

# Aquatic Programs

## FALL 2018 – WINTER 2019 RECREATIONAL SWIM SCHEDULE

Templeman Aquatic Centre

Sept. 17th – Dec. 21st 2018 & Jan. 7th – March 7th 2019



Swim	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Lane Swim (Main Pool)</b> <i>The number of lanes available vary depending on other programs in the pool.</i>	6:00-8:45am	7:00-8:45am	6:00-8:45am	7:00-8:45am	6:00-8:45am	7:00-8:00am	8:00-9:00am
	11:00am-12:45pm	11:00am-12:45pm	11:00am-12:45pm	11:00am-12:45pm	11:00am-12:45pm	12:00-2:55pm	1:00-2:55pm
	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	5:00-6:55pm	
	8:00-8:55pm	8:00-8:55pm	8:00-8:55pm	8:00-8:55pm	8:00-8:55pm		
<b>Family Swim (Not all pools are open)</b> <i>All children under the age 16 must be accompanied by an adult who remains in the pool with them.</i>	9:00-10:45am (Therapy Pool Closed)	9:00-10:45am (Therapy Pool Closed)	9:00-10:45am (All Pools Open)	9:00-10:45am (Therapy Pool Closed)	9:00-10:45am (Therapy Pool Closed)		9:00-10:15am (All Pools Open)
	4:00-5:00pm (Main Pool Closed)		4:00-5:00pm (Therapy Pool Closed)	4:00-5:00pm (Main Pool Closed)			
			7:45-8:55pm (Main Pool Closed)				
<b>Public Swim (All Pools are Open)</b> <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	1:00-2:55pm	1:00-2:55pm
		4:00-5:00pm (No Diving Board)			7:10-8:55pm	5:00-6:55pm	
		7:10-8:55pm					
<b>Therapy Open Swim</b> <i>Please be mindful of swimmers doing therapy. No balls, tubes or boisterous play.</i>	6:30-8:45am	7:00-8:45am	6:30-8:45am	7:00-8:45am	6:30-8:45am	8:00-9:30am	8:00-9:00am
	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm		
	8:00-8:55pm			8:00-8:55pm			
<b>Senior's Swim</b> <i>½ of main pool may be used for other programs</i>	2:00-3:00pm (Therapy & ½ of Main Open)	2:00-3:00pm (Therapy & ½ of Main Open)	2:00-3:00pm (Therapy & ½ of Main Open)	2:00-3:00pm (Therapy & ½ of Main Open)	2:00-3:00pm (Therapy & ½ of Main Open)		

### HOLIDAY POOL SCHEDULE OCT. 6TH, 7TH, NOV. 11TH

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

12:30-2:00pm - Public Swim & Lane Swim

2:30-3:55pm - Public Swim & Lane Swim

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

### Pool Closure Dates Due To Holidays and Swim Meets

Aug. 26th - Sept. 17th

Oct. 8th, Oct. 31st at 4:00pm

Nov. 23rd at 4:00pm, 24th, 25th

Dec 21st at 10:45am, 24th at 10:45am, 25th, 26th, 31st at 10:45am

Jan 1st, 11th from 8:00am-4:00pm, 12th, 13th, 30th from 12:00-4:00pm

Feb. 13th from 8:00am-4:00pm (Snow date Feb.14th)

20th from 8:00am-4:00pm (Snow date Feb.21st) March 8th, 9th, 10th

### PA Day Extra Swims

Sept. 28th, Oct. 26th & Nov. 30th 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!

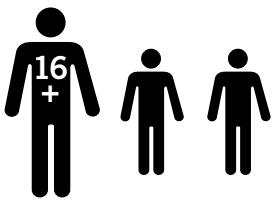
Check [www.qswc.ca](http://www.qswc.ca) for updates as our pool schedule is subject to change. Refer to Pool Admissions Policy

# Aquatic Programs

## POOL ADMISSIONS POLICY

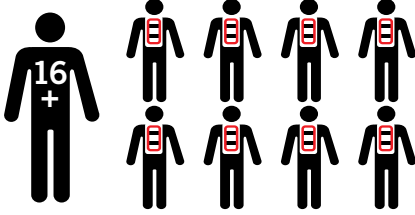
Children 6 years of age\* or younger & children 7-9 years unable to pass facility swim test

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:  
2 widths of main pool (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



- 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. Please wear proper footwear outside of the pool. 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 \$2.50. No disposable diapers are permitted. **We ask that people please tie back long hair while swimming.**

**Pool Fouling:** 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:** (Updated Spring 2018)

- Lane swims may and probably will be shared with other swimmers. To book a private lane at \$15.75/hour at one of our rental times, email [srouthier@city.belleville.on.ca](mailto:srouthier@city.belleville.on.ca)
- Swim in an empty lane if there is one available.
- The moment a 3rd swimmer enters your lane, you are required to swim in a counter-clockwise circle.
- If you need to share a lane, let the swimmer/swimmers already in the lane know you're getting in by dangling your foot in the pool or sitting on the edge.
- Choose a lane with swimmers who are swimming your own pace. Always swim in a counter-clockwise circle.
- When passing a swimmer, ensure that no one is coming towards you on the opposite side of the lane. Pass the swimmer and then return to your own side. If you need to rest, wait in the corner of your lane and allow other swimmers to pass. Do not speed up if someone tries to pass you. 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. Be polite. Explain lane swimming etiquette to other swimmers in a courteous manner. If you have any questions or concerns, please feel free to ask a lifeguard.