



SUMMER MEMBERS AND PUBLIC SWIMMING INFORMATION

EFFECTIVE: JULY 2 - September 5, 2010.



All times are subject to change. The schedule is also posted on the website at www.DartmouthSportsplex.com

Building is CLOSED on July 1st and Sept. 6th, Canada Day & Labour Day. Building is Open reg. hours on Natal Day Updated July 7, 2010

* **Monday-Thursday:** 7:30 to 9am, Rope, board & blue slide unavailable.

MONDAY (ext. 544) *Building is CLOSED, Sept. 6th, Labour Day

5:30 - 7:30 A.M. ADULT & MEMBERS (4 Lanes)
 *7:30 - 9:00 A.M. OPEN SWIM (1-3 Main Pool & ½ Training Pool)
 7:30 - 9:00 A.M. MEMBERS Lane Swim (1 Lane, # 4)
 9:00 - 11:00 A.M. ADULT Lane Swim (4 Lanes, 4-7)
 11:00 - 12:00 noon ADULT Lane Swim (2 Lanes, 4 & 5)
 12:00 - 1:30 P.M. OPEN SWIM (Both Pools)
 1:30 - 2:25 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 2:30 - 3:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:30 - 7:00 P.M. Parent & Tot Swim (½ Training Pool)
 4:00 - 7:30 P.M. MEMBERS Lane Swim (3 Lanes, 3-5)
 8:30 - 9:30 P.M. ADULTS ONLY (Both Pools)

TUESDAY (ext. 545)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (4 Lanes, 1-4)
 *7:30 - 9:00 A.M. OPEN SWIM (1-3 Main Pool & (½ Training Pool)
 7:30 - 9:00 A.M. MEMBERS Lane Swim (1 Lane, # 4)
 9:00 - 11:00 A.M. ADULT Lane Swim (4 Lanes, 4-7)
 11:00 - 12:00 noon ADULT Lane Swim (2 Lanes, 4 & 5)
 12:00 - 1:30 P.M. OPEN SWIM (Both Pools)
 1:30 - 2:25 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 2:30 - 3:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:00 - 5:00 P.M. Parent & Tot Swim (½ Training Pool)
 4:00 - 6:30 P.M. MEMBERS Lane Swim (1 Lanes, 4)
 5:00 - 6:30 P.M. FAMILY SWIM (1-3 Main Pool & ½ Training Pool)
 6:30 - 8:00 P.M. MEMBERS Lane Swim (2 Lanes, 4 & 5)
 6:30 - 8:00 P.M. OPEN SWIM (1-3 Main Pool & ½ Training Pool)
 8:30 - 9:30 P.M. ADULTS ONLY (Main Pool only)

WEDNESDAY (ext. 546)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (4 Lanes, 1-4)
 *7:30 - 9:00 A.M. OPEN SWIM (1-3 Main Pool & ½ Training Pool)
 7:30 - 9:00 A.M. MEMBERS Lane Swim (1 Lane, # 4)
 9:00 - 12:00 noon ADULT Lane Swim (2 Lanes, 4 - 5)
 12:00 - 1:30 P.M. OPEN SWIM (Both Pools)
 1:30 - 2:25 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 2:30 - 3:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:30 - 7:00 P.M. Parent & Tot Swim (½ Training Pool)
 4:00 - 7:30 P.M. MEMBERS Lane Swim (3 Lanes, 2-4)
 8:30 - 9:30 P.M. ADULTS ONLY (Both Pools)

THURSDAY (ext. 547) *Building is CLOSED, July 1st, Canada Day

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (4 Lanes, 1-4)
 *7:30 - 9:00 A.M. OPEN SWIM (1-3 Main Pool & (½ Training Pool)
 7:30 - 9:00 A.M. MEMBERS Lane Swim (1 Lane, # 4)
 9:00 - 11:00 A.M. ADULT Lane Swim (4 Lanes, 4-7)
 11:00 - 12:00 noon ADULT Lane Swim (2 Lanes, 4 & 5)
 12:00 - 1:30 P.M. OPEN SWIM (Both Pools)
 1:30 - 2:25 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 2:30 - 3:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:00 - 5:00 P.M. Parent & Tot Swim (½ Training Pool)
 4:00 - 6:30 P.M. MEMBERS Lane Swim (1 Lanes, 4)
 5:00 - 6:30 P.M. FAMILY SWIM (1-3 Main Pool & ½ Training Pool)
 6:30 - 8:00 P.M. MEMBERS Lane Swim (2 Lanes, 4 & 5)
 6:30 - 8:00 P.M. OPEN SWIM (1-3 Main Pool & ½ Training Pool)
 8:30 - 9:30 P.M. ADULTS ONLY (Both Pools)

FRIDAY (ext. 541)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (4 Lanes, 1-4)
 7:30 - 9:00 A.M. OPEN SWIM (1-3 Main Pool & (½ Training Pool)
 7:30 - 9:00 A.M. MEMBERS Lane Swim (3 Lanes, 4-6)
 9:00 - 12:00 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 10:30 - 12:00 noon Parent & Tot Swim (½ Training Pool)
 12:00 - 1:25 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 1:30 - 2:25 P.M. ADULT Lane Swim (4 Lanes, 5-8)
 2:30 - 3:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:00 - 5:00 P.M. Parent & Tot Swim (½ Training Pool)
 4:00 - 7:00 P.M. MEMBERS Lane Swim (1 Lanes, lane 4)

