

Stash Your Trash or Lose Your Cash



\$305 Littering Fine Enforced*

For more information on Mississauga's anti-litter initiative or to report a littering violation, see www.mississauga.ca/litterbug. A conviction on a littering charge is punishable by a fine up to \$5,000.

Help us keep Mississauga clean.

* The Corporation of the City of Mississauga By-law 219-85, as amended



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Leading today for tomorrow

Swimming Lesson Information

Swimming Lesson Information

What level should I register in?

Check the Learn to Swim Progression Chart on page 25, the Swimming Activity Description Chart on page 26 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 which level is correct for you or your child.

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.

What to expect from swimming lessons

Swimming requires a lot of practice and positive feedback to be successful. The Swim Program allows students to progress comfortably at their own rate. We encourage you to talk about lessons with your child. Make sure that you have realistic expectations and that your child feels no pressure to "pass" a level, but rather focus on "completing" the skills at his/her own rate. Try to look upon swimming lessons as a long-term progression.

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 17 for your local pool's recreational swim schedule.

Pool Foulings and Cleanliness

Pool foulings may cause a closure of our pools anywhere up to 12 hours. Help us stop the risk of spreading germs and reduce the number of closures. Here are a few tips to remember when visiting our facilities:

- Please refrain from feeding your children directly before swimming.
- Take a cleansing shower with soap and water before entering the pool
- Have your children visit the washroom before swimming
- Children not toilet-trained must wear swim diapers made for swimming pool use.
- Do not spit in the pool or on the deck
- Street shoes are not permitted on the pool deck

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.

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. Please note, dates are subject to change.

The following are pool closing dates (inclusive):

| | |
|-----------------------------------|--------------------------|
| Cawthra | Tues, Sept 1–Fri Sept 18 |
| Clarkson | Sat Dec 19–Fri Jan 8 |
| Erin Meadows | Sat May 16–Fri Sept 18 |
| Frank McKechnie | Fri Jan 1–Fri Jan 8 |
| Huron Park | Therapy pool: Sept 7–18 |
| Malton | Mon Sept 8–Fri Sept 18 |
| Meadowvale | Sat Dec 19–Sun Jan 3 |
| River Grove | Mon Sept 7–Fri Sept 25 |
| South Common | Mon Sept 7–Fri Sept 18 |
| Terry Fox (Mississauga Valley CC) | Sat Sept 5–Mon Sept 7 |

How to Register for Outdoor Pool Lessons

Registrations completed prior to June 20 can be done through the Touch Tone Registration (TTR) System, Connect 2 Rec, mail, drop off or fax. Effective June 20, 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.

Recreational Swimming Admission Rates

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 | | \$3.60 | \$32.40 | \$45.30 | \$87.35 | \$184.95 \$15.41/month |
| Family Swims | 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.
- Family is defined as a combination of adults and children (maximum 5 people and must include one adult 16 years of age or older). Family rate is available during Fun and Family skates and swims.
- 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.
- Any person entering the pool area must pay admission with the exception of persons with disability (with proof of government issued disability payments), their support person and tots (3 years and younger) when accompanied by a guardian 12 years of age or older, guardian must pay.

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 from 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.

Aquatic Volunteer Opportunities/Swim Descriptions

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 325.

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.

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.

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.

Triathlon WAVE Training Drop-In—Terry Fox Pool offers the only indoor Open Water Swim Training in the area. This program provides an opportunity for the Triathlete to practice their open water/wave swimming techniques all year round. Coached workout will provide feedback on technique, motivation and tips to swimming in open water. Whether you are an experienced athlete, or want to participate in your first endurance event this program is for you.

Learn to Kayak Drop-In—Learn the basic of kayaking at Terry Fox Pool. Paddle, turn, try rolling, enjoy a game of kayak water polo. Each class will include instruction on the basics of kayaking as well as games and activities to strengthen learned skills.

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

WE HIRE: JUN.15-AUG 15

NOW HIRING

CLICK ON CURRENT OPPORTUNITIES

TO APPLY, PLEASE VISIT WWW.MYCITYCAREER.CA

SUMMER EMPLOYMENT
NOV.15-JAN 15

JOIN OUR TEAM TODAY!

- ▶ AQUATICS ATTENDANT
- ▶ SCHOOL POOL CASHIER
- ▶ AQUATICS INSTRUCTOR/ LIFEGUARD

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Indoor Recreational Swim Schedule

Spring/Summer Indoor Recreational Swim Schedule & Office Hours

For Drop-in Aquatic Fitness classes, please call the pool directly. Please note: The regular swim schedule may change during holidays and pool shut downs. Please call pool for revised swim schedule.

Cawthra Pool 1305 Cawthra Rd.
905-615-4800

Cawthra Pool is a 6 lane, 25 metre pool.
Male and Female Change rooms, Water Slide,
Diving Board, and is wheelchair accessible.

| Spring (Mar 29-June 26) | | | | Office Hours: Tu/Wed/Thu 5:30-9:30 pm, Sat/Sun 9:00 am-4:00 pm | | | |
|-------------------------|------------------------------|----------------------------------|------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | | | | | 8:30-10:00 pm | 2:30-4:00 pm | 2:30-4:00 pm |
| Length Swim | 8:30-9:30 pm | 12:00-1:00 pm 9:00-10:00 pm | 9:00-10:00 pm | 9:00-10:00 pm | | 8:00-9:00 am | 8:00-9:00 am |
| Family Swim | | | | | | | 9:00-10:30 am |
| Adult Leisure Swim | | 10:00-12:00 pm *1/2 pool only | | | | | |
| Summer (June 27-Aug 31) | | | | Office Hours: Tu/Wed/Thu 5:30-9:30 pm, Sat/Sun 9:00 am-4:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:30-4:00 pm 6:30-8:00 pm | 2:30-4:00 pm | 2:30-4:00 pm 6:30-8:00 pm | 2:30-4:00 pm | 2:30-4:00 pm 6:30-8:00 pm | 1:00-2:30 pm | 1:00-2:30 pm |
| Length Swim | 8:00-9:00 pm | 8:00-9:00 pm | 8:00-9:00 pm | 8:00-9:00 pm | 8:00-9:00 pm | | |
| Adult Leisure Swim | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm |

Clarkson Pool 2524 Bromsgrove Rd.
905-615-4840

Clarkson pool is a 6 lane, 25 metre pool.
Male and Female Change rooms, Water Slide,
and Diving Board.

| Spring (Mar 29-June 26) | | | | Office Hours: Tu/Thu 5:00 pm-10:00 pm, Sa/Su 9:00 am-2:30 pm | | | |
|--------------------------------|-------------------------------|------------------------------|-------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | | 7:35-9:00 pm | | 7:35-9:00 pm | | 1:05-2:30 pm | 1:05-2:30 pm |
| Length Swim | 6:00-7:00 am 9:05-10:00 pm | 9:05-10:00 pm | 6:00-7:00 am 9:05-10:00 pm | 9:05-10:00 pm | 6:00-7:00 am | | 12:00-1:00 pm |
| Women's Swim & Drop-in Lessons | | | | | | | 6:30-8:00 pm |
| Youth Swim | | | | | 9:00-10:30 pm | | |
| Summer (June 29-Sept 7) | | | | Office Hours: M-F 10:00 am-8:00 pm, Sa/Su 1:30-3:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:35-3:00 pm 6:35-8:00 pm | 1:35-3:00 pm 6:35-8:00 pm | 1:35-3:00 pm 6:35-8:00 pm | 1:35-3:00 pm 6:35-8:00 pm | 1:35-3:00 pm 6:35-8:00 pm | 1:35-3:00 pm | 1:35-3:00 pm |
| Length Swim | 8:05-9:00 pm | | 8:05-9:00 pm | | 8:05-9:00 pm | | |
| Lane Swim | 12:35-1:30 pm | 8:05-9:00 pm | 12:35-1:30 pm | 8:05-9:00 pm | 12:35-1:30 pm | 12:35-1:30 pm | 12:35-1:30 pm |
| Drop-in Lessons | | | | | | | 12:30-1:30 pm |
| Women's Swim & Drop-In Lessons | | | | | | | 3:30-5:00 pm |

Erin Meadows Pool 2800 Erin Centre Blvd.
905-615-4750

Erin Meadows has a 6 lane, 25 metre pool, and a Shallow pool less than 75 cm in depth. Male, Female and Family Change rooms, Tarzan rope, and is wheelchair accessible.

| Spring (Mar 29-May 15) | | | | Office Hours: M-F 9:00 am-8:00 pm, Sa/Su 8:00 am-5:00 pm | | | |
|---|---------------------------------|--|----------------|--|---------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 12:05-1:00 pm | | 12:05-1:00 pm | 7:35-9:00 pm | 12:05-1:00 pm | 1:35-3:00 pm | 12:05-1:30 pm |
| Length Swim | 11:05-12:00 pm 9:20-10:15 pm | *NEW* 7:30-8:25 am 11:05-12:55 pm 9:20-10:15 pm | 11:05-12:00 pm | *NEW* 7:30-8:25 am 11:05-12:55 pm 9:05-10:00 pm | 11:05-12:00 pm 9:05-10:00 pm | 12:35-1:30 pm | |
| Summer (Office Hours-Please note, Erin Meadows Pool will be closed May 16-Sept 18 for necessary and extensive maintenance to the deck and change room tiles.) | | | | | | | |

