


# Make a splash! Meet us at the pool!

## Complex Pool Effective from Monday, January 9, 2012

An 8 lane, 25 metre pool with diving well and training pool.

Public swimming will be cancelled on January 21 and 22, 2012 for a swim meet.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	6:00 am - 8:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm	6:00 am - 8:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm		
Open Swim	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm**	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm**	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Adult Swim	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	11:00 am - 1:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 1:00 pm - 3:00 pm*** 9:00 pm - 10:00 pm	Monday-Friday, 9:00 am - 1:00 pm a 2 lane area is set aside for both slower swimmers and social interaction	
Senior Swim/Special Needs			9:00 am - 11:00 am*				
Parents and Pre-schooler Swim (training pool only)	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	9:00 am - 1:00 pm 3:00 pm - 4:00 pm		

**1867 Valleyfarm Road**

## Dunbarton Indoor Pool Effective from January 9, 2012 905.831.1260

A 6 lane, 25 metre pool with diving board

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	7:00 pm - 8:00 pm		7:00 pm - 8:00 pm				2:00 pm - 4:00 pm
Females Only						2:45pm - 3:45pm	
Adult Swim	8:00 pm - 9:00 pm		8:00 pm - 9:00 pm			<b>655 Sheppard Ave. E.</b>	

**Lane Swim** A minimum of 4 lanes are available for this popular swim time. Circle swim is enforced to accommodate more swimmers. Children must be able to swim lengths confidently.

**Open Swim** This is a great time for the whole family to come and enjoy our pools. Children under 8 years must be directly supervised (regardless of swimming ability), in the pool, by a responsible person, 18 years of age and older. Direct supervision is defined as "within arms reach". Please see Recreational Swim information.

**Females Only** This swim is available for female swimmers only, from January 14 - March 24. Only female spectators will be permitted in the viewing gallery during Females Only Swim. Please check with staff for cancellations.

**Adult Swim** This is a great time for adults, 18 years and older to get in and do some laps, do some water running or just cool down after a good work-out.

**Senior & Special Needs Swim** 4 lanes are available for this weekly swim period where seniors over 65 and participants with a physical, mental or behavioural disability can enjoy the pool. Support workers are admitted free.

**Parents & Preschool Swim** The training pool is available for preschoolers and their guardians. In addition, the training pool is open during Open Swim times.

## Admission Rates (please add HST)

	Single Pass	10 Pass	3 Month Pass	Annual Pass
Youth (4-17 years)	\$2.23	\$18.87	\$48.19	\$113.39
Senior (65 years +)	\$2.23	\$18.87	\$48.19	\$113.39
Disabled Person	\$2.23	\$18.87	\$48.19	\$113.39
Adult	\$3.49	\$30.58	\$75.10	\$169.90
Family*	\$7.00	\$60.15	\$111.61	\$297.63

- rates include access to unlimited swimming during public swim times at the Pickering Recreation Complex and Dunbarton Pool.
- three month and annual passes include access to the membership changerooms at the Pickering Recreation Complex for persons age 18 years and older.
- \* family - 2 adults and immediate family (4-17 years) living in the same household. Cousins and grandparents are not considered immediate family for this membership.

## Recreational Swim Information

- children 7 years of age and younger must be directly supervised (regardless of swimming ability), in the pool, by a responsible person, 16 years of age and older. Direct supervision is defined as "within arm's reach". Maximum of 2 children to 1 guardian
- children between the ages of 8 and 9 who cannot pass a swim test to the lifeguard's satisfaction must be supervised by a responsible guardian, 16 years of age or older, maximum of 4 children per guardian. For the swim test children must swim 10 meters of the pool, tread water for 30 seconds, swim 15 meters of the pool
- children who are not toilet trained must wear tight legged plastic pants over or under their swimsuits, or a pool diaper. No disposable diapers
- children 7 years of age and younger cannot be left unattended on the deck. Please inquire about our child supervision hours with the front desk staff at the Recreation Complex
- participants must wear a gender appropriate bathing suit that is appropriate for a public family environment. Cut-offs and streetwear are not acceptable. If you are unable to wear swim wear you may wear clean, tight-fitting t-shirts and shorts that are strictly used for swim. Bathing caps are the only acceptable headwear
- Due to the popularity of our Family Change Room, please be reminded that stalls may not be reserved, nor may clothing be left in the stalls. If you are accompanying a child of the same gender please use our Public Change Rooms. Feel free to bring a lock to secure your valuables in one of the available lockers.
- access to the family changeroom at the Recreation Complex is with a security card only. This card may be obtained from the front desk. All patrons must provide a valid photo identification prior to the receipt of the card. Please note that this is for the safety of your family members
- appropriate bathing suit attire is required in the pool and on the pool deck. Street clothes and shoes will not be permitted on the deck or in the shower area. Patrons wearing street clothes are welcome to watch from the viewing area
- people with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision
- no unauthorized coaching or teaching in the pool
- recreational swimming hours may be changed due to swim meets or rentals. Changes to pool schedules will be posted one week prior to change if possible
- **please help prevent pool foulings by feeding your child after swimming or at least one hour before**
- please shower before entering or re-entering the pool
- all persons entering the pool area must pay admission
- the use of electronic devices including cell phones and PDA's is prohibited in the changerooms and washrooms of all City of Pickering facilities

# Holiday Pool Hours

	Saturday Dec. 24	Sunday Dec. 25	Monday Dec. 26	Tuesday Dec. 27	Wednesday Dec. 28	Thursday Dec. 29	Friday Dec. 30
Lane Swim				6:00am-7:30am	6:00am-7:30am	6:00am-7:30am	6:00am-7:30am
Adult Swim				9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm
Open Swim	Closed	Closed	Closed	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm
	Saturday Dec. 31	Sunday Jan. 1	Monday Jan. 2	Tuesday Jan. 3	Wednesday Jan. 4	Thursday Jan. 5	Friday Jan. 6
Lane Swim			6:00am-7:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm
Adult Swim			9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm
Open Swim	1:00pm-4:00pm	Closed	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm

## March Break Recreational Swim

### Pickering Recreation Complex

March Break	Monday March 12	Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16	Saturday March 17	Sunday March 18
Lane Swim	6:00am-8:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm	6:00am-8:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm	6:00am-7:30am 4:00pm-7:00pm		
Open Swim	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm	1:00pm-4:00pm 7:00pm-9:00pm
Adult Swim	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm	9:00am-1:00pm 9:00pm-10:00pm		
Parents and Tots	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm		

### March Break Learn-to-swim

Missing a few items? Want to get ahead?