5:00 - 6:25 P.M. FAMILY SWIM (Both Pools)

****Special FAMILY swim - \$8.00/family, Parent must participate****

6:30 - 8:25 P.M. OPEN SWIM (Both Pools)
 8:30 - 9:30 P.M. ADULTS Lane Swim (2 Lanes 7-8 & All Train. Pool)

SATURDAY (ext. 542)

9:00 - 12:00 noon ADULTS Lane Swim (4 Lanes, 5-8)
 9:30 - 12:00 noon Parent & Tot Swim (½ Training Pool)
 12:00 - 1:00 P.M. MEMBERS Lane Swim (2 lanes, 7 & 8)
 1:00 - 2:55 P.M. OPEN SWIM (Both Pools)
 3:00 - 5:00 P.M. MEMBERS Lane Swim (2 Lanes, 7 & 8)

SUNDAY (ext. 543)

9:00 - 12:00 P.M. MEMBERS Lane Swim (4 Lanes, 5 - 8)
 9:00 - 10:30 A.M. Parent & Tot Swim (½ Training Pool)
 10:30 - 11:55 A.M. FAMILY SWIM (1-3 Main Pool & All Training Pool)
 12:00 - 1:00 P.M. MEMBERS Lane Swim (2 Lanes, 7 & 8)
 1:00 - 2:55 P.M. ☼ OPEN SWIM (Both Pools, Pirate's Cove)
 4:00 - 6:55 P.M. MEMBERS FAMILY SWIM (1-3 Main Pool & ½ Training Pool)

We recommend that patrons lock up **ALL their articles** in a locker. It is best for you to bring your **own** lock. If you forget your lock, we have a **limited** number of coin-operated lockers in the change rooms. Locks and articles cannot be left over night. **The Sportsplex is not responsible for lost, stolen or damaged articles.** We recommend you arrive 15 - 30 min. before a Pirate's Cove swim. There is a maximum occupancy.

~ Sorry, we cannot give refunds. ~

FEE STRUCTURE per Swim (HST inc.)

COST:	Member	FREE
	Family	\$14.00 (1 Adult/4 children or 2 Adults/3 children maximum)
	Adults	\$6.25 (18yrs. to 64 yrs.)
	Seniors	\$5.00 (65 yrs. and up)
	Children	\$6.00 (17 yrs. and under) see below on children 10 and under.
		* Parent & Tot - \$9.00 (includes 1 adult & 1 child) *Applies ONLY to specified Parent & Tot Swim times
	☼ Pirate's Cove slide	\$2/each or \$6/*Family (addition to swim price)

GUIDELINES TO SWIMS

☼ **PIRATE'S COVE** is only open during scheduled times. You must be at least **1.22m (48 inches or 4 ft) tall and be a very strong and confident swimmer in DEEP water** to ride the Pirate Ship slides. All riders (members and non-members) must have on the appropriate coloured wristband to slide. **See OPEN & FAMILY swim guidelines.**

OPEN SWIM is a recreational swim available to adults, families and children. **Children, 10 years of age and under, must be supervised, within arms reach, by a swimming adult, 18 yrs. of age or older.** Tarzan rope, blue slide and diving board are usually available.

FAMILY SWIM and **FAMILY PRICE** are for swimming parents and their children. The fee is entitled to a **maximum of 5 persons** from the same immediate family. (One Parent/Guardian & 4 children or 2 Parents/Guardian & 3 children. Adults must have children with them) **Parent/Guardian must participate in swim. Children, 10 years of age and under, must be supervised, within arms reach, by a swimming adult, 18 yrs. of age or older.**

ADULT SWIM refers to a swim available to adults, ages 18 and over. The Blue 90 foot water slide, board & rope will be available during this swim, when Lanes 1 - 3 are available. Lanes 4 - 8 are used for lane swimming.

MEMBERS LANE SWIM - is for Members only. Members who are 12 years of age or under, must have a Swim Kids 9 swim ability or higher. An adult must accompany Children, 10 years of age and under.

PARENT & TOT SWIM - is for one or both Parents and their children; who are **Pre-School age** (5yrs. of age and under). Special \$9 is for 1 adult and 1 child only.

ANY LANE SWIM - Please be courteous when swimming in lanes. Swimmers should always swim circles; it can be clockwise or counter clockwise since lanes are shared. If possible, try and join in with lane swimmers around your level. Please note that lane swimming is not for playing in. Swimmers must be swimming laps.

Training Pool - is the smaller 2-lane pool with steps, ankle deep to 1.2m/4 ft. deep.

Main Pool - is the large 8-lane, 25m pool. It is 1.8m/6ft. to 4.3m/14ft. deep.

SPA Area - includes the Hot Tub, Steam Room and Dry Sauna, **children must be accompanied by a parent at all times.**