

# Buell Fitness & Aquatic Centre WINTER Pool Schedule 2018

January 8<sup>th</sup>, 2018 – April 1<sup>st</sup>, 2018 (holiday schedules to be posted separately)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00					Military Lane Swim 6:00-6:50		
6:30							
7:00							
7:30							
8:00							
8:30							
9:00					Aqua fit 9:15-10:00	Swimming Lessons 9:00-11:30	
9:30							
10:00							
10:30							
11:00							
11:30	Military Lane Swim 11:30-1:00pm	Military Lane Swim 11:30-1:00pm	Military Lane Swim 11:30-1:00pm	Military Lane Swim 11:30-1:00pm	Military Lane Swim 11:30-1:00pm	Barracudas Swim Club 12:00-2:00	
12:00							
12:30							
1:00						Rec/Lane Swim 2:00-4:00	
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	Swimming Lessons 4:30-7:00	Barracudas Swim Club 5:00-7:00	Swimming Lessons 4:30-7:00	Swimming Lessons 5:00-7:00	Barracudas Swim Club 5:00-7:00		
5:00							
5:30							
6:00							
6:30							Borden Aquateers 6:30-8:30
7:00	Rec Swim 7:15-8:00	Rec/Lane Swim (lap pool only) 7:00-8:30	Rec Swim 7:15-8:00	Aqua Fit 7:00-8:00	Rec Swim 7:15-8:00	Rec/Lane Swim (lap pool only) 7:00-8:30	
7:30							
8:00	Lane Swim 8:00-8:50		Lane Swim 8:00-8:50	Lane Swim 8:00-8:50			
8:30							
9:00							

**All casual use of this facility may be interrupted or cancelled due to Military Training  
All Military personnel and Borden Community Recreation Association (BCRA) members are free with ID**

## **Description of Swims**

**Recreational Swim** - Children (accompanied), teens and adults are encouraged to explore some of our fun cool activities in the water. This program use both our lap pool and wading pool.

**Lane Swim** - Lanes are available to teens and adults who wish to swim laps, water jog and/or therapeutic swimming. Lanes are designated for all levels and abilities.

**Military Lane Swim** - Lanes are available to *military members, NPF, retired military, public svc and Borden Community Recreation Associate members (with FULL Memberships)* who wish to swim laps, water jog and/or therapeutic swimming. Drop in passes and swim memberships **are not** permitted during this swim.

**Barracuda Swim club** – for more information on how to become a member of this recreational swim club visit our recreation kiosk.

**Borden Aquateers** – for more information on how to become a member of this recreational scuba club visit our recreation kiosk.

**Aqua Fitness** -This workout focuses on aerobic and muscular fitness in the water. Participants work at their own pace between our shallow and deep end of the lap pool. *We honour the right to cancel class (day of) due to inclement weather and unexpected illness. For more information or updates on class cancellations, please contact the recreation kiosk (705) 424-1200 ext. 1536.* Additional fees are required

<b>FEE\$</b>		
<b>Individual Drop in Fee</b>	Military dependents	\$3.00/person
	Retired mil, public svc, NPF, and each of these groups' dependents	\$3.00/person
	Associates	\$5.00/person
<b>Families Drop in Fee (up to 5 ppl)</b>	Military (up to 5 ppl)	\$9.00
	Associate (up to 5 ppl)	\$15.00
<b>Aqua Fitness Fee</b>	Military & Military dependents	\$7.00/person
	Retired mil, public svc, NPF, and each of these groups' dependents	\$7.00/person
	Associates	\$9.00/person

In an effort to control and eliminate a pool fouling in our aquatic facility, children who are not fully toilet trained are required to wear a swim diaper at all times. Shoes and strollers are also not permitted in the shower areas or on the pool deck. **Our hot tub is available during recreational and lane swims**

## **Pool Admission Standards**

For increased safety in our aquatic facilities, all swimmers 6 - 12 years of age who wish to swim in the lap pool must complete a swim test prior to being admitted to the water. Upon successful completion, the child will be given a GREEN wrist band allowing them to swim unaccompanied. Those who choose not to do the swim test and those who are unsuccessful in completing the swim test may participate accompanied by a parent/guardian who is at least 16 years of age.

Children 5 years and under - RED Wrist Band

- Must be accompanied in the water by a parent/caregiver who is at least 16 years of age who remains within arm's reach.
- Ratio of children to parent/guardian 2:1

Children 6 - 12 years of age - YELLOW Wrist Band

- Children who do not successfully complete the swim test MUST swim with a parent/guardian 16 years or older in the pool who remains within arms reach.
- Ratio of children to parent/guardian 4:1

Children 6 - 12 years of age - GREEN Wrist Band

- Children who complete the swim test may access the pool unaccompanied
- Parent/guardians do not need to remain in the pool but must remain in the aquatic facility and/or viewing area.

Please remember to remove all footwear before entering the pool deck and showers.

**For more information contact the recreation kiosk (705) 424-1200 ext. 1536**