

# Swim Schedules



## Metro Aquatic Centre | 905-953-5303

Situated inside the Magna Centre, it features two fully accessible pools; one is a 25-metre, 8-lane pool; the other is a 21-metre learning pool with spray nozzles and a swirl pool. The elevated viewing gallery provides a vantage point of the entire pool for spectators. Fully accessible male, female and family change rooms and NLS lifeguards supervising the pool are provided.

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Parent & Tot		1 – 3 p.m. 5 – 6 p.m.	1 – 3 p.m.	1 – 3 p.m. 5 – 6 p.m.	1 – 3 p.m. 5 – 8 p.m.	2 – 4 p.m.	
Daytime Leisure*	9 a.m. – Noon	9 a.m. – Noon 1 – 3 p.m.	9 a.m. – Noon	9 a.m. – Noon	9 a.m. – Noon		
Public*		7:30 – 9 p.m.		7:30 – 9 p.m.		4 – 6 p.m.	
Lane Swim*	7:30 – 9 a.m. 12 – 1 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9:30 – 10:30 p.m.		

\*Pool space may be shared with other programs. Lane availability will vary.

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aquafit Combo	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.		
Fit Forever 55+		11 – 11:45 a.m.		11 – 11:45 a.m.	10 – 10:45 a.m.		
Diaper Fit		10 – 10:45 a.m.		10 – 10:45 a.m.			
<b>NEW!</b> Aqua Challenge	10 – 10:45 a.m.	12 – 12:45 p.m. 7:30 – 8:15 p.m.	10 – 10:45 a.m.	12 – 12:45 p.m. 7:30 – 8:15 p.m.			
<b>NEW!</b> Tri Aqua Challenge*							8 – 8:45 a.m.*

\*Registered program. Please see page 51 & 81 for more details. Aquafit Combo and Aquafit Challenge is cancelled on Wed. Feb. 8 and Wed. Feb. 29/12

## March Break Schedule - March 12 to 16

Mar 12 – 16	Mon	Tues	Wed	Thurs	Fri	Sat & Sun
Public	9 a.m. – 12 p.m.	9 a.m. – 12 p.m. 7:30 – 9 p.m.	9 a.m. – 12 p.m.	9 a.m. – 12 p.m. 7:30 – 9 p.m.	9 a.m. – 12 p.m.	
Lane Swim*	7:30 – 9 a.m. 12 – 1 p.m. 8 – 9 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 8 – 9 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9:30 – 10:30 p.m.	
Parent & Tot	1 – 3 p.m. 6 – 8 p.m.	1 – 3 p.m.	1 – 3 p.m. 6 – 8 p.m.	1 – 3 p.m.	1 – 3 p.m. 6 – 8 p.m.	

**AQUA CHALLENGE:** Work hard and work fast by taking your water workout to a higher level of intensity. This will include a “new” water cycling segment. Prepare to be challenged! 15 per class limit.

**AQUADEEP:** A moderate to intense workout – all in deep water. Participants must be comfortable in deep water and able to swim 25 meter. 15 per class limit.

**AQUAFIT COMBO:** An “all exercise” workout to music. Mid-pool, deep, and shallow water used. 25 per class limit.

**AQUA ZUMBA™:** A “pool party” workout for all ages. An effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

**DAYTIME LEISURE SWIM:** Open to anyone. Pool space shared with lessons and aquatic fitness. Lanes for lane swim available (\*dependent on shared activities). Parents and preschoolers in the Tot/Teaching Pool only with limited space. Swirl Pool and Sauna (RTRC) open.

**DIAPER FIT:** This gentle shallow water workout for parents and tots under three years of age requires the use of a baby floatation device (tugboat), which is provided. 15 per class limit.



# Ray Twinney Recreation Complex | 905-953-5301

It has two pools, a 25-metre, 6-lane pool, and a Tot pool that is perfect for teaching youngsters. It also features a 100 foot waterslide, swirl pool and dry sauna. An on-deck patio for spectators provides a unique touch. The fully accessible change rooms and main pool are able to accommodate all pool users. The pool is supervised by NLS lifeguards.

