

# **SWIM PROGRAM DESCRIPTIONS**

## **LANE SWIM**

- 6 lanes available; If all lanes are taken, swimmers may share lanes appropriately.
- Intended to swim back and forth, lengthwise in the pool.

*The sauna and hot tub are open to the public.*

## **PARENT & TOT**

- Intended for adults to bring kids under 8 years of age to enjoy the **shallow end only**. This program shares the pool with lane swim; the diving board, rock wall, and waterslide are not permitted.

*The sauna and hot tub are open to the public.*

## **ADULT & SENIOR SWIM**

- Designed as a quiet swim for adults and seniors; the diving board, rock wall, and waterslide are not permitted.
- 1-2 lanes will be available for lane swimming.

*The sauna and hot tub are open to the public.*

## **ADAPTIVE SWIM**

- This swim program welcomes people with disabilities, special needs, or those wanting to focus on their own mobility therapy.

*The sauna and hot tub are open to the public.*

## **AQUAFIT**

- Morning Aquafit**- a gentle-pace workout in shallow water; guided by an encouraging instructor.
- Evening Aquafit**- a higher intensity, shallow water workout; led by a motivating instructor.

*The sauna and hot tub are open to the public, but the jets must stay off during this time.*

## **PUBLIC SWIM**

- A recreational swim for all ages to enjoy! Children 7 and under must be within arms reach of an adult/supervisor (13+) at all times.

*The diving board, rock wall, waterslide, toys, hot tub, and sauna are all available to use and enjoy!*

## **TOONIE SWIM**



- A recreational public swim for all ages; \$2.00 per person! Children 7 and under must be within arms reach of an adult/supervisor (13+) at all times.

*The diving board, rock wall, waterslide, toys, hot tub, and sauna are all available to use and enjoy!*

### PUBLIC/WIBIT SWIM

-A recreational swim, but with the wibit; our new, inflatable obstacle course! To use the wibit, children must be 6 years old and be able to swim one width of the pool; lifejackets are not permitted.

**-The diving board will be closed during all wibit swims.**

*The sauna and hot tub are open to the public.*



### FAMILY SWIM

-A family oriented recreational swim for parents, guardians, and children. Anyone under the age of 18 must be accompanied by an adult (18+) during this swim.

-Children 7 and under must be within arms reach of an adult/supervisor (13+) at all times.

*The diving board, rock wall, waterslide, toys, hot tub, and sauna are all available to use and enjoy!*

### LANE SWIM/WATER WALKERS

-This is intended to be a quiet swim for lane swimmers and walkers. 2-3 lanes available for lane swimming, and the other half of the pool is designed to walk widthwise.

*The sauna and hot tub are open to the public.*

### AVAILABLE FOR RENT

-Rent the entire pool for a birthday, celebration, or just for fun! Children 7 and under must be within arms reach of an adult/supervisor (13+) at all times.

**-Sunday's and Friday's:** Regular pool rental; diving board, rock wall, waterslide, toys, hot tub, and sauna are all open to use and enjoy.

**-Saturday's:** Wibit rentals only; The diving board will be closed during this time.

*The sauna and hot tub are **not permitted** to the public at this time.*

### SWIM CLUB & SWIM LESSONS

-Swim lessons and swim club share the pool during this time; call or visit our reception for more information.

- *The sauna and hot tub are **not permitted** to the public at this time.*

### SCHOOL BOOKINGS

-Available for schools to book lessons and recreational swims for their classes.

- *The sauna and hot tub are **not permitted** to the public at this time.*