Indoor Recreational Swim Schedule

Frank McKechnie Pool

310 Bristol Rd. East
905-615-4660

Frank McKechnie has a 6 lane, 25 metre pool, and a Shallow pool less than 75 cm in depth. Male, Female and Family Change rooms, Tarzan rope, Water Slide, Hot Tub and is wheelchair accessible.

| Spring (Mar 28-June 26) | | | | Office Hours: M-F 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
|----------------------------------|--|---|--|--|---|-------------------------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 11:30-1:00 pm (Play Pool Only) | 11:30-1:00 pm (Play Pool Only) 7:30-9:00 pm | 11:30-1:00 pm (Play Pool Only) | 11:30-1:00 pm (Play Pool Only) 7:30-9:00 pm | 11:30-1:00 pm (Play Pool Only) 7:30-9:00 pm | 1:30-3:00 pm | 1:30-3:00 pm |
| Lane Swim | 6:30-1:00 pm 9:00-10:00 pm | 6:30-9:00 am 11:30-1:00 pm 9:00-10:00 pm | 6:30-1:00 pm 9:00-10:00 pm | 6:30-9:00 am 11:30-1:00 pm 9:00-10:00 pm | 6:30-1:00 pm 9:00-10:00 pm | 7:00-8:00 am 12:30-1:30 pm | 12:30-1:30 pm |
| Parent & Tot (Play Pool Only) | | 9:30-10:30 am | | 9:30-10:30 am | | | |
| Swim Lesson Drop-In | | | | | 2:00-3:00 pm | | |
| Summer (June 27-Aug 30) | | | | Office Hours: M-F 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:30-4:00 pm 8:00-9:30 pm | 2:30-4:00 pm 8:00-9:30 pm | 2:30-4:00 pm 8:00-9:30 pm | 2:30-4:00 pm 8:00-9:30 pm | 2:30-4:00 pm 8:00-9:30 pm | 1:00-2:30 pm | 1:00-2:30 pm |
| Lane Swim | 6:30-9:00 pm 12:00-1:00 pm 9:30-10:30 pm | 6:30-9:00 am 12:00-1:00 pm 9:30-10:30 pm | 6:30-9:00 am 12:00-1:00 pm 9:30-10:30 pm | 6:30-9:00 am 12:00-1:00 pm 9:30-10:30 pm | 6:30-9:00 am 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm |
| Parent & Tot (Play Pool Only) | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | 12:00-1:00 pm | | |

Glenforest Pool

3575 Fieldgate Dr.
905-615-4630

Glenforest pool has a 6 lane, 25 metre pool with a Water Slide and Diving Board. Male and Female Change Rooms.

| Spring (Mar 28-June 26) | | | | Office Hours: M-F 4:30-8:30 pm, Sa & Su 12:00 pm-3:00 pm | | | |
|-------------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | | | | | 7:05-8:30 pm | 1:00-2:30 pm | 1:00-2:30 pm |
| Length Swim | 8:35-9:30 pm | | 9:05-10:00 pm | | 8:35-9:30 pm | 12:00-1:00 pm | 12:00-1:00 pm |
| Summer (June 27-Sep 7) | | | | Office Hours: M-F 10:00 am-8:00 pm, Sa & Su 12:00 pm-3:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:30-4:00 pm 7:05-8:30 pm | 2:30-4:00 pm 7:05-8:30 pm | 2:30-4:00 pm 7:05-8:30 pm | 2:30-4:00 pm 7:05-8:30 pm | 2:30-4:00 pm 7:05-8:30 pm | 2:30-4:00 pm | 2:30-4:00 pm |
| Length Swim | 8:30-9:30 pm | | 8:30-9:30 pm | | 8:30-9:30 pm | 1:30-2:30 pm | 1:30-2:30 pm |

Huron Park Pool

830 Paisley Blvd. West
905-615-4820

For Open Therapy Time & Therapeutic Fitness Swim times see page 44
Huron Park Pool has a 6 lane, 25 metre pool, and a Therapeutic Pool. Water Slide, Diving Board, Community Change Room and is Wheelchair accessible.

| Spring (Mar 28-June 26) | | | | Office Hours: M-F 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
|-------------------------------------|--------------------------------|----------------|---------------------------------|--|---------------------------------|--------------|--------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 12:30-1:25 pm* | 12:30-1:25 pm* | 12:30-1:25 pm* | 12:30-1:25 pm* | 12:30-1:25 pm* | | |
| Fun Swim & Therapy Pool | | | 7:35-9:00 pm | | 7:35-9:00 pm | 1:35-3:00 pm | 1:35-3:00 pm |
| Length Swim | | | | | 6:00-8:00 am | | 8:00-9:30 am |
| Length Swim & Therapy Pool | 11:35-12:30 pm | 11:35-12:30 pm | 11:35-12:30 pm 9:05-10:00 pm | 11:35-12:30 pm | 11:35-12:30 pm 9:05-10:00 pm | | |
| Lane Swim | 7:00-8:00 am 12:30-1:25 pm* | 12:30-1:25 pm* | 7:00-8:00 am 12:30-1:25 pm* | 12:30-1:25 pm* | 12:30-1:25 pm* | | |
| Parent & Tot (Therapy Pool Only) | 12:30-1:25 pm | 12:30-1:25 pm | 12:30-1:25 pm | 12:30-1:25 pm 5:45-7:15 pm | 12:30-1:25 pm | | |

* Half pool only

Indoor Recreational Swim Schedule

| Summer (June 27-Sep 6) | | | | Office Hours: M-F 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
|------------------------|--------------------------------|---------------------------------|--------------------------------|--|---|----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:45-4:15 pm 7:35-9:00 pm | 2:45-4:15 pm 7:35-9:00 pm | 2:45-4:15 pm 7:35-9:00 pm | 2:45-4:15 pm 7:35-9:00 pm | 2:45-4:15 pm 7:35-9:00 pm | 3:15-4:45 pm | 3:15-4:45 pm |
| Family Swim | | | | | | 1:30-3:00 pm | 1:30-3:00 pm |
| Length Swim | 7:15-8:15 am 11:35-12:30 pm | 11:35-12:30 pm 9:05-10:00 pm | 7:15-8:15 am 11:35-12:30 pm | 11:35-12:30 pm | 7:15-8:15 am 11:35-12:30 pm 9:05-10:00 pm | | 12:00-1:25 pm |
| Parent & Tot | 10:00-11:00 am | | 10:00-11:00 am | | 10:00-11:00 am | | |
| Swim Lesson Drop-In | | | | | | 10:00-11:30 am | |

Malton Pool

3543 Morning Star Dr.
905-615-4640

Malton Pool has a 6 lane, 25 metre pool with a Water Slide, Tarzan Rope, and Diving Board. Male and Female Change Rooms.

| Spring (Mar 28-June 26) | | | | Office Hours: M-F 5:30-8:00 pm, Sa & Su 1:00-2:30 pm | | | |
|-------------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|--------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | | | 7:35-9:00 pm | | 7:35-9:00 pm | 1:00-2:30 pm | 1:00-2:30 pm |
| Length Swim | 8:30-9:30 pm | 7:15-8:15 am 7:30-8:30 pm | 8:30-9:30 pm* | 7:15-8:15 am 7:30-8:30 pm | | | 12:00-1:00 pm |
| Parent & Tot | | | 12:45-1:45 pm | | | | |
| Women's Swim | | | | | 6:00-7:00 pm | | |
| Summer (June 27-Sept 6) | | | | Office Hours: M-F 10:00 am-8:00 pm, Sa & Su 12:00 pm-2:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 3:35-5:00 pm 8:00-9:30 pm | 1:05-2:30 pm 3:35-5:00 pm | 3:35-5:00 pm 8:00-9:30 pm | 1:05-2:30 pm 3:35-5:00 pm | 3:35-5:00 pm 8:00-9:30 pm | 1:05-2:30 pm | 1:05-2:30 pm |
| Length Swim | | 9:00-10:00 pm | | 9:00-10:00 pm | 1:00-2:00 pm | | 12:00-1:00 pm |
| Women's Swim | | | | | | 2:35-3:30 pm | |

Meadowvale Pool

6655 Glen Erin Dr.
905-615-4710

Meadowvale Pool has a 6 lane, 25 metre pool with a Water Slide, and Diving Board. Male and Female Change Rooms, and is Wheelchair accessible.

