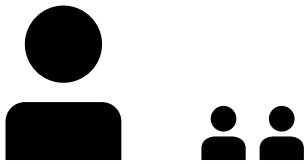
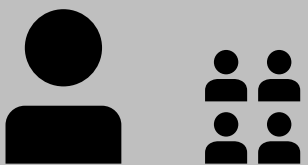
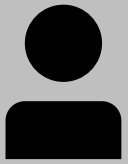



# Admission Policy for Swims

\*Children ages 7 to 13 receive a red bracelet at Front Desk

Admission Age	Ratio Parent/Guardian to Children	Criteria
Under 7 years old	 1 adult (16+): 2 children	Children under 7 must be directly supervised (within arms reach) of a parent/guardian 16 years of age or older and are limited to the two small pools (no big pool).
7 - 9 years old	 1 adult (14+): 4 children	Children 7 - 9 must pass the facility swim alone test. If they cannot pass, they must be directly supervised (within arms reach) of a parent/guardian 14 years of age or older.
10 years and older	N/A	Children over 10 may swim without adult accompaniment.
Special needs (any age)	  1 person (16+): 1 person	Individuals with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their supervision.

\*\*\*Facility Swim Alone Test can be done anytime during a swim for any swimmer between the ages of 7 and 9, who wish to swim alone. The test involves swimming one width of the big pool (20m) using a front or back swim stroke, demonstrating your comfort in the water. This must be done independently, without stopping or touching the bottom of the pool.

# Swim Schedule

September 6 to December 17, 2022



Admission Prices	One Swim	10 Swim Card	25 Swim Card
Child	\$3.75	\$31.90	\$70.35
Adult	\$5.40	\$45.90	\$101.25
Senior (55+)	\$4.10	\$34.85	\$76.90
Family (max. 5)	\$15.00	N/A	N/A

All admission prices include H.S.T.



# Swim Schedule - September 6 to December 17, 2022

	Aquabics	Lane Swim	Parent & Child Swim	
<b>Monday</b>	8:30 to 9:30am	7:00 to 9:45am *W 11:15 to 1:00pm 6:00 to 8:30pm	8:00 to 9:45am 11:15 to 1:00pm 6:00 to 8:30pm	<p style="text-align: center;"><b><u>Holiday Hours:</u></b>  <b>Sunday, October 9</b>  <b>Monday, October 10</b>  <i>Parent &amp; Child/Lane Swim</i>  11:15 to 1:00pm  <i>Public Swim</i>  1:15 to 3:00pm</p> <p style="text-align: center;"><b><u>Cancellations</u></b>  No swims Oct. 29 &amp; Oct. 30</p>
<b>Tuesday</b>	2:15 to 3:15pm 7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm**	11:15 to 1:00pm 2:15 to 3:30pm	
<b>Wednesday</b>	8:30 to 9:30am	7:30 to 9:45am *W 11:15 to 1:00pm 8:00 to 9:00pm ****	8:00 to 9:45am 11:15 to 1:00pm	
<b>Thursday</b>	2:15 to 3:15pm 7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm**	11:15 to 1:00pm 2:15 to 3:30pm	
<b>Friday</b>	8:30 to 9:30am	7:30 to 9:45am *W 11:15 to 1:00pm 6:00 to 7:15pm****	8:00 to 9:45am 11:15 to 1:00pm 6:00 to 7:15pm	<i>Sensitive Swim</i> 7:30 to 9:00pm
<b>Saturday</b>		9:30 to 10:55am	9:30 to 10:55am	1:15 to 4:00pm 6:00 to 8:00pm
<b>Sunday</b>	7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm **	11:15 to 1:00pm	1:15 to 3:00pm
<b>Questions?</b>  Call 705-759-5419 or email johnrhodespool@cityssm.on.ca	<b>Aquabics:</b> Aquabics is a low impact, drop-in aqua fitness class for all ages! Classes are led by our trained instructors, however, participants may exercise at their own pace.	<b>Lane Swim:</b> Swimmers should swim in loop style in the proper lane (Slow, Medium, or Fast) in order to maximize the use of each lane. There are no reserved lanes. <u>Lane Swim Legend:</u> *W (widths only after 8:30am) **2 Lanes Available Only ****4 Lanes Available Only	<b>Parent and Child:</b> Parent and children come and play in our Beachfront and Lap Pools. If the child is not potty trained they must wear a swim diaper.	<b>Public Swim Info:</b> Diving Board, and Rope are open for use during our public swims! See admission policy on back.  <b>Sensitive Swim Info:</b> No music, pool features, diving board or rope will be used during this swim. All are welcome.

***This schedule is subject to change. Please visit our website for the most up-to-date schedule, johnrhodespool.ca.***