Or just want to get back into the swim of things?

Sign up for our one week March Break Mini Session

### Recreation Complex

Monday - Friday

9 am-11am and 4 pm-7 pm

5 half hour lessons

\$77.50 for Semi-Private • \$132.50 for Private

### Bronze Cross Crash Course (see page 59 for class description)

Location	Days	Time	Barcode	Fee
Recreation Complex	Monday to Friday	3:00 pm - 7:00 pm	66977	\$164.00

## Learn-to-Swim Information

### Learning to swim is a progressive process.

Your child will progress along the learning continuum at his/her own rate, and it may take more than one session to complete each level. If you have any questions or concerns regarding your child's lessons, please do not hesitate to talk to the on-deck supervisor immediately. We appreciate your feedback and can usually solve your concerns as soon as we know about them.

### What level should I enroll in?

Take a look at the descriptions below each swimming level for the prerequisites for each level. If you are still unsure of the appropriate level, or if you have not taken lessons with us before, we can arrange for an assessment by one of our aquatic staff.

### Taken lessons before?

Please review your child's progress report at the end of each session to determine if your child has completed all the knowledge and skill items necessary to progress to the next level.

### What do we bring?

Just a swimsuit and a towel. Some people like to wear goggles when they swim, but they are not necessary. All children who are not toilet trained are required to wear a plasticized bathing suit or plastic pants over their bathing suit. Please, no disposable diapers. Also, if you have progress reports from previous swimming lessons it is a good idea to bring those to the Instructors. This will give them a better idea of any remaining skills that need to be worked on.

### Can I make up lessons?

Please plan your schedule carefully for swimming lessons because there will be no make-up lessons or credits for missed classes. Please see our refund policy for more information. If we cancel classes due to inclement weather, pool fouling, etc., we will do our best to add additional classes at the end. If we cannot make up the class you will be credited for the missed lesson.

**Please help us to prevent cancellations by feeding your child after lessons or at least one hour before.**

### Can I watch my child during lessons or can I leave?

Experience has shown us that your child is better able to concentrate on his/her swimming lessons without additional on-deck distractions. You are welcome to watch your child from the upstairs viewing area at the Recreation Complex or the foyer at Dunbarton Pool. We suggest that you do not leave the premises as lessons run for 30 or 45 minutes. We will have Open House on weeks 5 and 10 for lessons at the Recreation Complex and weeks 3, 5, and 10 at Dunbarton Pool. During this time you are welcome to remove your street shoes and stay on the pool deck.

**\*Parents, enjoy a free workout while your child participates in any registered swim program at the Pickering Recreation Complex.**

**Ask reception for details!**



# Aquatics Group Lessons

## Red Cross Swim Preschool

For children ages 5 and under

Day	Start Dates	End Dates	Cancellations
Monday	Jan 16	April 2	Feb 20, March 12
Tuesday	Jan 17	March 27	March 13
Wednesday	Jan 18	March 28	March 14
Thursday	Jan 19	March 29	March 15
Saturday	Jan 14	March 31 - Pickering Rec Complex	Jan 21 - Pickering Rec Complex
		March 24 - Dunbarton	March 17 both pools
Sunday	Jan 15	April 1	Jan 22, March 18

Due to the large number of program participants, we are unable to accept requests for specific instructors.

### Preschool 1 - Starfish

Parent and tot swim program for children aged 4-18 months. An introductory class for babies and their parent or caregiver. To enter this level babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement in water, entries, and songs and play in the water.

#### Preschool 1 - Starfish - Rec Complex

M	6:30 - 7:00 pm	10 wk (s)	66463	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66464	\$88.00
Th	6:30 - 7:00 pm	10 wk (s)	66465	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66466	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66467	\$88.00
Sa	12:00 - 12:30 pm	10 wk (s)	66468	\$88.00

### Preschool 1 & 2 - Starfish/Duck

A combination of Starfish and Duck for Parent and Tot. Starfish is an introductory class for babies aged 4-18 months and their parent or caregiver. To enter this level babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement in water, entries, and songs and play in the water. The Duck program is for toddlers and older babies, aged 18-36 months and their parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

#### Preschool 1 & 2 - Starfish/Duck - Rec Complex

M	10:00 - 10:30 am	10 wk (s)	66458	\$88.00
Tu	1:30 - 2:00 pm	10 wk (s)	66459	\$88.00
W	1:00 - 1:30 pm	10 wk (s)	66460	\$88.00
Th	10:00 - 10:30 am	10 wk (s)	66461	\$88.00
Th	1:00 - 1:30 pm	10 wk (s)	66462	\$88.00



### Preschool 2 - Duck

Parent and tot program for children 18-36 months. This program is for toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

#### Preschool 2 - Duck - Rec Complex

M	7:30 - 8:00 pm	10 wk (s)	66469	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66470	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66471	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66472	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66473	\$88.00

### Preschool 3a - Seaturtle Tots - 2 year olds

For 2 year-olds who can participate comfortably without a parent or caregiver. This level develops skills in floating, gliding, breath control, and swimming through games, songs, and water play.

#### Preschool 3a - Seaturtle Tots - Rec Complex

M	6:00 - 6:30 pm	10 wk (s)	66474	\$88.00
Tu	6:30 - 7:00 pm	10 wk (s)	66476	\$88.00
W	10:30 - 11:00 am	10 wk (s)	66477	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66478	\$88.00
Th	1:30 - 2:00 pm	10 wk (s)	66475	\$88.00
Th	6:00 - 6:30 pm	10 wk (s)	66479	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66480	\$88.00
Sa	12:30 - 1:00 pm	10 wk (s)	66481	\$88.00

### Preschool 3b - Sea Turtle

For 3-5 year olds. Preschoolers develop skills in floating, gliding, swimming and an introduction to rhythmic breathing while building an awareness of deep water and safe entries. All skills are assisted by the instructor. This level is appropriate for children 3-5 years of age who are just starting out.