| Spring (Sept 15-June 26) | | | | Office Hours: 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
|--------------------------|--------------------------------|---------------------------------|--------------------------------|--|--------------------------------|---------------|--------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 11:35-12:30 pm | 11:35-12:30 pm | 11:35-12:30 pm | 11:35-12:30 pm | 11:35-12:30 pm 7:35-9:00 pm | 1:05-2:25 pm | 2:45-4:10 pm |
| Length Swim | 12:30-1:25 pm 9:05-10:00 pm | 12:30-1:25 pm 9:05-10:00 pm* | 12:30-1:25 pm 9:05-10:00 pm | 12:30-1:25 pm | 12:30-1:25 pm 9:05-10:00 pm | 8:30-9:25 am* | 8:30-9:25 am* 12:05-1:00 pm |
| Family Swim | | | | | | 6:35-8:00 pm | 1:05-2:30 pm |
| Homework Swim | | | | | | | 4:15-5:15 pm* |
| Summer (June 27-Sept 6) | | | | 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:35-3:55 pm 7:35-9:00 pm | 2:35-3:55 pm | 2:35-3:55 pm 7:35-9:00 pm | 2:35-3:55 pm | 2:35-3:55 pm 7:35-9:00 pm | 2:35-3:55 pm | 2:35-3:55 pm |
| Length Swim | 12:35-1:30 pm 9:05-10:00 pm | 12:35-1:30 pm 8:20-9:15 pm | 12:35-1:30 pm 9:05-10:00 pm | 12:35-1:30 pm 8:20-9:15 pm | 12:35-1:30 pm 9:05-10:00 pm | | 1:30-2:30 pm |

Indoor Recreational Swim Schedule

River Grove Pool

5800 River Grove Ave.
905-615-4780

River Grove Pool has a 5 lane, 25 metre pool with a Water Slide, Hot Tub and a Leisure shape pool with Flume Slide. Male, Female and Family Change Rooms, and is Wheelchair accessible. Note: Lane Swim takes place during other programs—swimming space is limited to one lane.

| Spring (Mar 28-June 21) | | | | Office Hours: M-F 6:30 am-10:00 pm, Sa & Su 7:30 am-7:00 pm | | | |
|-------------------------|--------------------------------|------------------------------|--|---|--|----------------|----------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | | 4:00-5:25 pm | | | 7:35-9:00 pm | 1:05-2:25 pm | 1:05-2:25 pm |
| Length Swim | 8:35-9:30 pm | | 8:35-9:30 pm | | 9:05-10:00 pm | 7:30-8:25 am | 7:30-8:25 am |
| Family Swim | | | | | | | 3:35-4:55 pm |
| Open Swim | 11:35-12:55 pm | 11:35-12:55 pm | 11:35-12:55 pm | 11:35-12:55 pm | 11:35-12:55 pm | | |
| Lane Swim | 6:30 am-8:30 pm | 6:30 am-7:00 pm | 6:30 am-8:30 pm | 11:30-7:00 pm | 6:30 am-9:00 pm | 1:00-5:30 pm | 1:00-5:00 pm |
| Summer (June 22-Sept 6) | | | | Office Hours: 6:30 am-10:00 pm, Sa & Su 7:30 am-7:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:05-3:25 pm 7:05-8:25 pm | 2:05-3:25 pm 7:05-8:25 pm | 2:05-3:25 pm 7:05-8:25 pm | 2:05-3:25 pm 7:05-8:25 pm | 2:05-3:25 pm 7:05-8:25 pm | 1:05-2:25 pm | 1:05-2:25 pm |
| Length Swim | 6:30-8:25 am 12:05-12:55 pm | 6:30-8:25 am | 6:30-8:25 am 12:05-12:55 pm 8:35-9:30 pm | 6:30-8:25 am | 6:30-8:25 am 12:05-12:55 pm 8:35-9:30 pm | 12:05-12:55 pm | 12:05-12:55 pm |
| Family Swim | | | | | | | 2:35-3:55 pm |
| Lane Swim | 8:30 am-8:30 pm | 8:30 am-8:30 pm | 8:30 am-8:30 pm | 8:30 am-8:30 pm | 8:30 am-8:30 pm | 1:05-2:25 pm | 1:05-3:55 pm |

South Common Pool

2233 South Millway
905-615-4770

South Common is a 2 lane, 25 metre hour glass shaped leisure pool with wide entry stairs, access ramp, slide and hot tub. Our male, female and family change rooms are wheelchair accessible.

| Spring (Mar 21-June 24) | | | | Office Hours: 9:00 am-9:00 pm, Sa & Su 9:00 am-4:00 pm | | | |
|-------------------------|--------------------------------|------------------------------|--------------------------------|--|--------------------------------|---------------|------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 11:35-12:25 pm 7:05-8:25 pm | 11:35-12:25 pm | 11:35-12:25 pm 7:05-8:25 pm | 11:35-12:25 pm 4:00-5:25 pm | 11:35-12:25 pm 7:05-8:25 pm | 1:35-2:55 pm | 3:15-4:45 pm |
| Adult Leisure Swim | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm |
| Length Swim | 6:05-6:55 pm | | 6:05-6:55 pm | 8:35-9:30 pm | 8:35-9:30 pm | | |
| Family Swim | | | | | | | 1:35-3:00 pm 6:35-8:00 pm |
| Summer (June 27-Sept 6) | | | | Office Hours: 9:00 am-9:00 pm, Sa & Su 9:00 am-4:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:35-3:55 pm 7:05-8:25 pm | 2:35-3:55 pm 7:05-8:25 pm | 2:35-3:55 pm 7:05-8:25 pm | 2:35-3:55 pm 7:05-8:25 pm | 2:35-3:55 pm 7:05-8:25 pm | 1:35-2:55 pm | 1:35-2:55 pm |
| Adult Leisure Swim | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm | 12:35-1:25 pm |
| Length Swim | 6:05-6:55 pm | 6:05-6:55 pm | 6:05-6:55 pm | 6:05-6:55 pm | 6:05-6:55 pm | | |

Terry Fox Pool (Mississauga Valley CC)

Mississauga Valley Blvd.
(Inside Mississauga Valley CC)
905-615-4670

Terry Fox Pool has a 6 lane, 25 metre Wave pool with a Tarzan Rope and Diving Board. Community Change Room, and is Wheelchair accessible.

| Spring (Mar 29-June 19) | | | | 1275 Office Hours: 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
|-------------------------|--|--------------------------------|--|---|---|--------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Wave Swim | | | | | 7:30-9:00 pm | 1:00-2:30 pm | 1:00-2:30 pm |
| Fun Swim | 12:30-1:30 pm 3:30-4:30 pm- FEMALE | 12:30-1:30 pm 3:30-4:30 pm | 12:30-1:30 pm 3:30-4:30 pm-BOYS | 12:30-1:30 pm 3:30-4:30 pm | 12:30-1:30 pm 3:30-4:30 pm | | |
| Length Wave Swim | | 9:00-10:00 pm | | | 9:30-10:30 pm | | 12:00-1:00 pm |
| Length Swim | 6:30-8:30 am 11:30-12:30 pm- 8:00-9:00 pm- FEMALE | 6:30-8:30 am 11:30-12:30 pm | 6:30-8:30 am- MALE 11:30-12:30 pm 8:30-9:30 pm- MALE | 6:30-8:30 am- FEMALE 11:30-12:30 pm 9:15-10:15 pm | 6:30-8:30 am 11:30-12:30 pm 9:30-10:30 pm | 8:00-9:00 am | |

Indoor Recreational Swim Schedule/Outdoor Recreational Swim Schedule

| | | | | | | | |
|--------------------------------|---------------------------------------|--|-------------------------------------|--|--------------------------------|--|---|
| Drop-In Swim Lessons | 6:30-7:30 pm-FEMALE | 1:30-3:00 pm | 7:30-8:30 pm-MALE | | | 5:15-6:00 pm-FEMALE | 4:15-5:00 pm-MALE |
| Triathlon WAVE Training | 9:00-10:00 pm | | 9:30-10:30 pm | | | | |
| Aquatic Leadership Drop-in | 5:00-9:30 pm-FEMALE | | 5:30-9:30 pm-MALE | | | | |
| Learn to Kayak Drop-In | | | | | 6:30-7:30 pm | 8:00-9:00 am | |
| Summer (June 27-Sept 4) | | | | Office Hours: 9:00 am-8:00 pm, Sa & Su 9:00 am-3:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Wave Swim | 4:00-5:30 pm 8:15-9:45 pm | 4:00-5:30 pm | 4:00-5:30 pm 8:15-9:45 pm | 4:00-5:30 pm | 4:00-5:30 pm 8:15-9:45 pm | 12:30-1:30 pm | 12:30-1:30 pm |
| Extreme Water Sports Swim | | | | | | 2:00-3:30 pm | |
| Length Swim | 6:30-8:30 am 11:30-12:30 pm | 6:30-8:30 am 11:30-12:30 pm | 6:30-8:30 am-MALE 11:30-12:30 pm | 6:30-8:30 am-FEMALE 11:30-12:30 pm 6:30-8:30 am-FEMALE 11:30-12:30 pm | 6:30-8:30 am 11:30-12:30 pm | | |
| Length Wave Swim | 9:45-10:45 pm 9:45-10:45 pm-FEMALE | 9:45-10:45 pm | 9:45-10:45 pm 9:45-10:45 pm-MALE | 9:45-10:45 pm | 9:45-10:45 pm | | |
| Drop-In Swim Lessons | | 7:30-8:30 pm-FEMALE 7:30-8:30 pm-FEMALE | | 7:30-8:30 pm-MALE | | 9:00-10:00 am 10:30-11:30 am 3:45-4:45 pm-MALE | 9:00-10:00 am 10:30-11:30 am 3:45-4:45 pm-FEMALE 3:45-4:45 pm-FEMALE |
| Lifesaving Sport Drop-In | | 6:15-7:15 pm | | 6:15-7:15 pm | | | |

Outdoor Recreational Swim Schedule & Office Hours

For Drop-in Aquatic Fitness classes, please call the pool directly. Please note: Outdoor pools maybe closed due to rain or air temperature falling below 18°C. Please call pool for revised swim schedule.

