”	
Sat & Sun	12:30–1:25 pm
June 30–Aug 31	
FUN SWIM	
Mon to Sun	1:30–4:30 pm
Mon to Fri	5:30–7:00 pm
LENGTH SWIM “NEW”	
Sat & Sun	12:30–1:25 pm

Don McLean Westacres

June 21–29	
FUN SWIM	
Mon to Fri	5:00–8:00 pm
Sat & Sun	1:30–4:30 pm
LENGTH SWIM	
Sat & Sun	4:30–5:30 pm
June 30–Aug. 24	

Summer Recreational Swim Schedule—Outdoor Pools/Learn to Swim Progression Chart

FUN SWIM	Mon to Sun	1:30-4:30 pm
	Mon , Wed, Fri	5:30-7:00 pm
LENGTH SWIM	Sat & Sun	4:30-5:30 pm
Erindale		
	June 9-25	
	Mon to Fri	5:00-7:30 pm
FUN SWIM	Sat & Sun	1:30-4:30 pm
LANE SWIM	Mon-Fri	5:00-7:30 pm
June 26–Sept. 1		
FUN SWIM	Mon to Fri	2:00-5:00 pm
	Mon to Fri	6:30-8:00 pm
	Sat & Sun	1:30-4:30 pm
LENGTH SWIM	Mon-Sun	12:30-1:30 pm
LANE SWIM	Mon-Fri	6:30-8:00 pm
Lewis Bradley		
	June 14–27	
FUN SWIM	Mon to Fri	4:30-7:30 pm
	Sat & Sun	1:30-4:30pm
June 28–Sept. 8		
FUN SWIM	Mon to Fri	1:30-4:30 pm
	Mon to Fri	6:00-7:30 pm
	Sat & Sun	1:30-4:30 pm
LENGTH SWIM	Mon,Wed,Fri	9:00am-10:00 am
SWIM LESSON DROP-IN	Mon to Fri	4:30-5:30 pm
LANE SWIM	Mon to Fri	4:30-5:30 pm
Port Credit		
	June 14–22	
FUN SWIM	Mon to Fri	4:30-7:30 pm
	Sat & Sun	1:30-4:30 pm
June 23–Sept. 8		
FUN SWIM	Mon to Fri	1:30-4:30 pm
	Mon to Fri	6:00-7:30 pm
	Sat & Sun	1:30-4:30 pm
SWIM LESSON DROP-IN	Mon to Fri	4:30-5:30 pm
LANE SWIM	Mon to Fri	4:30-5:30 pm
Streetsville		
	June 21–June 27	
	Mon to Fri	4:30-7:30 pm
	Sat & Sun	1:30-5:30 pm
June 28–Sept. 1		
	Mon to Sun	1:35-4:30 pm
		5:30-7:00 pm

For holiday schedules, contact your local pool.

Learn to Swim Progression Chart

The Lifesaving Society Swim Program!

The best place to learn how to swim is in the water! That's just one of the many reasons we're running the Life Saving Society's in-depth Swim Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And it incorporates valuable Water Smart® education that will last a lifetime.