#### Preschool 3b - Sea Turtle - Dunbarton

M	5:00 - 5:30 pm	10 wk (s)	66500	\$88.00
Tu	6:00 - 6:30 pm	10 wk (s)	66501	\$88.00
W	5:30 - 6:00 pm	10 wk (s)	66502	\$88.00
Th	6:00 - 6:30 pm	10 wk (s)	66503	\$88.00
Sa	8:30 - 9:00 am	10 wk (s)	66504	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66505	\$88.00



# Aquatics Group Lessons

## Red Cross Swim Preschool continued

### Preschool 3b - Sea Turtle

For 3-5 year olds. Preschoolers develop skills in floating, gliding, swimming and an introduction to rhythmic breathing while building an awareness of deep water and safe entries. All skills are assisted by the instructor. This level is appropriate for children 3-5 years of age who are just starting out.

#### Preschool 3b - Sea Turtle - Rec Complex

M	7:00 - 7:30 pm	10 wk (s)	66482	\$88.00
M	7:30 - 8:00 pm	10 wk (s)	66483	\$88.00
Tu	7:00 - 7:30 pm	10 wk (s)	66484	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66485	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66486	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66487	\$88.00
Th	7:00 - 7:30 pm	10 wk (s)	66488	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66489	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66490	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66491	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66492	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66493	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66494	\$88.00
Sa	12:00 - 12:30 pm	10 wk (s)	66495	\$88.00
Sa	12:30 - 1:00 pm	10 wk (s)	66496	\$88.00
Su	9:00 - 9:30 am	10 wk (s)	66497	\$88.00
Su	10:00 - 10:30 am	10 wk (s)	66498	\$88.00
Su	11:30 - 12:00 pm	10 wk (s)	66499	\$88.00

### Preschool 3b & 4 - Sea Turtle/Sea Otter

Sea Turtle/Sea Otter is run as a combination class. For 3-5 year olds. In Sea Turtle preschoolers develop skills in floating, gliding, swimming and an introduction to rhythmic breathing. All skills are assisted by the instructor. This level is appropriate for preschoolers who are just starting out. In Sea Otter preschoolers develop skills in floating, gliding, rhythmic breathing and swimming as well as safe entries and exits. Some skills are completed by the child alone and others are assisted by the instructor. Children are expected to be able to put their face in the water comfortably for 3 seconds before entering the Sea Otter level. Successful completion of the previous level is recommended.

#### Preschool 3b & 4 - Sea Turtle/Sea Otter - Rec Complex

M	10:30 - 11:00 am	10 wk (s)	66929	\$88.00
M	2:00 - 2:30 pm	10 wk (s)	66931	\$88.00
Tu	1:00 - 1:30 pm	10 wk (s)	66933	\$88.00
W	10:00 - 10:30 am	10 wk (s)	66935	\$88.00
W	1:30 - 2:00 pm	10 wk (s)	66937	\$88.00
Th	10:30 - 11:00 am	10 wk (s)	66939	\$88.00
Th	1:00 - 1:30 pm	10 wk (s)	66940	\$88.00

### Preschool 4 - Sea Otter

For 3-5 year olds. Preschoolers develop skills in floating, gliding, rhythmic breathing and swimming, as well as safe entries and exits. Some skills are completed by the child alone and others are assisted by the instructor. Children are expected to be able to put their face in the water comfortably for 3 seconds before entering the Sea Otter level. Successful completion of Sea Turtle is recommended.

#### Preschool 4 - Sea Otter - Dunbarton

M	5:30 - 6:00 pm	10 wk (s)	66926	\$88.00
Tu	6:00 - 6:30 pm	10 wk (s)	66927	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66928	\$88.00

#### Preschool 4 - Sea Otter - Rec Complex

Tu	7:00 - 7:30 pm	10 wk (s)	66920	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66921	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66922	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66923	\$88.00
Su	10:30 - 11:00 am	10 wk (s)	66924	\$88.00
Su	11:30 - 12:00 pm	10 wk (s)	66925	\$88.00

### Preschool 5 - Salamander

For 3-5 year olds. Preschoolers develop skills in floating, gliding, rhythmic breathing and swimming, as well as chest deep water entries and surface support. Some skills are completed by the child alone and others are assisted by the instructor. Children are expected to be able to be able to complete 3 rhythmic breaths comfortably before entering the Salamander level. Successful completion of Sea Otter is recommended.

#### Preschool 5 - Salamander - Dunbarton

M	6:30 - 7:00 pm	10 wk (s)	66528	\$88.00
Tu	5:00 - 5:30 pm	10 wk (s)	66529	\$88.00
W	5:00 - 5:30 pm	10 wk (s)	66530	\$88.00
Th	5:30 - 6:00 pm	10 wk (s)	66531	\$88.00
Sa	8:30 - 9:00 am	10 wk (s)	66532	\$88.00

#### Preschool 5 - Salamander - Rec Complex

M	7:00 - 7:30 pm	10 wk (s)	66514	\$88.00
M	7:30 - 8:00 pm	10 wk (s)	66515	\$88.00
Tu	7:00 - 7:30 pm	10 wk (s)	66516	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66517	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66518	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66519	\$88.00
Th	7:00 - 7:30 pm	10 wk (s)	66520	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66521	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66522	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66523	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66524	\$88.00
Sa	12:00 - 12:30 pm	10 wk (s)	66525	\$88.00
Su	9:30 - 10:00 am	10 wk (s)	66526	\$88.00
Su	10:30 - 11:00 am	10 wk (s)	66527	\$88.00



# Aquatics Group Lessons

## Red Cross Swim Preschool continued

### Preschool 5 & 6 - Salamander/Sunfish

Salamander/Sunfish is run as a combination class. For 3-5 year olds. In Salamander preschoolers develop skills in floating, gliding, rhythmic breathing and swimming as well as chest deep water entries and surface support. Some skills are completed by the child alone and others are assisted by the instructor. Children are expected to be able to complete 3 rhythmic breaths comfortably before entering Salamander. In Sunfish preschoolers develop skills in floating, gliding, rhythmic breathing and swimming as well as deep water entries and surface support. The Sunfish level is an introduction to deep water and all skills are completed by the child without assistance. Successful completion of the previous level is recommended.

