



WINTER MEMBERS AND PUBLIC SWIMMING INFORMATION *Effective Jan. 2 – March 31, 2010*



All times are subject to change. Please call our Information Line at 464-2600 + 511, for up-to-date information. Updated Feb. 25, 2010.
*Please note that during March Break (March 15-19), the regular Noon - 1:30 and 2:30 - 3:55 pm Open swims will become Pirate's Cove swims.

MONDAY-FRIDAY: Unless otherwise noted, there are 5 lanes available for ADULT LANE SWIM, 2:30 - 3:55 P.M. (Lanes 4 - 8) *except Feb. 12, March 15 – 19, only lanes 7 & 8 are available, due to Pirate's Cove swim.

MONDAY (ext. 544)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (5 Lanes, 4 - 8)
7:30 - 9:00 A.M. OPEN SWIM (3 lanes & ½ Training Pool)
7:30 - 12:00 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*12:00 - 1:30 P.M. OPEN SWIM (½ Both Pools)
1:30 - 2:30 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
* 2:30 - 3:55 P.M. OPEN SWIM (½ of Both Pools)
4:00 - 5:30 P.M. MEMBERS Lane Swim (1 Lane, #2)
5:30 - 7:00 P.M. MEMBERS Lane Swim (1 Lane, #3)
9:30 - 10:30 P.M. ADULTS ONLY (Both Pools)

TUESDAY (ext. 545)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (5 Lanes, 4 - 8)
7:30 - 9:00 A.M. OPEN SWIM (3 lanes & ½ Training Pool)
7:30 - 12:00 P.M. ADULT Lane Swim (5 Lanes, 4 - 8)
*12:00 - 1:30 P.M. OPEN SWIM (½ Both Pools)
1:30 - 2:30 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
* 2:30 - 3:55 P.M. OPEN SWIM (½ of Both Pools)
4:00 - 5:30 P.M. Parent & Tot Swim (½ Training Pool)
4:00 - 6:30 P.M. MEMBERS Lane Swim (1 Lane, #3)
6:30 - 8:00 P.M. OPEN SWIM (½ of Both Pools)
6:30 - 8:00 P.M. ADULT Lane Swim (2 Lanes, #4 & #5)
9:30 - 10:30 P.M. ADULTS ONLY (Both Pools)

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 (3 lanes & ½ Training Pool)
7:00 - 12:00 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*12:00 - 1:30 P.M. OPEN SWIM (½ Both Pools)
1:30 - 2:30 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*2:30 - 3:55 P.M. OPEN SWIM (½ of Both Pools)
4:00 - 5:30 P.M. Parent & Tot Swim (½ Training Pool)
4:00 - 6:00 P.M. MEMBERS Lane Swim (1 Lane, #2)
8:30 - 9:30 P.M. ADULT Lane Swim (2 Lanes, #7 & #8)
9:30 - 10:30 P.M. ADULTS ONLY (Both Pools)

THURSDAY (ext. 547)

5:30 - 7:30 A.M. ADULT & MEMBERS Lane Swim (4 Lanes, 4 - 8)
7:30 - 8:30 A.M. OPEN SWIM (3 lanes & ½ Training Pool)
7:30 - 12:00 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*12:00 - 1:30 P.M. OPEN SWIM (½ Both Pools)
1:30 - 2:30 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*2:30 - 4:00 P.M. OPEN SWIM (½ of Both Pools)
4:00 - 5:30 P.M. Parent & Tot Swim (½ Training Pool)
4:00 - 5:30 P.M. MEMBERS Lane Swim (1 Lane, #2)
6:30 - 8:30 P.M. ADULT Lane Swim (1 Lane, #2)
6:30 - 8:25 P.M. ☹ MEMBERS only Swim (Pirate's Cove & ½ T. Pool)
9:30 - 10:30 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 (3 lanes & ½ Training Pool)
7:30 - 2:30 P.M. ADULT Lane Swim (4 Lanes, 5 - 8)
*12:15 - 1:30 P.M. OPEN SWIM (½ Both Pools)
*2:30 - 3:55 P.M. OPEN SWIM (½ of Both Pools)
4:00 - 6:30 P.M. Parent & Tot Swim (½ Training Pool)
4:00 - 5:30 P.M. MEMBERS Lane Swim (1 Lane, #3)
6:30 - 7:25 P.M. ☹ FAMILY SWIM (Both Pools, Pirate's Cove)
Special FAMILY swim - \$8.00/family, Parent must participate
(\$8 fee does not include the Pirate's Cove \$2/person fee)

7:30 - 9:00 P.M. ☹ OPEN SWIM (Both Pools, Pirate's Cove)
9:00-10:00 P.M. ADULT Lane Swim (4 Lanes, 5 - 8) **only available some Fridays.** Swim is cancelled on Feb. 12, 19 & March 12 & 19.

SATURDAY (ext. 542) * Feb. 20, Pools close at 4:30pm due to a competition

9:00 - 11:50 A.M. MEMBERS Lane Swim (2 Lanes, 4 - 5)
12:00 - 1:00 P.M. MEMBERS Lane Swim (1 Lane, # 7)
1:00 - 4:25 P.M. ☹ OPEN SWIM (Both Pools, Pirate's Cove)
5:30 - 7:30 P.M. MEMBERS Lane Swim (2 Lanes, 7 - 8) *
6:30 - 7:25 P.M. ☹ MEMBERS Family Swim (Pirate's Cove, ½ Train. Pool) *
7:30 - 9:00 P.M. ☹ OPEN SWIM (Both Pools, Pirate's Cove)*

SUNDAY (ext. 543)

9:00 - 12:00 P.M. MEMBERS Lane Swim (2 Lanes, 4 - 5)
10:30 - 12:00 P.M. FAMILY SWIM (½ of both Pools)
12:00 - 1:00 P.M. MEMBERS Lane Swim (1 Lanes #7)
1:00 - 2:25 P.M. ☹ OPEN SWIM (Both Pools, Pirate's Cove)
2:30 - 3:30 P.M. ADULT Lane Swim (2 Lanes, 7 - 8)
3:30 - 4:55 P.M. ☹ FAMILY SWIM (Both Pools, Pirate's Cove)
5:00 - 7:00 P.M. MEMBERS Family Swim (½ of Both Pools)
5:00 - 7:00 P.M. MEMBERS Lane Swim (2 Lanes, 4 & 5)
9:30 - 10:30 P.M. ADULTS ONLY (Both Pools)

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. Loonie / Half locker and Twonie / Full locker. 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

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)
HST is included in prices

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.**

FAMILY SWIM and **FAMILY PRICE** are for swimming parents and their children. Adults alone cannot go to a Family swim. 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, maximum of 2 adults per family) **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.**