Applewood Pool

3119 Constitution Blvd.
905-275-9618

Applewood pool is a 6 lane, 25 m pool, with a spring board, slide and a sun deck. There are both male and female change rooms available.

| | | | | | | | |
|------------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|------------------------------|------------------------------|
| June 14-June 27 | | | | Office Hours: M-F 4:30-7:00 pm, Sa & Su 1:30-3:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 1:00-4:00 pm | 1:00-4:00 pm |
| June 28-Sept 6 | | | | Office Hours: M-F 1:30-7:00 pm, Sa & Su 1:30-4:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:00-4:00 pm 5:00-6:30 pm | 1:00-4:00 pm 5:00-6:30 pm | 1:00-4:00 pm 5:00-6:30 pm | 1:00-4:00 pm 5:00-6:30 pm | 1:00-4:00 pm 5:00-6:30 pm | 1:00-4:00 pm 5:30-7:00 pm | 1:00-4:00 pm 5:30-7:00 pm |
| Length Swim | 12:00-1:00 pm | | 12:00-1:00 pm | | 12:00-1:00 pm | | 12:00-1:00 pm |

David Ramsey Pool

2470 Thornlodge Dr.
905-823-5089

David Ramsey is a 25m, 6 lane pool set amongst parkland in the Erin Mills area with male and female change rooms, diving board, sun deck and weekly inflatable Fun Swims.

| | | | | | | | |
|------------------------|---------------|-------------------------------|------------------|---|---------------|-----------------|---------------|
| June 13-June 28 | | | | Office Hours: M-F 5:30-7:30 pm, Sa & Su 1:30-3:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 6:00-8:00 pm | 1:00-4:00 pm | 1:00-4:00 pm |
| Length Swim | 12:00-1:00 pm | | | | | 1:30-4:30 pm | 1:30-4:30 pm |
| June 29-Sept 7 | | | | Office Hours: M-F 1:30-7:00 pm, Sa & Su 12:30-4:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:00-4:00 pm | 1:00-4:00 pm 7:00-8:30 pm* | 1:00-4:00 pm | 1:00-4:00 pm 7:00-8:30 pm* | 1:00-4:00 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Lane Swim | | | | | | 12:30-1:30 pm | 12:30-1:30 pm |

*Please note as of August 14th, 2009 the evening Fun Swim time changes to 6:30-8:00 pm

Outdoor Recreational Swim Schedule

Don McLean Westacres Pool

2199 Westfield Dr.
905-277-2870

Don McLean Wesacres pool is a 6 lane, 25 m pool, with a slide in the deep end and a sun deck. There are both male and female change rooms available.

| June 20-June 26 | | | | Office Hours: M-F 1:30-7:00 pm, Sa & Su 12:30-4:00 pm | | | |
|-----------------|------------------------------|------------------------------|------------------------------|---|------------------------------|--------------|--------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 5:00-8:00 pm | 5:00-8:00 pm | 5:00-8:00 pm | 5:00-8:00 pm | 5:00-8:00 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Length Swim | | | | | | 4:30-5:30 pm | 4:30-5:30 pm |
| June 27-Aug 23 | | | | Office Hours: M-F 1:30-7:00 pm, Sa & Su 1:30-5:00 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:30-4:30 pm 5:30-7:00 pm | 1:30-4:30 pm 5:30-7:00 pm | 1:30-4:30 pm 5:30-7:00 pm | 1:30-4:30 pm 5:30-7:00 pm | 1:30-4:30 pm 5:30-7:00 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Length Swim | | | | | | 4:30-5:30 pm | 4:30-5:30 pm |

Erindale Pool

1244 Shamir Cres.
905-896-5503

Erindale pool is a 6 lane, 25 m pool, with a spring board, slide and a sun deck. There are both male and female change rooms available.

| June 7-June 25 | | | | Office Hours: M-F 4:30-7:00 pm, Sa & Su 1:30-3:30 pm | | | |
|----------------|------------------------------|------------------------------|------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 5:00-7:30 pm | 5:00-7:30 pm | 5:00-7:30 pm | 5:00-7:30 pm | 5:00-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Length Swim | 7:30-8:30 pm | 7:30-8:30 pm | 7:30-8:30 pm | 7:30-8:30 pm | 7:30-8:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |
| June 26-Sept 6 | | | | Office Hours: M-F 1:30-6:30 pm, Sa & Su 1:30-3:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:00-5:00 pm 6:00-7:30 pm | 2:00-5:00 pm 6:00-7:30 pm | 2:00-5:00 pm 6:00-7:30 pm | 2:00-5:00 pm 6:00-7:30 pm | 2:00-5:00 pm 6:00-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Length Swim | 12:30-1:30 7:30-8:30 pm | 12:30-1:30 7:30-8:30 pm | 12:30-1:30 7:30-8:30 pm | 12:30-1:30 7:30-8:30 pm | 12:30-1:30 7:30-8:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |

Lewis Bradley Pool

745 Inverhouse Dr.
905-823-5720

Lewis Bradley pool is a 6 lane, 25 m pool, with a spring board, slide and a sun deck. There are both male and female change rooms available.

| June 13-June 28 | | | | Office Hours: M-F 4:30-7:00 pm, Sa & Su 1:30-4:30 pm | | | |
|---------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| June 29-Sept 7 | | | | Office Hours: M-F 1:30-7:30 pm, Sa & Su 1:30-4:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Length Swim | 9:00-10:00 am | | 9:00-10:00 am | | 9:00-10:00 am | | |
| Lane Swim | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |
| Swim Lesson Drop-In | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |

Port Credit Pool

20 Rosewood Dr.
905-615-4830, ext.2630

Port Credit pool is a 6 lane, 25 m, 'L' shaped pool with a spring board, slide and a sun deck. There are both male and female change rooms available.

| June 13-June 21 | | | | Office Hours: M-F 4:30-7:00 pm, Sa & Su 1:30-4:30 pm | | | |
|---------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|---------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 4:30-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| June 22-Sept 7 | | | | Office Hours: M-F 1:30-7:30 pm, Sa & Su 1:30-4:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm 6:00-7:30 pm | 1:30-4:30 pm | 1:30-4:30 pm |
| Lane Swim | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |
| Swim Lesson Drop-In | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 12:30-1:30 pm | 12:30-1:30 pm |

Outdoor Recreational Swim Schedule/Learn to Swim Progression Chart

Streetsville Pool

335 Church St.
905-826-2031

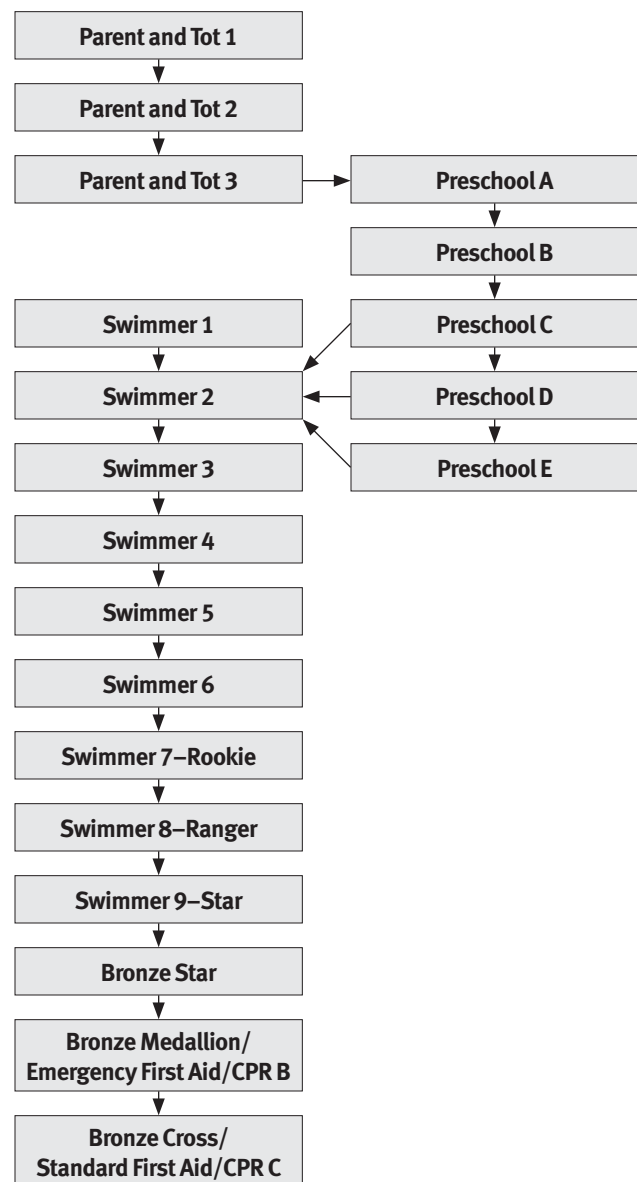
Streetsville pool is a 6 lane, 25 m pool, with a slide and a sun deck.
There are both male and female change rooms.

| June 20-June 25 | | | | Office Hours: M-F 4:30-7:00 pm, Sa & Su 1:30-3:30 pm | | | |
|-----------------|---------------------------|---------------------------|---------------------------|--|---------------------------|---------------------------|---------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 5:30-7:00 pm | 5:30-7:00 pm | 5:30-7:00 pm | 5:30-7:00 pm | 5:30-7:00 pm | 1:30-4:30 5:30-7:00 pm | 1:30-4:30 5:30-7:00 pm |
| June 26-Sept 7 | | | | Office Hours: M-F 1:30-7:00 pm, Sa & Su 1:30-3:30 pm | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Fun Swim | 2:30-4:30 5:30-7:00 pm | 2:30-4:30 5:30-7:00 pm | 2:30-4:30 5:30-7:00 pm | 2:30-4:30 5:30-7:00 pm | 2:30-4:30 5:30-7:00 pm | 1:30-4:30 5:30-7:00 pm | 1:30-4:30 5:30-7:00 pm |

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 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.



