

Buell Fitness & Aquatic Centre WINTER Pool Schedule 2019

January 7th, 2019 – March 10th, 2019 (holiday schedules to be posted separately)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30			Military Lane Swim 5:30-6:50		Military Lane Swim 5:30-6:50		
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00					Aqua Fit 9:15-10:00	Swimming Lessons 9:00-12:30	
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		
12:00							
12:30							
1:00						Rec/lane Swim 1:00-3:00	Rec Swim 1:00-3:00
1:30							
2:00							
2:30							
3:00							Lane Swim 3:00-4:00
3:30							
4:00							
4:30	Swimming Lessons 4:30-7:00	Rec Swim 5:00-7:00	Swimming Lessons 4:30-7:00	Rec Swim 5:00-7:00	Rec Swim 5:00-7:00		
5:00							
5:30							
6:00							
6:30						Borden Aquateers 5:30-8:30	
7:00	Rec Swim 7:15-8:00	Lane Swim 7:00-8:00	Borden Aquateers 7:00-8:30	Rec Swim 7:15-8:00	Lane Swim 7:00-8:00		Lane Swim 7:00-8:00
7:30							
8:00	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

Les activités de natation libre sont susceptibles d'être interrompues ou annulées pour des besoins d'instruction ou d'entraînement militaire.

All Military personnel and Borden Community Recreation Association (BCRA) members are free with ID

Entrée libre pour tous les militaires et les membres de l'Association des loisirs communautaires de Borden sur présentation d'une carte d'identité

Description of Swims

Family Swim - An adult (16+) must accompany children & youth in the water to play. Families can engage in activities such as a game or free play. This program is in our wading pool only.

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.

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

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