

Aquatics



FALL 2017 – WINTER 2018 RECREATIONAL SWIM SCHEDULE

Templeman Menninga Aquatic Centre

Sept. 18 - Dec. 21, 2017 & Jan. 8 - Mar. 8, 2018



Swim	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lane Swim (Main Pool) <i>The number of lanes available vary depending on other programs in the pool.</i>	6:00am - 8:45am	7:00am - 8:45am	6:00am - 8:45am	7:00am - 8:45am	6:00am - 8:45am	7:00am - 8:00am	8:00am - 9:00am
	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	12:00pm - 3:00pm	1:00pm - 3:00pm
	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	5:00pm - 7:00pm	
	8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm		
Family Swim (Not all pools are open) <i>All children under the age 16 must be accompanied by an adult who remains in the pool with them.</i>	9:00am - 10:45am (Therapy Pool Closed)	9:00am - 10:45am (Therapy Pool Closed)	9:00am - 10:45am (All Pools Open)	9:00am - 10:45am (Therapy Pool Closed)	9:00am - 10:45am (Therapy Pool Closed)		9:00am - 10:15am (All Pools Open)
	4:00pm - 5:00pm (Main Pool Closed)		4:00pm - 5:00pm (Therapy Pool Closed)	4:00pm - 5:00pm (Main Pool Closed)			
			7:45pm - 9:00pm (Main Pool Closed)				
Public Swim (All Pools are Open) <i>Lanes may be available for lap swimming, if space allows.</i>	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	11:00am - 12:45pm	1:00pm - 3:00pm	1:00pm - 3:00pm
		4:00pm - 5:00pm (No Diving Board)			7:10pm - 9:00pm	5:00pm - 7:00pm	
		7:10pm - 9:00pm					
Therapy Open Swim <i>Please be mindful of swimmers doing therapy. No balls, tubes or boisterous play.</i>	6:30am - 8:45am	7:00am - 8:45am	6:30am - 8:45am	7:00am - 8:45am	6:30am - 8:45am	8:00am - 9:00am	8:00am - 9:00am
	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm		
	8:00pm - 9:00pm			8:00pm - 9:00pm			
Senior's Swim <i>½ of main pool may be used for other programs or school groups</i>	2:00pm - 3:00pm (Therapy & ½ of Main Open)	2:00pm - 3:00pm (Therapy & ½ of Main Open)	2:00pm - 3:00pm (Therapy & ½ of Main Open)	2:00pm - 3:00pm (Therapy & ½ of Main Open)	2:00pm - 3:00pm (Therapy & ½ of Main Open)		

Pool Closure Dates Due To Holidays and Swim Meets

- Aug.** 26th – Sept. 17th
 - Oct.** 9th, Oct. 31st at 4:00pm,
 - Nov.** 1st at 4pm, 24th at 4:00pm, 25th, 26th
 - Dec.** 22nd at 10:45am, 24th at 10:45am, 25th, 26th, 29th at 10:45am, 31st at 10:45am
 - Jan.** 1st, 12th from 8:00-4pm, 13th, 14th, 31st from 12-4pm
 - Feb.** 2nd, 3rd, 4th, 14th from 8am-4pm, 15th from 8am-4pm (snow date for Feb 14th if needed) 19th (Special Schedule) February 20th from 8am-4pm, February 21st from 8am-4pm (snow date for Feb 20th if needed)
 - Mar.** 9th, 10th, 11th
- Pick up your special holiday schedule for additional swim changes*

* NEW * HOLIDAY POOL SCHEDULE

10:30am - 12:00pm - Public Swim & Lane Swim
12:30pm - 2:00pm - Public Swim & Lane Swim
2:30pm - 4:00pm - Public Swim & Lane Swim

Swimmers are required to pay for each swim if attending more than one swim per day

PA Day Extra Swims

Sept. 29th, Oct. 27th, Nov. 24th
1:00-2:00pm & 3:00 – 4:00pm
Only Main Pool & Preschool Pool Open

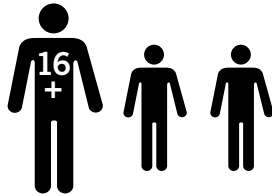
All swims are \$3.00/person or purchase a 10 visit pass for \$25.00
Children 2yrs & under are FREE!

Check www.qswc.ca for updates as our pool schedule is subject to change.

POOL ADMISSIONS POLICY

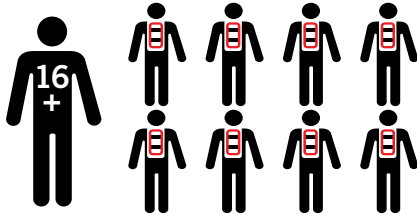
Children 6 years of age* or younger & children 7-9 years unable to pass facility swim test

1 adult for every 2 children



OR

1 adult for up to 8 children wearing PFD's



* May swim in deep end if test is passed, and parent is within arms reach

Child requests a facility swim test: shallow end to drop off and back (approx. 40M)



7-9 years

Pass test = may swim alone, parent must remain in building → **GREEN BAND**



7-9 years

Do not pass test = must swim with adult → **RED BAND**

Children 10 or older may swim alone

May be asked to do the swim test. If they cannot pass, must stay in shallow end.



- All **NON-SWIMMERS** must remain in the shallow end. Floatation devices are not allowed in the deep end.
- Any child under 7 years must have a parent/guardian within arms reach at ALL times.
- Children between the ages of **7-9 years must pass the facility swim test** otherwise they are required to have a parent/guardian within arms reach.
- Children between the ages of 7-9 years who can pass the facility swim test, **require a parent/guardian to remain in the aquatic facility at all times**. All rental groups are responsible for having Emergency contact information for all participants (forms provided)
- Any **child swimming alone in the facility** must be a minimum of 10 years of age.
- All swimmers will be required to wear a coloured wristband (red, yellow, green) while swimming, as outlined in diagrams above.

Serious Medical Conditions: Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.

What to wear? Proper bathing attire means bathing attire only. Sorry, no street clothes, shoes or undergarments. No bare feet outside of the pool deck or changerooms. All children not toilet trained must wear an article of clothing (with elastic legs) and/or a swim diaper that will keep fecal matter contained in the event of a fouling. These can be purchased at our customer service desk for \$2.00. No disposable diapers are permitted. We ask that people please tie back long hair while swimming.

Pool Foulings: In the event of a pool fouling, we must close the pool to properly sanitize the water. Unfortunately these events are unpredictable and the pool can be closed anywhere from 1 hour to 13 hours.

Health Department Regulations: These regulations are posted on the entrance to the pool deck and on the pool deck and must be followed. Showers are mandatory prior to entry and re-entry to the pool by all bathers.

Lane Swimming Etiquette: Swim in an empty lane if there is one available and if you need to share a lane, let the swimmer/swimmers already in the lane know you're getting in by standing on the edge of the pool or by dangling your foot in the pool.

- Choose a lane with swimmers who are swimming at your pace and always swim in a counter-clockwise circle.
- To pass someone, tap their feet and when it is safe to do so, swim past them. Do not pass if there is the possibility of meeting a swimmer travelling in the opposite direction.
- Do not speed up if someone tries to pass you and do not swim directly behind the swimmer ahead of you, as this may result in injuries.
- Do not use another swimmer's equipment unless they give you permission to do so.
- Swim using strokes that are appropriate for the number of swimmers in your lane. (For example, do not use fly if there are other people in your lane.)
- Be polite. Explain lane swimming etiquette to other swimmers in a courteous manner and if you have any questions, please feel free to ask a lifeguard.