

# Swim & Aquafitness Schedule

North Thornhill Pool 300 Pleasant Ridge Avenue, Thornhill | 905.832.8540

## Half Price

### Recreational Swims!



Half price swims noted by symbol

For children & youth under 18 years of age only. Applies to single visits only; credits will not be issued for multiple visit passes or annual memberships.

Fall 2018/Winter 2019

Pool Closure: December 14-31, 2018

Revised: August 28, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Aquafitness (Lap pool, max. 30)

Admission tickets can be purchased at the customer service desk 1 hour prior to program start.

\*The hot tub is closed during these times only. Otherwise, the hot tub is OPEN

9:45-10:30am*	9:45-10:30am*	9:45-10:30am*	9:45-10:30am*	9:45-10:30am*		
8:05-8:50pm	8:05-8:50pm	8:05-8:50pm	8:05-8:50pm			

## Length Swim

	7-8:45am*		7-8:45am*		7:15-9am	7:15-9am 3 Lanes Only
10:45am-1pm*	10:45am-1pm*	10:45am-1pm*	10:45am-1pm*	10:45am-1pm	1:30-3pm	1:30-2:30pm
9-10:30pm*	9-10:30pm	7-8pm	9-10:30pm*	8:30-10pm*		

## Parent & Tot

					1:30-3pm	1:30-2:30pm
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## Recreational

					3:15-5pm	5:30-7:30pm
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### Recreational Swim Fees

	Child/Youth (4-17 years)	Adult (18 years+)	Older Adult (62 years+)	*Group
Single	\$2.50	\$5.75	\$3.75	\$11.25
Pass - 10 visit	\$25	\$46	\$31	\$92
Pass - 50 visit	\$110	\$205	\$135	\$407.50
Pass - 1 year	\$159.65	\$297.85	\$157.65	\$595

\*Group fees: a maximum of 5 participants residing at the same address.

### Aquafitness Fees

	Youth (13-17 years)	Adult (18 years+)	Older Adult (62 years+)
Single	\$3.75	\$10.25	\$4.25
Pass - 10 visit	\$37	\$83.50	\$37
Pass - 25 visit	\$87.50	\$195	\$87.50
Pass - 1 year	\$145.50	\$412.15	\$145.50

HST included in single visit fees, where applicable. HST will be charged at the point of sale for multiple visit passes. Children & youth fees are exempt from HST. Fees are for visits within the set time frame and are subject to change. No refunds or credits on 10 visit passes. Children under 4 years of age are **FREE**. A non-resident surcharge of 10% may be applicable. Please see customer service for details. Schedules are subject to change during holidays; for details, visit: [vaughan.ca/recreation](http://vaughan.ca/recreation).



[vaughan.ca/swim](http://vaughan.ca/swim)



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Winter 2019

Pool Closure: December 14-31, 2018

Effective: January 2, 2019 | Revised: December 19, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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[vaughan.ca/swim](http://vaughan.ca/swim)



## Safety & Admission Guidelines

Parents, guardians or group leaders are responsible for the children in their care while in the facility and must directly supervise the children at all times.

We strongly recommend the buddy system and encourage people to attend in pairs or small groups.

### 6 years of age & under

- Must be accompanied by a parent or guardian 16 years+ who is responsible for their direct supervision. (Maximum of 2 children per guardian).
- Parent/guardian must be in bathing attire and within arms reach of the child(ren) at all times in or out of the water.

### 7-9 years of age

Must use gender specific or family change rooms.

#### Child is a non-swimmer or cannot complete facility swim test:

- Must be accompanied by a parent or guardian 14 years+ (maximum of 2 children per guardian) who is responsible for their direct supervision. Maximum number of children increases to 8 per guardian when all children are 7-9 years of age and wear a Personal Flotation Device (PFD).
- Parent/guardian must be in bathing attire and within arms reach of the child(ren) at all times in or out of the water.

#### Child can complete facility swim test:

Admitted unaccompanied. Recommended to always swim with a buddy.

### 10 years of age & older

- Must use gender specific or family change rooms.
- Admitted unaccompanied. Recommended to always swim with a buddy.

### Admittance requirements for day camps & groups

The above guidelines apply to all day camps and groups. Arrangements for groups of more than 20 children should be made through the Aquatic Coordinator at your facility in advance of your arrival.

## Unsure? Be Sure! Wristband Policy

You'll always get it right, when you follow the traffic light!

#### Red Wrist Band: Non-Swimmer

9 years of age & under.  
Accompanied by parent or guardian.

#### Yellow Wrist Band: Unaccompanied

7-9 years of age.  
Facility swim test required.\*

#### Green Wrist Band: Strong Swimmer

7-9 years of age. Permitted unaccompanied in all swimming areas. Successfully completed facility swim test.\* Applied by lifeguard.

\*The facility swim test includes, but is not limited to, swimming 25 metres and treading water for 1 minute.

#### 10 years of age or older?

Unaccompanied. It's always recommended to swim with a buddy!



## Swimming Descriptions

### Recreational Swims

#### Length Swim

A time for endurance and fitness swimming for patrons requiring structured length swimming or fitness. Participants must be 7 years of age and able to pass the Facility Swim Test.

#### Parent & Tot Swim:

A time for parents and a maximum of 2 children under 7 years of age per adult. Pool lanes may be limited.

#### Recreational Swim:

Open to everyone.

#### Ladies/Men Only Length & Recreational Swim:

Open only to females/males to swim in a gender exclusive environment.

#### Therapy Swim

Relieve aches and pains with light water exercise or stretching in warm water.

### Aquafitness Classes

All aquafitness classes are Heart Wise Exercise programs intended for participants who are interested or concerned about their health.



#### Aquafitness

This program uses the water as resistance to increase muscle tone, strength, and endurance. Classes are generally conducted in chest deep water. Knowing how to swim is not a prerequisite to programs offered in chest deep water. Classes allow participants to work at their own pace and intensity.

#### Arthritis Aquafitness

An aquafitness program for people with arthritis. Exercises are designed to help with range of motion and flexibility.

#### Gentle Aquafitness

A gentle program designed to trim and tone your muscles while improving your fitness level. Stay in shape and meet new people.