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Daytime Leisure*	9 – 11:30 a.m.* 1 – 3 p.m.*		9 – 11:30 a.m.* 1 – 3 p.m.*	9 – 11:30 a.m.* 1 – 3 p.m.*			
Parent & Tot	9 – 11:30 a.m. 1 – 3 p.m. 5:30 – 6:30 p.m.		9 – 11:30 a.m. 1 – 3 p.m. 5:30 – 6:30 p.m.	9 – 11:30 a.m. 1 – 3 p.m.			
Public	6:30 – 8 p.m.		6:30 – 8 p.m.		6:30 – 8 p.m.	1 – 4 p.m.	1 – 4 p.m.
Lane Swim*	5:30 – 9 a.m. 11:30 – 1 p.m.* 9 – 10 p.m.*		5:30 – 9 a.m. 11:30 – 1 p.m.* 9 – 10 p.m.*	5:30 – 9 a.m. 11:30 – 1 p.m.*	8 – 9 p.m.		7:30 – 8:30 a.m. Noon – 1 p.m.
Ladies Lane Swim							4 – 5 p.m.
Senior Lane Swim	3 – 4 p.m.						

\*Pool space may be shared with other programs. Lane availability will vary. **For swim times from Jan 2-6 please refer to the Winter Break Schedule in the Fall Activity Guide**

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Sat
Aqua Deep	12 – 12:45 p.m. 8 – 8:45 p.m.		12 – 12:45 p.m.		8 – 8:45 a.m.*
Aquafit Combo	9 – 9:45 a.m.		9 – 9:45 a.m.	9 – 9:45 a.m.	
Fit Forever 55+	10 – 10:45 a.m.		10 – 10:45 a.m.	10 – 10:45 a.m.	
Diaper Fit	11 – 11:45 a.m.		11 – 11:45 a.m.		
H2O Repair			1:15 – 1:45 p.m.	1:15 – 1:45 p.m.	
<b>NEW!</b> Water Walkers			2 – 2:45 p.m.		
<b>NEW!</b> Aqua Challenge	1 – 1:45 p.m.				
Aqua Zumba™		8:15 – 9 p.m.	8:15 – 9 p.m.		

\*No Aquafit on April 7 & May 19

## March Break Schedule - March 12 to 16

Mar 12 – 16	Mon	Tues	Wed	Thurs	Fri
Public	1 – 4 p.m. 6:30 – 8 p.m.	1 – 4 p.m.	1 – 4 p.m. 6:30 – 8 p.m.	1 – 4 p.m.	1 – 4 p.m. 6:30 – 8 p.m.
Lane Swim	5:30 – 9 a.m. 11:30 – 1 p.m. 8 – 9 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m. 8 – 9 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m. 8 – 9 p.m.
Parent & Tot	9 – 11:30 a.m.	9 – 11:30 a.m.	9 – 11:30 a.m.	9 – 11:30 a.m.	9 – 11:30 a.m.
Aquafit Combo	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.

**FIT FOREVER:** Open to 55 years and up. Aquatic fitness workout to music. Deep and shallow water used. 25 per class limit.

**H2O REPAIR:** Gentle stretching/strengthening workout in Swirl Pool/Learning Pool to ease joints, muscles, or injuries. 5 per class limit.

**LANE SWIM:** Lane swim for 13 years and up. Must be able to swim lengths continuously. Swirl pool and sauna available. Teaching Pool (MAC) not

available. \*(shared with fitness/lessons-two lanes)

**PARENT & TOT SWIM:** Tot/Teaching Pool Only. Open to preschoolers (6 years of age and under) and their parents/caregivers who are 16 years of age or older.

**PUBLIC SWIM:** Open to anyone. Slide is open (RTRC). All pools and amenities are available.

## CLOSURES

### ALL POOLS

January 1,  
April 8 to 9,  
May 21,  
June 16,  
July 1

### RAY TWINNEY

February 20

### MAGNA

January 12  
(7:30 to 4),  
March 3 & 4,  
May 26 & 27

# ADMISSION STANDARDS FOR PUBLIC POOLS

Standards have been developed by the Office of the Chief Coroner of Ontario to assist Lifeguards and Assistant Lifeguards in maintaining adequate surveillance over the whereabouts and activities of young bathers while inside the pool enclosure. The Ministry of Health and Long Term Care strongly supports these standards for the purposes of preventing injuries and fatalities. **Please Note: all parents or guardians must be 16 years of age or older. Prices listed are applicable to all Newmarket aquatic facilities. Passes are interchangeable in all facilities.**

**Facility/Slide Swim Test** Swim one (1) length of the pool (25m) independently, demonstrating comfort in water without stopping, touching the bottom of the pool or reaching for assistance. Must be performed to gain access to the deep end upon request of a lifeguard.