#### Preschool 5 & 6 - Salamander/Sunfish - Rec Complex

M	2:30 - 3:00 pm	10 wk (s)	66942	\$88.00
Tu	10:00 - 10:30 am	10 wk (s)	66943	\$88.00
W	9:30 - 10:00 am	10 wk (s)	66944	\$88.00
Th	1:30 - 2:00 pm	10 wk (s)	66946	\$88.00

### Preschool 6 - Sunfish

For 3-5 year olds. Preschoolers develop skills in floating, gliding, rhythmic breathing and swimming, as well as deep water entries and surface support. The Sunfish level is an introduction to deep water and all skills are completed by the child without assistance. Successful completion of Salamander is recommended.

#### Preschool 6 - Sunfish - Dunbarton

M	6:30 - 7:00 pm	10 wk (s)	66544	\$88.00
Th	5:00 - 5:30 pm	10 wk (s)	66545	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66546	\$88.00

#### Preschool 6 - Sunfish - Rec Complex

M	7:00 - 7:30 pm	10 wk (s)	66534	\$88.00
Tu	7:00 - 7:30 pm	10 wk (s)	66535	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66537	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66538	\$88.00
Th	7:00 - 7:30 pm	10 wk (s)	66540	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66541	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66542	\$88.00
Su	9:00 - 9:30 am	10 wk (s)	66543	\$88.00

### Preschool 7 & 8 - Crocodile/Whale

Crocodile/Whale is run as a combination class. For 3-5 year olds. In Crocodile preschoolers continue to develop skills in floating, gliding, rhythmic breathing, swimming and deep water skills while working to increase endurance and technical proficiency. Children are expected to be comfortable in deep water and be able to swim 2 metres unassisted before entering the Crocodile level. All skills are completed by the child without assistance. In Whale preschoolers continue to develop skills in floating, gliding, rhythmic breathing, swimming and deep water skills while working to increase endurance and technical proficiency. Children are expected to be comfortable in deep water and be able to swim 5 metres on both front and back unassisted before entering the Whale level. All skills are completed by the child without assistance. Successful completion of the previous level is recommended.

#### Preschool 7 & 8 - Crocodile/Whale - Dunbarton Pool

M	6:30 - 7:00 pm	10 wk (s)	66557	\$88.00
Th	5:00 - 5:30 pm	10 wk (s)	66558	\$88.00

#### Preschool 7 & 8 - Crocodile/Whale - Rec Complex

M	5:30 - 6:00 pm	10 wk (s)	66547	\$88.00
Tu	10:30 - 11:00 am	10 wk (s)	66548	\$88.00
W	9:30 - 10:00 am	10 wk (s)	66549	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66550	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66551	\$88.00
Th	7:00 - 7:30 pm	10 wk (s)	66552	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66553	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66554	\$88.00
Su	9:30 - 10:00 am	10 wk (s)	66555	\$88.00
Su	12:30 - 1:00 pm	10 wk (s)	66556	\$88.00



# Aquatics Group Lessons

## Red Cross Swim Kids 6+

For children ages 6 and older

Day	Start Dates	End Dates	Cancellations
Monday	Jan 16	April 2	Feb 20, March 12
Tuesday	Jan 17	March 27	March 13
Wednesday	Jan 18	March 28	March 14
Thursday	Jan 19	March 29	March 15
Saturday	Jan 14	March 31 - Pickering Rec Complex March 24 - Dunbarton	Jan 21 - Pickering Rec Complex March 17 both pools
Sunday	Jan 15	April 1	Jan 22, March 18

Due to the large number of program participants, we are unable to accept requests for specific instructors.

### Swim Kids 1

For children 6 years of age and older. Swimmers develop skills in floating, gliding, rhythmic breathing and swimming as well as shallow water entries. Some skills are completed by the swimmer alone and others are assisted by the instructor. This level is appropriate for children over the age of 6 who are just starting out or for children who have previously been enrolled in Starfish, Duck, Sea Turtle or Salamander.

#### Swim Kids 1 - Dunbarton

Tu	5:30 - 6:00 pm	10 wk (s)	66802	\$88.00
Tu	6:30 - 7:00 pm	10 wk (s)	66803	\$88.00
W	5:00 - 5:30 pm	10 wk (s)	66804	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66805	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66806	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66807	\$88.00



#### Swim Kids 1 - Rec Complex

M	7:00 - 7:30 pm	10 wk (s)	66791	\$88.00
M	7:30 - 8:00 pm	10 wk (s)	66792	\$88.00
Tu	7:30 - 8:00 pm	10 wk (s)	66793	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66794	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66795	\$88.00
Th	7:30 - 8:00 pm	10 wk (s)	66796	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66797	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66798	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66799	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66800	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66801	\$88.00

#### Girls Only - Swim Kids 1 & 2 - Dunbarton

For girls only, ages 6-12 years. A combination of Swim Kids 1 & 2.

Sa	1:15 - 1:45 pm	10 wk (s)	66395	\$88.00
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### Swim Kids 2

For children 6 years of age and older. Swimmers develop skills in floating, gliding, rhythmic breathing and swimming, as well as an introduction to deep water activities. Most skills are completed by the swimmer without assistance. Successful completion of Swim Kids 1 is recommended. This level is also appropriate for children over the age of 6 who have previously been enrolled in Sunfish (complete or incomplete) or Crocodile (incomplete).

