

# Swim & Aquafitness Schedule

**Al Palladini Pool**  
9201 Islington Avenue,  
Woodbridge | 905.832.8564

**Fall 2020**      **Effective:** September 14, 2020 | **Revised:** September 11, 2020

**Swim descriptions and admission guidelines on reverse.** Recreational and length swimming is open to pool plan holders and fitness members; pre-paid single visits are also accepted. Aquafitness classes are available to aquafitness plan holders and fitness members. Pre-registration is required for swim and aquafitness. Fitness members planning to use both the fitness centre and pool during their visit, must book a workout session as well as the coinciding swim or aquafitness class. Pre-register at [vaughan.ca/RecOnline](http://vaughan.ca/RecOnline).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Aquafitness 🙋

8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am		
10-10:45am	10-10:45am	10-10:45am	10-10:45am	10-10:45am		9:45-10:30am
8-8:45pm	8-8:45pm	8-8:45pm	8-8:45pm			

## Length Swim

11:15am-12:15pm	11:15am-12:15pm	11:15am-12:15pm	11:15am-12:15pm	11:15am-12:15pm		11am-12pm
12:45-1:45pm	12:45-1:45pm	12:45-1:45pm	12:45-1:45pm	12:45-1:45pm		12:30-1:30pm
9:15-10:15pm	9:15-10:15pm	9:15-10:15pm	9:15-10:15pm			

## Recreational

						2-3pm
						3:30-4:30pm

### Recreational & Length Swim Fees

**Single visit:** \$3.25 (all ages) / \$12 (group)

	Child/Youth (4-17 years)	Adult (18 years+)	Older Adult (64 years+)	*Group
<b>Pass - 10 visit</b>	\$25.80	\$47.40	\$31.90	\$94.80
<b>Pass - 50 visit</b>	\$113	\$211	\$139.20	\$419.75
<b>Pass - 1 year</b>	\$164.47	\$306.85	\$162.45	\$612.95

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

### Aquafitness Fees

	Youth (13-17 years)	Adult (18 years+)	Older Adult (64 years+)
<b>Pass - 10 visit</b>	\$38.10	\$86	\$38.10
<b>Pass - 25 visit</b>	\$90.30	\$201	\$90.30
<b>Pass - 1 year</b>	\$149.89	\$424.60	\$149.89

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

HST will be charged at the point of sale. 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. Schedules are subject to change based on attendance and staff resources. For updates visit [vaughan.ca/recreation](http://vaughan.ca/recreation).

# Swim & Aquafitness Schedule

**Al Palladini Pool**  
9201 Islington Avenue,  
Woodbridge | 905.832.8564

**Fall 2020**

**Effective:** October 26, 2020 | **Revised:** October 13, 2020

**Swim descriptions and admission guidelines on reverse.** Recreational and length swimming is open to pool plan holders and fitness members; pre-paid single visits are also accepted. Aquafitness classes are available to aquafitness plan holders and fitness members. Pre-registration is required for swim and aquafitness. Fitness members planning to use both the fitness centre and pool during their visit, must book a workout session as well as the coinciding swim or aquafitness class. Pre-register at [vaughan.ca/RecOnline](http://vaughan.ca/RecOnline).

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<b>Pass - 10 visit</b>	\$38.10	\$86	\$38.10
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[vaughan.ca/swim](http://vaughan.ca/swim)

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# Pool Guidelines & Safety Standards

Based on the guidance of The Lifesaving Society, and provincial and regional public health authorities as it relates to COVID-19, pool users can expect to see some changes to city-operated pools. Outlined below are new standards to ensure safe pool usage and the ongoing health and safety of swimmers and aquatic staff.

**Note:** These guidelines are subject to change based on ongoing advice provided by federal and provincial public health officials.

**The pool viewing gallery is closed until further notice.** At this time the community centres have controlled access by registration and permit only. Parents must register for a recreational swim to participate with their child, otherwise they will be required to leave the facility.

## Pool admission

- Prior to arriving at the community centre, pool users are required to complete the Provincial Public Health self-assessment.
- Masks/face coverings are required upon entry, exit and when travelling throughout the facility.
- Masks/face coverings are mandatory in the pool viewing area.
- Masks must be worn while traveling on the deck. You may remove your mask prior to entering the pool.

## Cleaning and sanitization

- All pool users are encouraged to practice good hygiene, including washing hands with soap, frequently sanitizing, and limiting contact with common surfaces.
- Multiple hand sanitizer stations are available throughout the facility.
- All commonly used furniture (e.g. chairs, tables) will be restricted or removed from the facility to discourage congregating and cross contact.
- Enhanced, daily cleaning and disinfection of high traffic surfaces and areas, including pool change rooms.
- Water chemistry levels will be checked every two hours to ensure adequate levels of sanitization.

## Physical distancing

- The number of users allowed to access all pool amenities at any one time will be limited to provide adequate space, prevent large gatherings and allow staff enough time to disinfect common touch point surfaces.

- Recreational and length swims, and aquafitness classes, will operate at reduced capacity and controlled traffic flow to maintain physical distancing in the pool.
- Use the identified entry and exit points as indicated by signage and markers. Respect markers guiding traffic into, throughout, and out of the facility to practice physical distancing, sanitizing, and limiting contact with common surfaces.

## Pool change rooms

- Change room access will be limited. Users are encouraged to come as prepared as possible to swim, and enter and exit the change room as quickly as possible to discourage congregating.
- Where possible, washrooms will remain open for use but will be restricted to ensure physical distancing.
- Showers remain closed until further notice. Pool users are encouraged to practice good hygiene and shower at home prior to coming to the pool.
- Lockers will not be available until further notice.

## Pool amenities

- Water fountains will be blocked off; users are encouraged to bring their own pre-filled water bottles.
- Spas, slides, diving boards will be closed until further notice.
- Use of common pool equipment will be restricted (e.g., snorkels, flutter boards, toys).
- The lost and found will be removed until further notice.

## 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 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 change rooms.
- Admitted unaccompanied. Recommended to always swim with a buddy.

## Swim Descriptions

### 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.

**Recreational Swim:** Open to everyone.

### Aquafitness

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



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.



### 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.

### 10 years of age or older?

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

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