Swimming Activity Description Chart

| Activity | Age | Description |
|--|------------------------|---|
| Aquatic Children's Programs | | |
| To ensure you are registering in the correct level, review the following activity descriptions. Customer safety and comfort are our primary concern. Should there be an issue with the potential safety or comfort of your child in our program, we may be required to make adjustments to your registration. 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. | | |
| Parent and Tot 1 | 3 months to 12 months | Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 3 to 12-month-old to learn to enjoy the water with the parent. Class Length: 30 min. |
| Parent and Tot 2 | 12 months to 24 months | Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 12 to 24-month-old to learn to enjoy the water with the parent. Class Length: 30 min. |
| Parent and Tot 3 | 2 years to 3 years | Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Class Length: 30 min. |
| Preschool A | 3 years to 5 years | We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into shallow water. They'll try floats and glides on their front and back, wearing a Personal Flotation Device. They'll learn to get their face wet and blow bubbles underwater. Recommended: New to lessons or participated in Parent and Tot. Class Length: 30 min. |
| Preschool B | 3 years to 5 years | These preschoolers learn to jump into shallow water by themselves and get in and get out wearing a Personal Flotation Device. They'll submerge and exhale underwater. With a buoyant aid, they'll work on moving through the water kicking on their front and back. Recommended completed Preschool A. Class Length: 30 min. |
| Preschool C | 3 years to 5 years | These preschoolers will try jumping into chest-deep water and into deep water wearing a Personal Flotation Device. They'll recover objects from the bottom. They'll work on moving efficiently through the water on their front and back and while wearing a PFD. Recommended completed Preschool B. Class Length: 30 min. |
| Preschool D | 3 years to 5 years | Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll learn to support themselves at the surface, open their eyes underwater and recover objects from the bottom in deeper water. They'll master short (3–5m) swims on their front and back. Recommended completed Preschool C. Class Length: 30 min. |
| Preschool E | 3 years to 5 years | These youngsters get more adventuresome with sideways entries wearing a PFD; front and back floats with rollovers; and holding their breath underwater for up to 5 sec. They'll work on longer (5–10m) front and back crawl swims and get a giggle out of whip kick. Recommended completed Preschool D. Class Length: 30 min. |
| Swimmer 1 | 5 years to 13 years | These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom. They'll work on floats and moving through the water on their front and back. Recommended: non swimmer or completed Preschool A or B. Class Length: 30 min. |
| Swimmer 2 | 5 years to 13 years | These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick and swim 10–15m on their front and back. Recommended completed swimmer 1 or completed Preschool C, D or E. Class Length: 30 min. |
| Swimmer 3 | 5 years to 13 years | These junior swimmers will cannonball, dive and roll into the water. New bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front crawl and back crawl over short distances and endurance swims of 25 to 50m. Recommended completed Swimmer 2. Class Length: 45 min. |
| Swimmer 4 | 5 years to 13 years | These intermediate swimmers will refine dives and stride entries. They'll learn eggbeater kick, master foot-first surface dives and in-water back somersaults. They'll learn to scull and swim lengths of front crawl, back crawl, whip kick and breaststroke arms with breathing. They'll finish with endurance swims of 50–100m. Recommended completed Swimmer 3. Class Length: 45 min. |
| Swimmer 5 | 5 years to 13 years | These swimmers will master shallow dive entries, eggbeater kick and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl and breaststroke over 50m swims of each. Then they'll pick up the pace in 25m sprints and endurance swims of 100–200m. Recommended completed Swimmer 4. Class Length: 45 min. |
| Swimmer 6 | 5 years to 13 years | These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries and eggbeater kick for 1 min. while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl and breaststroke, and concentrate on the 4 x 25m sprints in interval training, ending with the 200 to 300m endurance swim. Recommended completed Swimmer 5. Class Length: 45 min. |

Swimming Activity Description Chart

| Activity | Age | Description |
|--|---|---|
| Swim All Year | 5 years to 13 years | Same time, same place and register once for swimming lessons September to June. Candidates learn and move through the Lifesaving Society Swim Program at their own pace in a comfortable, consistent environment. Select the starting level based on your child's current swimming ability and watch your child improve on their swimming skills and experience success. Evaluation of swimming skills are done on a continual basis. Scheduled payments are available. Class Length: Varies |
| Swimmer 7 Rookie | 5 years to 13 years | Rookie Patrol features a timed 100m swim, 350m workouts and swims with clothes. A work-hard, play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour. Recommended completed Swimmer 6. Class Length: 60 min. |
| Swimmer 8 Ranger | 5 years to 13 years | Ranger Patrol features a timed 200m swim, 100m fitness medley and support/carrying a 5-lb weight. Content is challenging but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue. Recommended completed Swimmer 7 Rookie Patrol. Class Length: 60 min. |
| Swimmer 9 Star | 5 years to 13 years | Star Patrol features a timed 300m swim, 3 x 600m workouts, swim with clothes, defense methods, support & carry 10-lb weight. Scene assessment and a towing rescue are introduced. Recommended completed Swimmer 8 Ranger Patrol. Class Length: 60 min. |
| Semi-Private (all levels) | 3 years to 13 years | Classes are designed for children who require special assistance in stroke correction or a specific skill or those looking for smaller class sizes. The classes will include all of the skills, strokes and safety content of regular classes. Instructor to student ratio is 1:3 per class. Class Length: 30 min. |
| Private Lessons | All ages | One-on-one instruction is available for children and adults. Classes are designed to work on specific skills or activities. Class Length: 30 min. |
| Bronze Star | 8 years to 15 years | Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifesaver. Includes a timed 400m swim. Recommended completed Swimmer 9 Star. Course Length: Varies |
| Aquatic Leadership Programs | | |
| Lifesaving Society Bronze Medallion/ Emergency First Aid/CPR B | 13 years by exam day OR hold Bronze Star Award | Candidate will learn rescue techniques, resuscitation and the history of the Lifesaving Society. The Emergency First Aid/CPR B provides technical knowledge and practical experience in rescue breathing, CPR and emergency care. Materials can be purchased at the pool on the first day (approx. cost \$35). Exam date to be confirmed at the pool. Prerequisite: 13 years of age by the end of the course or hold Bronze Star award. Course Length: 22.5 hrs. |
| Lifesaving Society Bronze Cross/ Standard First Aid/CPR C | Must have Bronze Medallion/ Emergency First Aid/ CPRB | Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim. Standard First Aid/CPR C certifications are recognized by WSIB. Materials can be purchased at the pool on the first day (approx. cost \$11). Prerequisites: Emergency First Aid/CPR B and Bronze Medallion. Bronze Cross is the prerequisite for the National Lifeguard Service Award. Exam date to be confirmed at the pool. Course Length: 27.5 hrs. |
| Lifesaving Society Assistant Instructors | 14 years by last day | Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. The course provides an introduction to swimming instruction and some of the key competencies required in successful teaching. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. 100% participation required. Prerequisites: a minimum of 14 years as of the last day of the course, and current Bronze Cross (or higher) certification. Course Length: 15 hrs. |
| Lifesaving Society Distinction | Must have Bronze Cross | Encourages a maturity of response to demanding aquatic emergency situations and is designed to develop advanced water rescue skill and knowledge, and an understanding of the principles of fitness training. Distinction challenges include implications of assuming responsibility in an emergency, how to deal with two victims at once, and rescue of a non-breathing spinal-injured victim. Inherent in the name of the award, lifesavers must perform every item with distinction. Prerequisite: Bronze Cross certification (need not be current). Course Length: 20 hrs. |
| Lifesaving Society NLS Pool/AED | 16 years by last day | This award is recognized as the elite lifeguarding certificate. Candidates are trained in many specialized lifeguarding techniques, as well as training in the use of Automatic External Defibrillation. Materials can be purchased at the pool on the first day (approx cost \$45). Exam date to be confirmed at the pool—100% participation strongly recommended. Prerequisites: Must have current Standard First Aid/CPR C and have had completed Bronze Cross. Course Length: 45 hrs. |
| Lifesaving Society Swim/ Lifesaving Instructor | 16 years by last day | The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. Materials can be purchased at the pool on the first day (approx. \$68). 100% participation required. Prerequisite: 16 years of age by the end of the course, and current Bronze Cross (or higher) certification. Course Length: 40 hrs. |