#### Swim Kids 2 - Dunbarton

M	5:30 - 6:00 pm	10 wk (s)	66820	\$88.00
M	6:00 - 6:30 pm	10 wk (s)	66821	\$88.00
Tu	5:30 - 6:00 pm	10 wk (s)	66822	\$88.00
Tu	6:30 - 7:00 pm	10 wk (s)	66823	\$88.00
W	5:30 - 6:00 pm	10 wk (s)	66824	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66825	\$88.00
Th	5:30 - 6:00 pm	10 wk (s)	66826	\$88.00
Th	6:30 - 7:00 pm	10 wk (s)	66827	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66828	\$88.00

#### Swim Kids 2 - Rec Complex

M	7:30 - 8:00 pm	10 wk (s)	66808	\$88.00
Tu	7:30 - 8:00 pm	10 wk (s)	66809	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66810	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66811	\$88.00
Th	7:30 - 8:00 pm	10 wk (s)	66812	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66813	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66814	\$88.00
Sa	12:00 - 12:30 pm	10 wk (s)	66815	\$88.00
Sa	12:30 - 1:00 pm	10 wk (s)	66816	\$88.00
Su	9:00 - 9:30 am	10 wk (s)	66817	\$88.00
Su	11:30 - 12:00 pm	10 wk (s)	66818	\$88.00
Su	12:00 - 12:30 pm	10 wk (s)	66819	\$88.00

#### Girls Only - Swim Kids 1 & 2 - Dunbarton

For girls only, ages 6-12 years. A combination of Swim Kids 1 & 2.

Sa	1:15 - 1:45 pm	10 wk (s)	66395	\$88.00
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# Aquatics Group Lessons

## Red Cross Swim Kids 6+ continued

### Swim Kids 3

For children 6 years of age and older. Swimmers develop technical proficiency in front crawl including overarm recovery and rhythmic breathing to the side, as well working on deep water skills such as surface support and diving. All skills are completed by the swimmer without assistance. Swimmers should be able to swim 10 metres unassisted before enrolling in this level. Successful completion of Swim Kids 2 is recommended. This level is also appropriate for children over the age of 6 who have successfully completed Crocodile or previously been enrolled in Whale (complete or incomplete).

#### Swim Kids 3 - Dunbarton

M	5:00 - 5:30 pm	10 wk (s)	66843	\$88.00
Tu	6:30 - 7:00 pm	10 wk (s)	66844	\$88.00
W	5:00 - 5:30 pm	10 wk (s)	66845	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66846	\$88.00
Th	5:30 - 6:00 pm	10 wk (s)	66847	\$88.00
Th	6:00 - 6:30 pm	10 wk (s)	66848	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66849	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66850	\$88.00

#### Swim Kids 3 - Rec Complex

M	7:00 - 7:30 pm	10 wk (s)	66829	\$88.00
M	7:30 - 8:00 pm	10 wk (s)	66830	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66831	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66832	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66833	\$88.00
Th	7:30 - 8:00 pm	10 wk (s)	66834	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66835	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66836	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66837	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66838	\$88.00
Sa	12:30 - 1:00 pm	10 wk (s)	66839	\$88.00
Su	9:30 - 10:00 am	10 wk (s)	66840	\$88.00
Su	10:30 - 11:00 am	10 wk (s)	66841	\$88.00
Su	11:00 - 11:30 am	10 wk (s)	66842	\$88.00

#### Girls Only - Swim Kids 3 & 4 - Dunbarton

For girls only ages 6-12. A combination of Swim Kids 3 & 4.

Sa	1:45 - 2:15 pm	10 wk (s)	66396	\$88.00
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### Swim Kids 4

For children 6 years of age and older. Swimmers develop technical proficiency in front crawl including overarm recovery, rhythmic breathing to the side with good body position and effective flutterkick, as well as the shoulder roll for back crawl. Deep water skills such as surface support and diving become increasingly more advanced. Endurance is built through a 25 metre swim. Successful completion of Swim Kids 3 is recommended.

#### Swim Kids 4 - Dunbarton

M	6:00 - 6:30 pm	10 wk (s)	66862	\$88.00
Tu	7:00 - 7:30 pm	10 wk (s)	66863	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66864	\$88.00
Th	6:30 - 7:00 pm	10 wk (s)	66865	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66866	\$88.00

#### Swim Kids 4 - Rec Complex

Tu	5:00 - 5:30 pm	10 wk (s)	66851	\$88.00
W	6:00 - 6:30 pm	10 wk (s)	66852	\$88.00
W	6:30 - 7:00 pm	10 wk (s)	66853	\$88.00
W	7:00 - 7:30 pm	10 wk (s)	66854	\$88.00
Th	6:00 - 6:30 pm	10 wk (s)	66855	\$88.00
Sa	9:00 - 9:30 am	10 wk (s)	66856	\$88.00
Sa	9:30 - 10:00 am	10 wk (s)	66857	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66858	\$88.00
Sa	11:30 - 12:00 pm	10 wk (s)	66859	\$88.00
Sa	12:00 - 12:30 pm	10 wk (s)	66860	\$88.00
Su	11:00 - 11:30 am	10 wk (s)	66861	\$88.00

#### Girls Only - Swim Kids 3 & 4 - Dunbarton

For girls only ages 6-12. A combination of Swim Kids 3 & 4.

Sa	1:45 - 2:15 pm	10 wk (s)	66396	\$88.00
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Canadian Child  
Fitness Tax  
Eligible



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Eligible



# Aquatics Group Lessons

## Red Cross Swim Kids 6+ continued

### Swim Kids 5

For children 6 years of age and older. Swimmers develop technical proficiency and increase distance in front and back crawl and are introduced to whip kick, dolphin kick and sculling. Participants are introduced to boating safety, cold water HELP/Huddle and staying warm. Endurance is built through a 50 metre swim. Successful completion of Swim Kids 4 is recommended.

