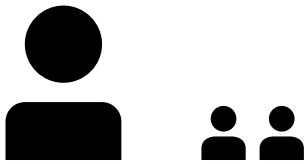
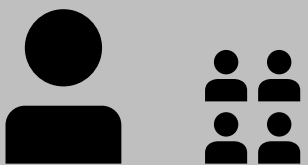
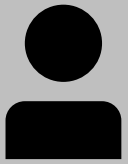



Admission Policy for Swims

*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

January 2 to March 11, 2023



Admission Prices	One Swim	10 Swim Card	25 Swim Card
Child	\$3.95	\$33.60	\$74.30
Adult	\$5.65	\$48.30	\$106.80
Senior (55+)	\$4.25	\$36.70	\$81.05
Family (max. 5)	\$15.80	N/A	N/A

All admission prices include H.S.T.



Swim Schedule - January 2 to March 11, 2023

	Aquabics	Lane Swim	Parent & Child Swim	
Monday	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	Holiday Hours: Monday, February 20 <i>Parent & Child/Lane Swim</i> 11:15 to 1:00pm <i>Public Swim</i> 1:15 to 3:00pm Cancellations Jan. 2 (evening only), Jan.27 (evening only), Jan. 28 & Jan. 29
Tuesday	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	
Wednesday	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	
Thursday	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	
Friday	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
Saturday		9:30 to 10:55am	9:30 to 10:55am	1:15 to 4:00pm 6:00 to 8:00pm
Sunday	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
Questions? Call 705-759-5419 or email johnrhodespool@cityssm.on.ca	Aquabics: 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.	Lane Swim: 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	Parent and Child: 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.	Public Swim Info: Diving Board, and Rope are open for use during our public swims! See admission policy on back. Sensitive Swim Info: 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