Swimming Activity Description Chart

| Activity | Age | Description |
|---|---------------------|---|
| The Complete Lifeguard | 16 years & up | Earn all the awards you need to be a certified lifeguard in one course. This course includes Bronze Medallion, Emergency First Aid, Bronze Cross, Standard First Aid, CPR B and C, National Lifeguard Service and Automatic External Defibrillation. Exam dates to be confirmed by pool. Course Length: 60 hrs. |
| Lifesaving Society Aquatic Supervisor Training | 16 years & up | In order to take this course a person must have worked at least 100 hours as an Instructor or Lifeguard, hold a current NLS and have a written recommendation from their Supervisor. Course Length: 12 hrs. |
| Lifesaving Society Emergency First Aid/CPR B | all ages | This program is for people who want a general knowledge of first aid principles and emergency treatment of injuries. Skills include: victim assessment, rescue breathing and CPR for adults and children, choking and what to do for external bleeding, heart attack, and stroke. Course Length: 6.5 hrs. |
| Lifesaving Society Standard First Aid/CPR C | 14 years & up | This program provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Course Length: 16 hrs. |
| Lifesaving Society Standard First Aid/CPR C Instructor | 16 years & up | Candidates must have a current Lifesaving Society Standard First Aid award and completed Advanced Instructor Clinic prior to taking the Standard First Aid Instructor Course. This course certifies the candidate to teach Emergency First Aid, Standard First Aid, and CPR (all levels). There is a pre-course assignment to be completed prior to the first day of the course. Contact the Training Consultant for information at 905-615-3200, ext. 2327. Course Length: 10 hrs. |
| Lifesaving Society AED Course and Recertification | 16 years & up | Automatic External Defibrillation Training. This course is designed to provide individuals with the skills required to operate an Automatic External Defibrillator only. This course does NOT include training on inspection and maintenance of the AED unit. Candidates must hold a current CPR certification, and be 16 years of age or older. **This course is for both first time candidates as well as those in need of a recertification** Course Length: 2-3 hrs. |
| Lifesaving Society Advanced Instructor and Examiner Clinic | 16 years & up | Upon completion of this course and required co-exams, candidates will be examiners to Bronze Cross level. This course is the prerequisite to thee NLS Instructors, Standard First Aid Instructors and AED Instructors. Candidates must have a current LSS Lifesaving Instructor award as well as awards they wish to be appointed to examine. Candidates must bring their Bronze Medals Award Guide, bathing suit and paper with pen. Course Length: 8 hrs . |
| Lifesaving Society NLS and AED Instructor | 16 years & up | Must have a current NLS and AED awards and have completed Advanced Instructor Clinic, and First Aid Examiner appointment and current AED Provider, prior to NLS/AED Instructor course. A pre-course assignment is required for this course; please contact the Training Consultant for details at 905-615-3200, ext. 2327. Materials extra can be purchased at the pool. |
| For Aquatic Fitness Instructor Programs See the Aquatic Exercise Program Section | | |
| Aquatic Specialty Programs | | |
| Junior Aquatic Endurance | 6 years to 10 years | Having trouble finishing the last few metres of your endurance swim? This class is designed for you! Participants will work on completing their first full length (25 metres), focusing on proper swim mechanics relating to arms, kicking and breathing. Please note: This course is in addition to the Swimmer Program and will not cover all the components of a normal Swim level but will aid in the completion of the endurance portion allowing candidates to safely continue on to higher levels. Course Length: 45 min. |
| Aquatic Endurance And Stroke Improvement | 10 years & up | Do you want to get stronger and prepare for the Bronze Medal programs or just become a stronger swimmer? This program is designed for people who want to improve endurance and work on stroke mechanics. Classes will be designed with drills and techniques that will create a workout to meet the needs of the individual. You must be able to swim 200 meters. Course Length: 60 min. |

Swimming Activity Description Chart

| Activity | Age | Description |
|--|---------------------|---|
| Lifesaving Society Boat Operator Accredited Training Clinic | 10 years & up | This clinic is designed for persons with solid boating experience. The B.O.A.T. clinic is the fast track to the B.O.A.T. course. Everyone operating small powerboats must have the card. By Sept 15, 2009, the regulation affects all powerboat operators regardless of their own age and size of craft. The Canadian Coast Guard Pleasure Craft Operator Card (PCO) is earned by scoring 75% on a test of basic boating safety knowledge. This program is a classroom program that reviews boater responsibilities, the “rules of the road” and how to prevent and respond in a boating emergency. You will be provided with an opportunity to write the test. (Test fee included within course fee). Course Length: 2.5 hrs. |
| Lifesaving Society Boat Operator Accredited Training Course | 10 years & up | If you or your family use recreational boats, you need this course. Everyone operating small powerboats must have the card. By Sept 15, 2009, the regulation affects all powerboat operators regardless of their own age and size of craft. The Canadian Coast Guard Pleasure Craft Operator Card (PCO) is earned by scoring 75% on a test of basic boating safety knowledge. This program is a classroom program that reviews boater responsibilities, the “rules of the road” and how to prevent and respond in a boating emergency. You will be provided with an opportunity to write the test (Test fee included within course fee). Course Length: 10 hrs. |
| Children with Special Needs | 5 years to 18 years | This program is designed for children with learning, physical or intellectual difficulties. It focuses on developing sound water safety habits and basic swimming skills. To participate in this program, each child must be accompanied in the water by his/her own caregiver/volunteer. This individual must be at least 14 years of age and comfortable in a water environment. They should be familiar with the child’s physical and emotional needs and be capable of managing their general progress in a safe manner. Class Length: 45 min. |
| Junior Lifeguard Club | 8 years to 15 years | Serious fun—that’s the Junior Lifeguard Club in a nutshell. The club is a place for kids to learn about lifesaving and lifeguarding, take part in friendly competition and special events, and challenge themselves to aim for personal bests, hang out, get fit, make friends and have a good time. Participants must be able to swim at least 50m and tread water for 1 minute. Class Length: 60 min. |
| Junior Lifeguard Club/Swim and Stroke | 8 years to 15 years | This is a fun program that combines Junior Lifeguard Club skills with stroke and endurance. Participants will be able to earn Rookie, Ranger and Star Patrols, which focuses on H2O Proficiency, First Aid and Rescue Skills. The coach will also work on developing efficient swimming strokes, teaching stroke mechanics, drills and endurance training. Students will have the opportunity to train for upcoming Lifeguard Competitions at the same time. Class Length: Varies—see specific pool |
| Learn to Kayak | 8 years & up | Learn the basic of kayaking at Terry Fox Pool. Paddle, turn, try rolling, enjoy a game of kayak water polo. Each class will include instruction on the basics of kayaking as well as games and activities to strengthen learned skills. |
| Spring Board Diving Level 1 | 8 years & up | Dive Ontario’s Learn-to-Dive program is a nationally recognized award for all age groups. The purpose of the program is to teach progressive diving skills, poise, confidence and safety to participants. The program has two skill levels. Each incorporates Bronze, Silver and Gold achievement stages. Participants should have Swimmer 4 level swimming ability. Class Length: 60 min. |
| Spring Board Diving Level 2 | 8 years & up | For those who have completed Level 1 Spring Board Diving Program and looking for more challenges. Participants will be able to work at their own pace on the next levels of the Dive Ontario’s Learn-to-Dive program. Class Length: 60 min. |
| Kids Triathlon Training | 7 years to 15 years | Most kids enjoy swimming, riding a bike and running. When you put them together you have a triathlon. A Triathlon is an individual sport that gives kids the opportunity to challenge themselves and have fun while promoting a healthy lifestyle. This program will introduce participants to the basics of the 3 sports of triathlon. |
| Triathlon Kids Swimming | 7 years to 15 years | This program is a coached weekly swim workout for kids who are interested in the sport of triathlon or who are looking for a break from traditional swimming lessons and want to improve their endurance. Participants should be able to swim a minimum of one length (25 metres) of the pool. Goggles and a swim cap are required. Class Length: 60 min. |
| Triathlon Wave Training & Drop-In | 15 years & up | Terry Fox Pool offers the only indoor Open Water Swim Training in the area. This program provides an opportunity for the Triathlete to practice their open water/wave swimming techniques all year round. Coached workout will provide feedback on technique, motivation and tips to swimming in open water. Whether you are an experienced athlete, or want to participate in your first endurance event this program is for you. |
| Lifesaving Sport & Drop-in | 7 years to 15 years | Looking for more than just swimming lessons? Lifesaving Sport—recognized by the International Olympic Committee. Lifesaving is the only sport in which skills are first learned for humanitarian purposes and only then applied in competition. Swim–Throw–Carry–Tow Have fun in the pool. Participants must be able to swim lengths of the pool on their front comfortably. |