#### Swim Kids 5 - Dunbarton

M	6:00 - 6:30 pm	10 wk (s)	66877	\$88.00
Tu	7:00 - 7:30 pm	10 wk (s)	66878	\$88.00
W	5:00 - 5:30 pm	10 wk (s)	66879	\$88.00
Th	5:00 - 5:30 pm	10 wk (s)	66880	\$88.00
Th	6:30 - 7:00 pm	10 wk (s)	66881	\$88.00
Sa	8:30 - 9:00 am	10 wk (s)	66882	\$88.00
Sa	10:30 - 11:00 am	10 wk (s)	66883	\$88.00

#### Swim Kids 5 - Rec Complex

Tu	6:30 - 7:00 pm	10 wk (s)	66867	\$88.00
Tu	7:30 - 8:00 pm	10 wk (s)	66868	\$88.00
W	7:30 - 8:00 pm	10 wk (s)	66869	\$88.00
Th	6:30 - 7:00 pm	10 wk (s)	66870	\$88.00
Sa	10:00 - 10:30 am	10 wk (s)	66871	\$88.00
Sa	11:00 - 11:30 am	10 wk (s)	66872	\$88.00
Sa	12:30 - 1:00 pm	10 wk (s)	66873	\$88.00
Su	10:30 - 11:00 am	10 wk (s)	66874	\$88.00
Su	11:00 - 11:30 am	10 wk (s)	66875	\$88.00
Su	12:00 - 12:30 pm	10 wk (s)	66876	\$88.00

#### Girls Only - Swim Kids 5 & 6 - Dunbarton

For females only ages 6-12years. A combination of Swim Kids 5 & 6.

Sa	2:15 - 2:45 pm	10 wk (s)	66397	\$88.00
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### Swim Kids 6

For children 6 years of age and older. Swimmers continue to develop technical proficiency and increase distance in front and back crawl and are introduced to elementary backstroke. Participants are introduced to safety on ice, basic rescue of others and causes of boating incidents. Endurance is built through a 75 metre swim. Successful completion of Swim Kids 5 is recommended.

#### Swim Kids 6 - Dunbarton

M	5:45 - 6:30 pm	10 wk (s)	66887	\$98.00
Tu	5:45 - 6:30 pm	10 wk (s)	66888	\$98.00
Sa	9:00 - 9:45 am	10 wk (s)	66889	\$98.00

#### Swim Kids 6 - Rec Complex

Tu	5:00 - 5:45 pm	10 wk (s)	66884	\$98.00
W	6:00 - 6:45 pm	10 wk (s)	66885	\$98.00
Sa	10:15 - 11:00 am	10 wk (s)	66886	\$98.00

### Swim Kids 7

For children 6 years of age and older. Swimmers continue to develop technical proficiency and increase distance in front and back crawl, elementary backstroke and sculling, and are introduced to whip kick on the front and eggbeater kick. Participants learn about airway and breathing obstructions and how to treatment them as well as practicing increasingly difficult water rescues. Endurance is built through a 150 metre swim. Successful completion of Swim Kids 6 is recommended.

#### Swim Kids 7 - Dunbarton

M	5:00 - 5:45 pm	10 wk (s)	66893	\$98.00
W	6:15 - 7:00 pm	10 wk (s)	66894	\$98.00
Sa	9:45 - 10:30 am	10 wk (s)	66895	\$98.00

#### Swim Kids 7 - Rec Complex

Tu	5:45 - 6:30 pm	10 wk (s)	66890	\$98.00
W	7:30 - 8:15 pm	10 wk (s)	66891	\$98.00
Sa	11:00 - 11:45 am	10 wk (s)	66892	\$98.00

#### Girls Only - Swim Kids 7 & 8 - Dunbarton

For girls only ages 6-12. A combination of Swim Kids 7 & 8.

Sa	2:45 - 3:15 pm	10 wk (s)	66398	\$88.00
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# Aquatics Group Lessons

## Red Cross Swim Kids 6+ continued

### Swim Kids 8

For children 6 years of age and older. Swimmers continue to develop technical proficiency and increase distance in front and back crawl and elementary backstroke, and are introduced to breaststroke, foot first surface dives and rescue entries. Participants learn about the dangers of open water, hypothermia and rescue breathing. Endurance is built through a 300 metre swim. Successful completion of Swim Kids 7 is recommended.

#### Swim Kids 8 - Dunbarton

M	5:00 - 5:45 pm	10 wk (s)	66898	\$98.00
W	6:15 - 7:00 pm	10 wk (s)	66899	\$98.00
Sa	9:45 - 10:30 am	10 wk (s)	66900	\$98.00

#### Swim Kids 8 - Rec Complex

M	6:15 - 7:00 pm	10 wk (s)	66896	\$98.00
Sa	11:00 - 11:45 am	10 wk (s)	66897	\$98.00

#### Girls Only - Swim Kids 7 & 8 - Dunbarton

For girls only ages ages 6-12. A combination of Swim Kids 7 & 8.

Sa	2:45 - 3:15 pm	10 wk (s)	66398	\$88.00
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### Swim Kids 9

For children 6 years of age and older. Swimmers continue to develop technical proficiency and increase distance in front and back crawl, elementary backstroke and breaststroke, and are introduced to head first surface dives. Participants learn about complications of rescue breathing and self-rescue from a fall through ice. Swimmers are encouraged to try combining different strokes and kicks while working to improve fitness. Endurance is built through a 400 metre swim. Successful completion of Swim Kids 8 is recommended.

#### Swim Kids 9 - Dunbarton

Tu	5:00 - 5:45 pm	10 wk (s)	66903	\$98.00
W	5:30 - 6:15 pm	10 wk (s)	66904	\$98.00
Sa	10:30 - 11:15 am	10 wk (s)	66905	\$98.00

#### Swim Kids 9 - Rec Complex

W	6:45 - 7:30 pm	10 wk (s)	66901	\$98.00
Sa	11:45 - 12:30 pm	10 wk (s)	66902	\$98.00

#### Girls Only - Swim Kids 9 & 10 - Dunbarton

For girls only ages ages 6-12. A combination of Swim Kids 9 & 10.

Sa	2:45 - 3:15 pm	10 wk (s)	66399	\$88.00
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### Swim Kids 10

For children 6 years of age and older. Swimmers refine strokes and are introduced to sidestroke and butterfly. Participants learn about sun safety, ice rescue, and surface dives with underwater swim. Endurance is built using vertical dolphin kick, butterfly drills and a 500 metre swim. Successful completion of Swim Kids 9 is recommended.