**Serious Medical Conditions** Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their supervision.

Child Age	Ratio	Criteria
5 & under	2:1	<ul style="list-style-type: none"> <li>Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>Parent/guardian is responsible for direct supervision and must be in the water within arms reach of child(ren) at all times.</li> </ul>
6 to 9	4:1	<ul style="list-style-type: none"> <li>Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>Parent/guardian is responsible for direct supervision &amp; must be in the water.</li> <li>If the child can swim and pass a facility swim test, the parent/guardian does not have to remain within arms reach of the child, however, must remain in the pool enclosure (patio at RTRC or bleacher seating at MAC) to provide supervision of children and remain in visual contact.</li> <li>During slide swims riders must be 42" in height to use slide or must pass the Facility Swim Test</li> </ul>
10 and up	N/A	<ul style="list-style-type: none"> <li>May swim without adult accompaniment.</li> </ul>

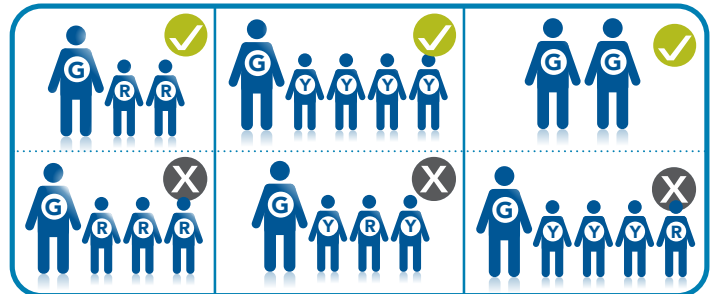
## DO YOU MEET THE ADMISSION STANDARDS?

**Green Wristbands** are for ages 10 and up.

**Yellow Wristbands** indicate ages 6 to 9 who may attempt a swim test to receive a green band.

**Red Wristbands** are for ages 5 and under, or ages 6 to 9 who do not complete a swim test.

Children ages 6 to 9 may receive a green wristband upon completion of a swim test, but a guardian must remain in the pool facility. All swimmers must come to the kiosk counter when paying to obtain the appropriate wristbands.



## PUBLIC SWIMMING FEES (Proof of residency is required)

	Adult	Youth	Child	Senior	Group	Preschool
Daily	\$4.75	\$4.50	\$3.25	\$4.50	\$12	\$1.25
10 Visit	\$33.60	\$31.84	\$23.04	\$31.84	\$84.96	-
20 Visit	\$63	\$59.70	\$43.20	\$59.70	\$159.30	-
30 Visit	\$88.20	\$83.58	\$60.48	\$83.58	\$223.02	-
100 Visit	\$147	\$139	\$101	\$139	\$372	-

<b>AquaFit</b>	Adult	Senior
Daily	\$7.05	\$6.67
10 Visit	\$49.92	\$47.20
20 Visit	\$93.60	\$88.50
30 Visit	\$131.04	\$123.90

<b>Swim n' Fit</b>	Adult	Senior
10 Visit	\$66.82	\$63.23
20 Visit	\$117.45	\$111.15
30 Visit	\$153.47	\$145.24

\*Daily admissions include tax. All membership passes do not include taxes.

\*\*This pass allows pass holders to participate in the Aquatic Fitness classes and swim before or after class, according to the number of visits purchased (when times available).

Preschool Up to 3 years Child 4 – 14 yrs. Youth 15 – 17 yrs. Adult 18+ yrs. Senior 55+ yrs. Group Max. of 6 (Max. 3 adults)

# IMPORTANT INFORMATION

All parents/guardians of aquatic participants in lessons and public swims are required to remain in the designated seating areas (viewing gallery, patio or bleachers) and NOT wander on “deck” close to the pool, during programs. We thank you for your co-operation.