Swimming Activity Description Chart

| Activity | Age | Description |
|--|---------------|--|
| Adult Learn to Swim and Swimming Fitness Programs | | |
| Adult Teen Swimmer 101 | 13 years & up | You will work towards completing a 15 to 25m swim on your front and back. Learn to do jump entries from the side and support yourself at the surface for 10–20 sec. You'll be able to recover an object from the bottom of chest-deep water. Prerequisite: 13 years, beginner non-swimmer. Class Length: Varies—see specific pool |
| Adult Teen Swimmer 201 | 13 years & up | You will work towards completing a 50 to 100m swim. Learn to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skill and strengths over 10m, and show off your handstands in shallow water. Prerequisite: 13 years, Adult 101 skill level recommended. Class Length: Varies—see specific pool |
| Adult Teen Swimmer 301 | 13 years & up | You will work towards completing a 200 to 300m continuous swims and sprinting 25m. Learn front crawl, back crawl and breaststroke over 100m, as well as sculling feet first and swimming 25m head-up. Prerequisite: 13 years, Adult 201 skill level recommended. Class Length: varies—see specific pool |
| Adult Teen Semi Private (all levels) | 13 years & up | Smaller class size allows for personal attention to be given on required components as needed by participants. Instructor to student ratio is 1:3 per class. Prerequisite: 13 years. Class Length: 30 min. |
| Fear Free Adult Semi-Private & Private Lessons | 13 years & up | Small steps for success. You want to swim but your fear of the water stops you. Don't feel left out any longer. Begin feeling more comfortable in the water today. Instructor to student ratio is 1:3 per class for semi-private classes and 1:1 for private classes. Class Length: 30 min. |
| Fitness Swim | 15 years & up | This program is designed for those of you who want to stay fit swimming or want to take your swimming to the next level. There will be an instructor to teach stroke mechanics. Learn to use a pace clock, do flip turns and complete workouts which will develop your swimming ability and challenge your cardiovascular fitness. You must be able to swim 50 metres continuously. Class Length: 60 min. |
| Tri-Splash and Dash Level 1 | 18 years & up | This introductory program is designed as a cardiovascular workout for participants, who want to stay fit swimming or are just getting into triathlons. There will be a coach to give you a workout suited to your ability and give you stroke correction to improve your swimming skills. This program runs twice a week. Participants must be able to swim 2 lengths continuously. Class Length: 60 min. |
| Tri-Splash and Dash Level 2 | 18 years & up | Designed as a cardiovascular workout for participants, who want to increase their fitness level, train for triathlons or who are seasoned athletes looking for pool space. This program runs twice a week. Participants must be able to swim 100 meters continuously. Class Length: 60 min. |
| Aquatic Exercise Programs see page 40 for course availability | | |
| Aquafitness | 15 years & up | This program is designed for non-swimmers and swimmers alike. The program is ideal for individuals who want to reduce the amount of stress placed on joints or for those who are interested in cross-training options from land based activities. Class Length: Varies—see specific pool |
| Aqua Body Blast! | 15 years & up | Looking for a challenge? Try this deep water workout that includes fat burning aerobics with strengthening, stretching, and toning components. A total body workout! Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min. |
| Aquafit and Preschool Splash N'Play | 15 years & up | Would you like to take a daytime Aquafit class but have a preschooler at home? Why not bring him/her along? Register for Aquafit and Preschool Splash N'Play and enjoy a workout while your preschooler enjoys supervised learning through play. You can still see your little one while exercising uninterrupted. Adult registers for Aquafit and each child registers separately. Class Length: 45 min. |
| Deep End Aquafit | 15 years & up | Classes are held in deep water eliminating any impact on your joints, using the buoyant belts for added support. Deep water classes are ideal for developing core strength and balance. Class design will include warm-up, cardio muscle conditioning and stretching. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: Varies—see specific pool |
| Deep End H2O Cardio, Guts & Butts | 15 years & up | This program will contain a cardio component and focus on toning and strengthening your back, hips and abdominal muscles. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min. |
| Gentle Aquafit | 15 years & up | This class is designed especially for people with physical limitations who want to keep fit. The class consists of a long warm-up, a short cardio component, a long muscle endurance segment and a long stretching component. Senior fee available. Class Length: Varies—see specific pool |
| Diaper Fit | 15 years & up | Enjoy participating in an Aquafit class with your little one right beside you! This course is designed to provide an opportunity for the adult to participate in the exercise class, and involve the child as much as possible, for a fun and different workout. It is strongly recommended children be comfortable going in the water and be able to sit up on their own. Children must be between the ages of 6 months and 2 years. Class Length: 45 min. |

Swimming Activity Description Chart

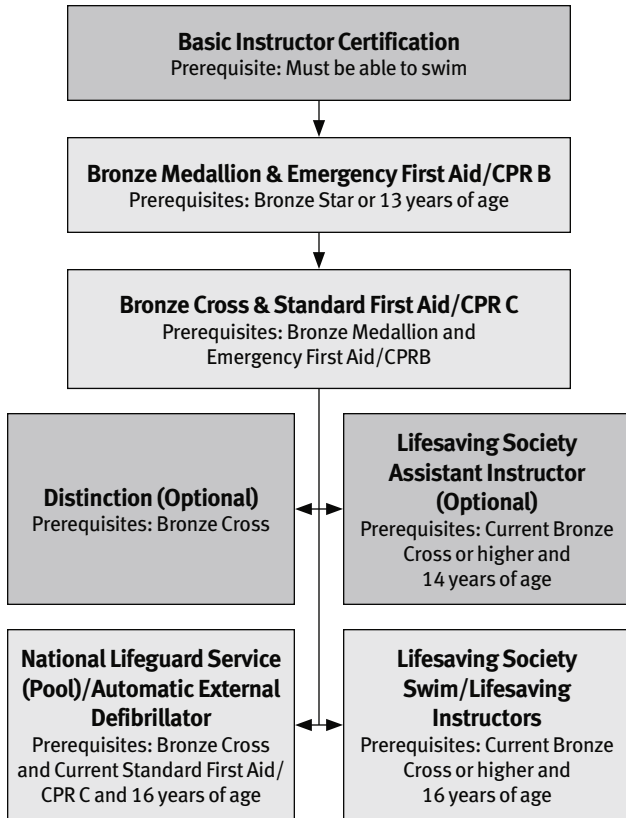
| Activity | Age | Description |
|---|---------------|--|
| H2O Cardio Guts and Butts | 15 years & up | This program is offered for swimmers and non swimmers alike. Options will be given for shallow and deep water at the same time. This class will contain a cardio component and focus on toning. Class Length: 45 min. Class Length: 45 min. |
| Pre and Post Natal Aquafit | 15 years & up | Aqua natal water exercise provides a comfortable, enjoyable form of physical activity that benefits the mother to be and promotes healthy development for the unborn child. This program is a medium intensity workout designed for mom's, and mom's to be who wish to continue to exercise and maintain their fitness level. When your child is 6 month old you can have them right beside you in a flotation seat , involve them as much as possible, while you enjoy your workout. This program helps you build strength and endurance leaving you refreshed and relaxed. Suitable for mothers during pregnancy and after giving birth. |
| Warm Water Aqua Guts & Butts | 15 years & up | A workout in the warm Therapy Pool that focuses on toning and strengthening your back, hip and abdominal muscles. The perfect compliment to your high energy water workout. Class Length: 60 min. |
| Warm Water Gentle Aquafit | 15 years & up | Offered only in Huron Park's Therapy pool. This class is designed especially for people who wish to stay fit and exercise in warmer water. This class consists of a long warm-up, safe movements, and a stretching component. Note: This is the only class offered in the therapy pool that has a senior rate attached. The rate is higher than that of regular Aquafit due to being in the therapy pool. Class Length: 45 min. |
| Water Running | 15 years & up | Enhance your cross training program by joining a Water Running class. This invigorating class will challenge your cardiovascular workout, enhance your stamina, strength and improve your running techniques. Floatation belts and water gloves may be provided. This class is suitable for all fitness levels. Do not miss this opportunity to participate in a complete workout. This class takes place in the deep end. Prerequisite: must be able to swim 25m and be comfortable in deep water. Class Length: 45 min. |
| Water Works | 15 years & up | Enjoy the benefits of a workout in the water and experience a program designed to provide the opportunity to work on muscle toning using water weights with a limited amount of cardio. Whether you are a swimmer or a non-swimmer this program is sure to provide you with an energetic workout for a stronger, firmer you! Class Length: 45 min. |
| Yoga Tai-lates Water Combo | 15 years & up | A whole new Aqua experience! Combining moves from Tai Chi, Yoga & Pilates in our Huron Park Therapy or South Common Leisure Pool makes this warm workout an ideal class for improving range of motion, balance and mobility. Class Length: Varies |
| Aquatic Exercise Leadership Programs—see page 40 for course availability | | |
| CALA Aquatic Fitness Instructor Courses | 17 years & up | The City of Mississauga sponsors these courses for prospective Aquatic Fitness Instructors. The Basic Instructor program is 40 hours in length. You will become knowledgeable and certified as a Canadian Aquafitness Leaders Alliance (CALA) Instructor. The course content meets the needs of experienced aqua fitness leaders as well as lifeguards, aerobic instructors, rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders. |
| Part One: Vertical Water Training—The Kopansky Method | | Part One: Vertical Water Training—The Kopansky Method: This course will focus on the principles of training and components of fitness as related to water, magical properties of water, applied anatomy and applied physiology for water training. You will also learn the inventory of aquatic exercise moves. Course fee includes all course materials, Theory Exam and cost of membership with the Canadian Aquafitness Leadership Alliance. Course Length: 24 hrs. |
| Part Two: Group Aqua Fitness | | This course will expand on the movement bank, fine tune your group teaching and communication skills and give you lots of practical experience to help prepare you for teaching group recreational aqua fitness classes. Course fee includes all course materials and certification opportunities. Course Length: 16 hrs. |
| CALA Water Running and Jogging Specialty Training and Certification | 17 years & up | This specialty course provides the fitness instructor/coach with the skills necessary to design safe, balanced, research-based Water Running or Aqua Jogging program formats aimed at group classes, personal training, or self-guided training. Find out through integrated applied theory and practical experience why, professional athletes, marathon and recreational runners, coaches and tri-athletes are creating waves in the pool. You will learn how to design & deliver a variety of water running sessions to train for running economy; lactate threshold & VO2 max, how to build & retain aerobic and anaerobic fitness, for long/middle distance & sprint training. This program prepares you to introduce and expand current fitness program offerings and prepares you for certification in Water Running and Aqua Jogging. Prerequisite: 17 years of age and CALA Group Aqua Certification. Course Length: 16 hrs. |
| Aquatic Post Rehabilitation Instructor: CALA Healing Waters Program | 17 years & up | The City of Mississauga sponsors the CALA Healing Waters Program for prospective Aquatic Post Rehabilitation Instructors. This course will include the CALA Aquatic Post Rehabilitation prep course and CALA Aquatic Arthritis and Joint Replacement Course. This course will enable you to instruct a safe and effective class for participants who have arthritis or are completing a rehabilitation program. Prerequisites: An approved basic aquatic exercise instructor certification or experience in the rehabilitation field. Course fee includes all course materials and certification opportunities. Course Length: 26 hrs. |