#### Swim Kids 10 - Dunbarton

Tu	5:00 - 5:45 pm	10 wk (s)	66908	\$98.00
W	5:30 - 6:15 pm	10 wk (s)	66909	\$98.00
Sa	10:30 - 11:15 am	10 wk (s)	66910	\$98.00

#### Swim Kids 10 - Rec Complex

W	6:45 - 7:30 pm	10 wk (s)	66906	\$98.00
Sa	11:45 - 12:30 pm	10 wk (s)	66907	\$98.00

#### Girls Only - Swim Kids 9 & 10 - Dunbarton

For girls only ages ages 6-12. A combination of Swim Kids 9 & 10.

Sa	2:45 - 3:15 pm	10 wk (s)	66399	\$88.00
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### Swim @ Pickering Recreation Complex

<b>Public Swim</b>	Monday - Friday	4:00 pm - 5:00 pm
	Tuesday, Thursday & Friday	7:00 pm - 9:00 pm
	Saturday & Sunday	1:00 pm - 4:00 pm
		7:00 pm - 9:00 pm

The pool at Pickering Recreation Complex also offers opportunity for Lane Swim, Adult Swim, Senior/Special Needs Swim and Parent & Tot Swim (training pool). See the schedule on page 46 for times.

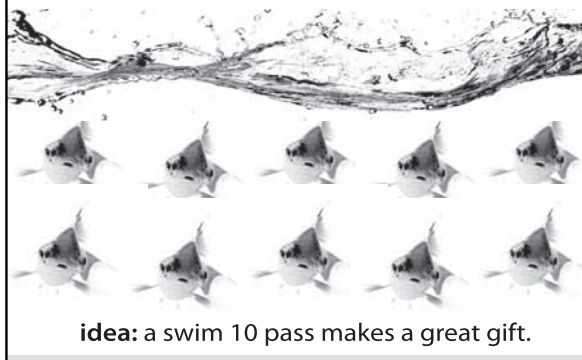
### Swim @ Dunbarton Pool

<b>Public Swim</b>	Monday & Wednesday	7:00 pm - 8:00 pm
	Sunday	2:00 pm - 4:00 pm
<b>Ladies Only</b>	Saturday	2:45 pm - 3:45 pm
<b>Adult Swim</b>	Monday & Wednesday	8:00 pm - 9:00 pm

**for rates & details call 905.683.6582**

This schedule is in effect as of January 9, 2012.

Please call for holiday swim times.



# Aquatics

## Youth Swim Programs

Day	Start Dates	End Dates	Cancellations
Monday	Jan 16	April 2	Feb 20, March 12
Tuesday	Jan 17	March 27	March 13
Wednesday	Jan 18	March 28	March 14
Thursday	Jan 19	March 29	March 15
Saturday	Jan 14	March 31 - Pickering Rec Complex March 24 - Dunbarton	Jan 21 - Pickering Rec Complex March 17 both pools
Sunday	Jan 15	April 1	Jan 22, March 18

### Aquateen 1

Aquateen 1 is aimed at youth between the ages of 10-16 years who want to learn basic swimming skills, improve their fitness and build endurance. This level is appropriate for those with little or no swimming ability.

Starts: Jan 19/2012

location: Dunbarton Indoor Pool

Th 7:00 - 7:45 pm 10 wk (s) 66912 \$94.55

### Aquateen 2

Aquateen 2 is aimed at youth between the ages of 10-16 years who want to be introduced to deep water, develop their swimming strokes and endurance.

Starts: Jan 19/2012

location: Dunbarton Indoor Pool

Th 7:00 - 7:45 pm 10 wk (s) 66914 \$94.55

### Teen Stroke Improvement

This is an opportunity for youth, ages 9-13 years, to work on their area of weakness in an attempt to complete their level, Swim Kids 5 and up, or to work on and improve specific skills. A great start if you've been out of the pool for a while or are looking to pursue a career in Aquatics.

Starts: Jan 19/2012

location: Dunbarton Indoor Pool

Th 7:00 - 7:45 pm 10 wk (s) 66916 \$94.55

### Canadian Swim Patrol

Canadian Swim Patrol is a 3-level progressive award that provides 'work hard/play hard' training for swimmers 8-12 years of age. Content modules include water proficiency, first aid and recognition & rescue. Swim Patrol provides an excellent foundation for the Bronze levels. Requirements to register: must be 8-12 years of age and a minimum of Swim Kids 5.

Starts: Jan 17/2012

location: Dunbarton Indoor Pool

Tu 7:00 - 8:00 pm 10 wk (s) 66917 \$95.55

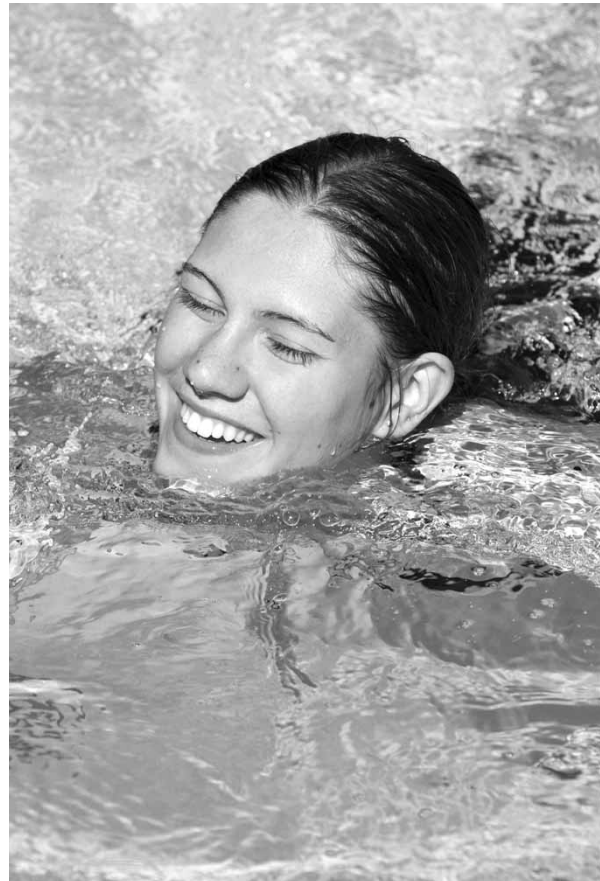
### Bronze Star

Bronze Star is the first level in the Bronze family and an excellent preparation for Bronze Medallion. Candidates perform CPR, basic first aid, rescues and swimming for fitness. Please note: an endurance swim of 400 metres or 16 lengths in 12 minutes must be completed by the end of the course in order for candidates to be successful. Requirements to register: must be 10-12 years of age and have a minimum of Swim Kids 7. Canadian Swim Patrol experience would be an asset.