## Serious Medical Conditions

Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their direct supervision.

## What to Wear in the Pool

Proper bathing attire means clothing used for swimming only. Sorry, no street clothes, or undergarments. Children who are not toilet trained must wear swimmer pull-ups. NO DIAPERS, disposable or cloth, are permitted.

## Change Room Age Requirements

Children seven years of age or older are required to use the change room of their own gender. If this is not suitable, please see staff to use the family/special needs change room.

## Family/Special Needs Change Room

A Family/Special Needs change room is available for use, if required, at the Ray Twinney Recreation Complex Pool (one family/participant at a time). The Metro Aquatic Centre has a separate family/special needs change room with individual stalls. Personal belongings for both pools, must be locked in a locker. NO BELONGINGS TO BE LEFT IN ROOM/STALL. NO NUDITY IN THE COMMON AREA!

## Personal Belongings/Lockers

Patrons using all facilities should not leave ANY valuables in the change rooms. Please take precautions to secure all items or keep them on your person at all times. Lockers are available for your use. You must bring your own lock or locks are available: Rent (\$2) or Buy (\$7). Locks must be removed after each use or locks will be cut off and removed every night. The Town of Newmarket is not responsible for any lost or stolen articles.

## Shower Before Swimming

All swimmers must shower thoroughly with soap before entering the pool to help keep the water clean for your swimming enjoyment.

## Strollers

Strollers are not permitted in the change rooms or on deck. If you require assistance, please see the pool staff to borrow a pool stroller. (Limited strollers available).

## Changes & Cancellations

Prices, times, and instructors are subject to change without notice.

## Sauna/Swirl Pool Use Policy

Children under 12 years of age are NOT ALLOWED in the Sauna or Swirl Pool unless supervised by a parent/guardian 16 years of age or older. Pregnant women and persons with known medical conditions should consult with a physician before using the Sauna or Swirl Pool. It is recommended that patrons spend no more than 10 to 15 minutes in the Sauna or Swirl Pool, due to the possibility of heat exhaustion/stroke. The Swirl Pool is not a hot tub. The maximum bather load is 15 people. The Sauna is a DRY SAUNA and NO

WATER is to be thrown on the heating unit. Water causes the unit to breakdown, therefore will result in Sauna closures.

## Tot/Teaching Pool Use Policy

The Tot/Teaching Pool is only for preschoolers six years of age and under and their parents/guardians.

## Pool Foul/Power Failure/Maintenance Closure

The pool(s) may close in an untimely manner due to a pool fouling, power failure, or mechanical/maintenance problem. When this happens, instructors will use the time to focus on dry land water safety lessons that are part of the Red Cross Swim program. Cancelled lessons cannot be made up.

## Food and Beverages

Food and beverages are NOT permitted on the pool deck or in the change rooms.

## Aquatic Fitness Class Policy

Due to the popularity and increasing demand of our Aquatic Fitness classes, we have instituted a class limit size of 25 participants (15 in Deepwell). This is to ensure safety, to allow efficient space to do exercises, and to provide a quality program, in which all participants may enjoy their workout. Participants are admitted on a first come first serve basis. Arrive early to avoid disappointment!

Please note: Aquatic class/passes only allow entrance to class. If you wish to stay and swim (ONLY within scheduled swim times) or use other amenities (Swirl Pool/Sauna), daily admission for swimming must be paid as well. If this is the case it is suggested that patrons purchase a “Swim ‘n’ Fit Pass”.

## Aquatic Fitness Class Cancellation Policy

Classes may be cancelled due to low attendance. If a class has below 4 participants for 3 consecutive weeks it may be cancelled. If you enjoy a class at a specific time please attend and tell your friends about it to keep the class running!

## Cell Phones and Personal Digital Assistants

The use of all Cell Phones and Personal Digital Assistants (PDAs - Palm Pilot, Blackberry, etc.) will not be permitted in any change room, wash-room, pool deck, or pool viewing gallery in any Town of Newmarket Facility. The Town of Newmarket has made this decision as a result of the integration of cameras in cell phones and PDAs. The Town of Newmarket is committed to providing a comfortable, safe environment with privacy for each patron using the facility. If you witness someone using a cell phone or PDA please report it to a Supervisor for follow up.