Swimming Activity Description Chart

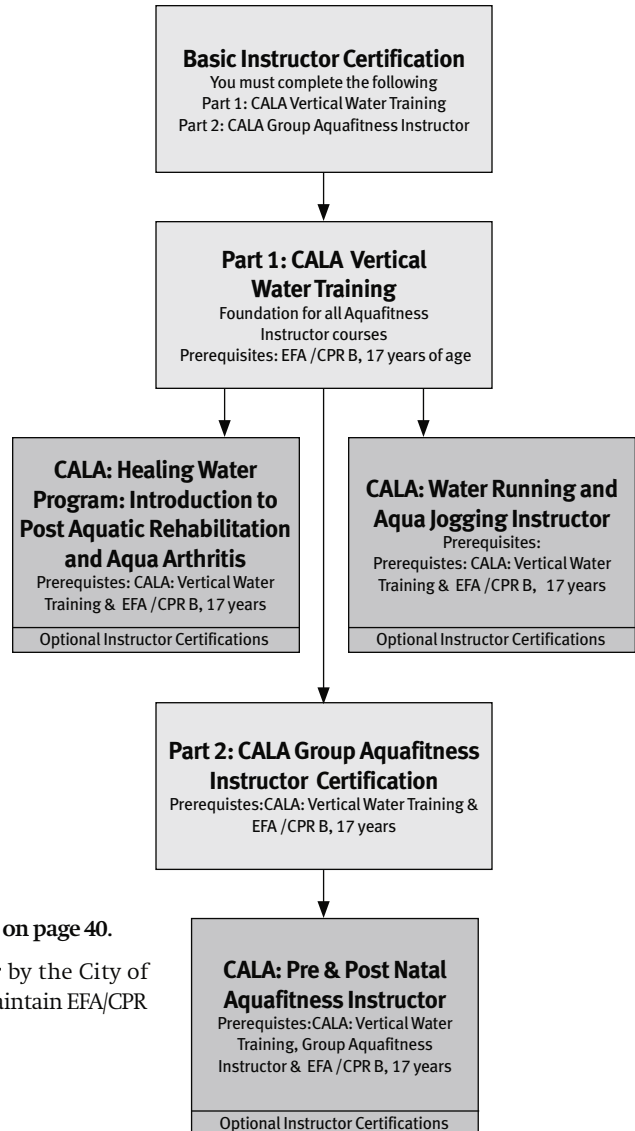
| Activity | Age | Description |
|--|---------------|---|
| CALA Pre and Post Natal Aquafitness Instructor Course | 17 years & up | This specialty course provides information and skills that are essential for instructors who have pregnant participants in recreational classes, or who design and teach programs specifically for pre and post natal women. The course content will include the benefits and effects of exercise during pregnancy on both mother and unborn child, the health risks and exercise modifications for aquafitness during pregnancy. Course fee includes manual and take home exam. Prerequisite : 17 years of age and CALA Group Aqua Certification. Course Length: 8 hrs. |
| CALA Aquafit Workshop | 17 years & up | Aquafitness workshops are offered as an educational opportunity to ensure Aquafit instructors are up to date with industry developments. Learn new teaching techniques to inspire both you and your participants. Work shops will be on a variety of topics and will consist of dry land learning and water time. Participants will earn credits that will go towards maintaining certifications for CALA, OFC, YMCA, YWCA & CanFitPro. Course Length: Varies |
| Aquatic Therapy Programs– see page 44 for course availability | | |
| Open Therapy Time (O.T.T.) | 15 years & up | A daily drop in program for individuals who require space and time in the therapy pool to work through prescribed exercises. Participants may be bringing their personal therapist or work independently. There is no instructor for this pool time but a qualified guard and specialty equipment will be available for your use. Pay-as-you go daily drop-in rates apply or Therapy Pool Membership is required to access this program. See page 44 for times and details. |
| Aquatic Personal Training | 15 years & up | Aquatic personal training provides a customized workout program utilizing the weightlessness of water. Whether you need hydrotherapy, fitness related exercise or sport specific training; our qualified aquatic trainers can help you reach your goals. You will receive a laminated workout card detailing your specific exercise inventory. Training sessions with specific trainers are suitable for people requiring hydrotherapy as per doctor's instructions. Class Length: 60 min. |
| Back Rehab and Functional Movement | 15 years & up | This program features exercise progressions for chronic back pain and orthopaedic conditions. This program will address muscle imbalance, improve core stability, increase muscle strength, range of motion, and functional movement patterns. This class will start each week in the main pool with functional walking patterns and move to the warm waters of Huron Park's Therapy Pool for muscle conditioning and stretching. This program is suitable for participants with chronic back pain, Parkinson's, poor balance, or for anyone who has challenges walking after surgery or an injury. Class length: Varies |
| Hip Knee and Back | 15 years & up | For people who are coping with hip and knee joint degeneration. The program will focus on range of motion for the joints, muscle conditioning, balance and postural training. Recommended for Pre and Post operative conditions. This class is held in the Therapy Pool. Class Length: 60 min. |
| Moving Waters for M.S. and Strokes | 15 years & up | This program is in our main pool at a temperature of 84 degrees to prevent overheating while exercising. The program is designed to improve mobility, flexibility, balance, coordination and endurance. Participating in exercise programs has been proven to help improve quality of life for M.S. and stroke survivors. The Huron Park program will be focusing on M.S. participants and the Terry Fox program will be focusing on Stroke Survivors. Please register accordingly. Class Length: Varies |
| "Oh My Aching Body" Arthritis Workout | 15 years & up | Recommended for people who suffer from arthritis, fibro myalgia and osteoporosis conditions and need to exercise in warm water. Movements are taught with consideration and education of safe moves. This class is held in the Therapy Pool. Also suitable for people who suffer from Parkinson's disease. Class Length: 60 min. |
| Open Swim for Therapy and Fitness | 15 years & up | Is swimming the only way you can stay fit? Do you need to access the deeper water of the main pool for therapeutic exercises? The main pool will be open for swimming lengths or doing aquatic exercises. Every effort will be made to accommodate a variety of swimming abilities. Training aids are available. Open Therapy rates apply. |
| Semi Private Therapeutic Exercise | 15 years & up | Are you recovering from a recent injury or new to aquatic exercise? This program is designed as a small group exercise class for those who require more individual attention or just want an introduction to aquatic exercises. This program will help prepare you to participate in our regular programming. Class Length: 30 min. |
| Shoulder, Posture and Core | 15 years & up | Do you need to rehabilitate your shoulder or improve your posture as a result of an injury or from muscular imbalances that have been acquired from daily activities. This class will focus on good postural alignment, challenging core and postural muscles while working on effective shoulder stabilization. |
| Warm Water Stroke Rehab Therapy | 15 years & up | Recovering from a stroke or do you have a neurological impairment? This class will improve functional mobility focusing on range of motion, muscle conditioning, balance, gait and postural training. This program is suitable for people who suffer from Parkinson's disease. |

Lifesaving Society Leadership Program/Aquatic Fitness Leadership Program

Lifesaving Society Leadership Program



Aquatic Fitness Leadership Program: Recommended Canadian Aquafitness Leaders Alliance



For Course Information, please see the Aquatic Exercise programs on page 40.

To be considered for employment as an Aquafitness Instructor by the City of Mississauga you need to be a Certified Aquafitness Instructor and maintain EFA/CPR B certification.

For more details about becoming a Certified Aquafitness Instructor. Call 905-615-4820, ext. 2450.



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