

**Aquatic Pool  
Schedule**

**Effective September 3<sup>rd</sup> to October 6<sup>th</sup> 2019**



Due to unforeseen circumstances, programs/swim times may be altered without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Public Swim 7:00-8:30	<i>Temiskaming Northern Loons</i> 6:30-8:00	Early Bird Public Swim 7:00-8:30	<i>Temiskaming Northern Loons</i> 6:30-8:00	Public Swim 8:00-8:50 am	<i>Temiskaming Northern Loons</i> 8:00-10:00	
Aquafitness 9:00-9:45 (doors will open at 8:50)		Aquafitness 9:00-9:45 (doors will open at 8:50)		Aquafitness 9:00-9:45 (doors close at 10:00)		
Rental/ <b>Public Swim</b> 10:00-11:00		Rental/ <b>Public Swim</b> 10:00-11:00		Rental/ <b>Public Swim</b> 10:15-11:15	Lifesaving Society Swim Lessons Oct 19-Dec 14 10:00-12:00	
Adult Swim 12:00-1:00		Adult Swim 12:00-1:00		Adult Swim 12:00-1:00		Adult Swim 12:00-1:00
Arthritic Class 1:00-1:45		Arthritic Class 1:00-1:45		Rental/ <b>Public Swim</b> 1:15-2:45	<b>Public Swim</b> 1:00-3:00	<b>Public Swim</b> 1:00-3:00
<i>Temiskaming Northern Loons</i> 3:45-7:00	Lifesaving Society Swim Lessons Oct 8 - Dec 3 5:00-7:00	<i>Temiskaming Northern Loons</i> 3:45-7:00	Lifesaving Society Swim Lessons Oct 10-Dec 12 4:45-7:00	<i>Temiskaming Northern Loons</i> 3:45-7:00	Pool Rentals 3:00-4:00	
<b>Public Swim</b> 7:00-8:00		<b>Public Swim</b> 7:00-8:00	<b>Public Swim</b> 7:00-8:00		Pool Rentals 4:30-5:30	
Lap/ <b>Public Swim</b> 8:00-9:00		Lap/ <b>Public Swim</b> 8:00-9:00	Lap/ <b>Public Swim</b> 8:00-9:00	<b>Public Swim</b> 7:00-9:00	* Pool rentals include 3 lifeguards and are for up to 24 people*	

**Age Admission Policy**

<b>Children under 6 years old</b>	Regardless of swimming ability, children must be accompanied by a parent or guardian who is at least 16 years of age and responsible for their direct supervision, with a maximum of two children per parent/guardian and must be in bathing attire and within arm's reach of the child(ren) at all times in and out of the water.
<b>Children aged 6-9 who are non swimmers</b>	Non swimmers who are ages 6-9 must be accompanied by a parent or guardian who is at least 16 years of age and responsible for their direct supervision, with a maximum of three (3) children per parent/guardian and must be bathing attire and within arm's reach of the child(ren) at all times in and out of the water.
<b>Children aged 6-9 who are non swimmers and wearing CSA approved lifejackets</b>	Non swimmers who are ages 6-9 wearing CSA approved lifejackets must be accompanied by a parent or guardian who is at least 16 years of age and responsible for their direct supervision, with a maximum of Six (6) children per parent/guardian and must be bathing attire and within arm's reach of the child(ren) at all times in and out of the water.



The use of cellular phones, personal digital assistants, and digital cameras in the change rooms, washrooms, whirlpool and pool are prohibited

## WE'RE ALL IN THIS TOGETHER

### Pool Safety

**Know your limitations.** Be aware of deep areas.

**PFD's are available** for use free of charge.

**No running** on pool deck.

**Feet first please.** No diving in the pool. The shallow end is .9m and the deep end is 1.98m.

**No wrestling** or rough play.

**Report faulty** equipment to staff

**No prolonged breath holding** or breath holding games.

**The bigger float boards** are for the shallow end only.

**Children under 12 years** of age may use the hot tub with a parent or guardian 16 years of age or older

**All children wanting to use the large slide** must pass a swim test, and be at least 3.5 feet/1.07m/106 cm tall

**The use of cellular phones,** personal digital assistants, and digital cameras in the change room, washrooms, whirlpool and pool are prohibited.

Special considerations may be made during private swim rentals.



**Aquatic Wheelchair** is available

**If we experience an unexpected increase of patrons** during a swim time, the use of the slide may not be guaranteed.

**Remove shoes** before entering change rooms or pool area.

**Finish eating and drinking** before entering change room.

**Plastic water bottles** are permitted on deck

**No open or glass containers** are allowed in the change room or pool area.

**Protect your belongings** by securing them in a locker.

**Do not bring** valuables to facility.

**Research shows that learning how to swim SAVES LIVES –**

**Register for Swim Lessons today**

**Lifeguard must be obeyed promptly and at all times**

### Pool Rules and Guidelines

**Alert Staff** of any medical problems, (heart condition, epilepsy, etc)

**Do not swim** if suffering from a cold, flue, bacterial or viral infection, communicable disease or sever skin condition. Do not enter the pool if you currently suffer from diarrhea or have had diarrhea within the last two week.

**Report Discharges** (vomit, blood, feces) immediately to staff for cleaning. Water contamination may result in long and costly pool cleaning and shutdown.

**No spitting** or spouting of water or blowing of nose in the water.

**Limit your stay in the sauna or whirlpool to no** longer than 10 minutes at a time. Please consult a doctor if you have epilepsy, diabetes, high blood pressure, heart conditions or are pregnant prior to using sauna or whirlpool.

**Clean swimming apparel** is required in the pool.

**Take a cleansing shower** before every swim to avoid carrying dirt, bodily secretions, bacteria or residue from hygiene products into the pool.

**Use washroom facilities** before swimming, especially children.

**Children who are not toilet trained** must wear waterproof diapers.

**Ensure children and/or adult diapers** are properly secured and changed regularly to prevent over saturation and leakage.

**Person(s) under the influence** of intoxicants will not be allowed into the facility. Consumption of alcohol and/or drugs on the premises is not permitted.

### Admission Rates – per visits

	Adult	Youth (under 18)	Senior (over 55)	Family (2 adults and up to 3 children from the same residence)
Per visit	\$5.00	\$4.00	\$4.00	\$12.50
5 visit pool pass	\$20.00	\$15.00	\$15.00	

705-647-5709 [www.temiskamingshores.ca](http://www.temiskamingshores.ca)