Starts: Jan 15/2012

location: Recreation Complex

Su 8:00 - 9:00 am 10 wk (s) 66918 \$111.00



# Aquatics

## Aquatic Clubs

### Pickering Masters "Splashers" Swim Club

The club encourages persons 20 years and over who are interested in swimming for fitness. This is not a learn to swim program. You must be able to swim continuous lengths of the pool comfortably. Those people who do triathlon training are also welcome as this will greatly improve their swimming endurance. The philosophy of Masters is fun, fitness and participation. For ex-competitive swimmers, there are numerous swim meets to enter (these are not mandatory). The club operates from mid-September to the end of May.

Contact Lora Rigutto Vigliatore at 905.837.3034 or email lora.rigutto.v@sympatico.ca

### Durham Synchro Club Inc.

Synchronized swimming is one of the most enjoyable ways to enhance your swimming skill. Routines are choreographed to music with graceful, rhythmical ballet-like movements. Durham Synchro offers Recreational, Provincial and National level programs that run from September to May.

Registrants should have their Swim Kids 6 or higher. For more information on our programs, schedules and rates call 905.720.7747.

### Pickering Swim Club - Home Of Olympian "Lisa Flood"

The Pickering Swim Club is committed to operating the best competitive swimming programs found anywhere, with an emphasis on success not stress. We offer opportunities to children of all ages who demonstrate basic swimming skills. Our programs emphasize the 3Fs - fun, fitness, and fundamentals. For further information or to register please call 905.837.8999.

## General Programs

### CPR-C

Lifesaving CPR and obstructed airway techniques for adults, children & infants are covered. Recommended for ages 13 and up. Certification is recognized by the WSIB. Annual recertification in CPR is recommended.

location: Recreation Complex - Mtg Rms 1+2

Jan 21					
Sa	9:00 - 2:00 pm	1 wk(s)	66385	\$62.37	
Feb 9 and 16					
Th	6:00 - 10:00 pm	2 wk(s)	66386	\$62.37	
Apr 14					
Sa	9:00 - 2:00 pm	1 wk(s)	66387	\$62.37	

### First Aid & C.P.R.

Learn all aspects of first aid and CPR. Topics include legal implications of first aid, circulatory emergencies such as heart attacks & strokes, diabetic emergencies, seizures, fractures, sprains, bleeding, exposure to heat & cold, burns, poisoning, abdominal and chest injuries and more. Includes CPR-C. Recommended for ages 13 and up. Certification is recognized by the WSIB. Annual recertification in CPR is recommended. Please note : Standard First Aid and CPR-C are prerequisites for NLS.

location: Recreation Complex - Mtg Rms 1+2

Jan 21 and 22					
Sa-Su	9:00 - 4:00 pm	1 wk(s)	66390	\$111.93	
Feb 9, 15 and 23					
Th	6:00 - 10:00 pm	3 wk(s)	66391	\$111.93	
Apr 14 and 15					
Sa-Su	9:00 - 4:00 pm	1 wk(s)	66392	\$111.93	

## Leadership

### Bronze Medallion & Emerg. First Aid

L.S.S. Bronze Medallion and Emergency First Aid candidates will learn resuscitation and first aid skills as well as developing rescue techniques and aquatic fitness awareness. Please note: An endurance swim of 500 metres or 20 lengths in 15 minutes must be completed prior to the end of the course in order for candidates to be successful. Bronze Medallion and Emergency First Aid are prerequisites for Bronze Cross. Requirements to register: must be 13 years of age by exam date or have successfully completed the Bronze Star award. Proof of prerequisites will be required at the first class.

Starts the week of Jan 14, 2012. Cancelled March 17 & 18.

location: Dunbarton Indoor Pool

Sa	11:00 - 1:00 pm	10 wk (s)	66401	\$219.00
Su	12:00 - 2:00 pm	10 wk (s)	66400	\$219.00

### Bronze Cross

L.S.S. Bronze Cross award extends the candidate's capacity to respond to a variety of aquatic emergencies. Please note: an endurance swim of 600 metres or 24 lengths in 18 minutes must be completed by the end of the course in order for candidates to be successful. Bronze Cross is the prerequisite for NLS. Requirements to register: must have current Bronze Medallion and Emergency First Aid (within 2 years), and be 14 years of age by the exam date. Proof of prerequisites will be required at the first class. To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of the program. Please ensure that candidates have the required prerequisites.

Starts Jan 15, 2012. Cancelled March 18

location: Dunbarton Indoor Pool

Su	4:00 - 6:00 pm	10 wk (s)	66404	\$164.00
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One week session March 12 - 16

M-F	3:00 - 7:00 pm	1 wk	66977	\$164.00
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# Aquatics

## Leadership continued

### Assistant Water Safety Instructor

This certification course is a prerequisite to the Red Cross Water Safety Instructor Course. Candidates cover the foundations of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, feedback and safety supervision. Please note: candidates are evaluated during 6 hours of assistant teaching and through individual study assignments. These commitments are outside the scheduled hours of the course itself and are mandatory for successful completion. ALL SESSIONS ARE MANDATORY. Requirements to register: must be 15 years of age by the end of the course and have strokes and skills at a Swim Kids 10 level. Bronze Cross is recommended. Proof of prerequisites will be required at the first class. To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of classes. Starts: January 16, 2012. Cancelled March 12.

location: Recreation Complex - Mtg Rm 3

M	5:00 - 8:00 pm	10 wk(s)	66405	\$256.15
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### Water Safety Instructor

Red Cross/Lifesaving Society Water Safety Instructor further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim and Lifesaving Society Programs. Topics include effective planning, teaching and evaluating of course content from both Societies including strokes, water safety, water rescue, fitness, first aid and resuscitation skills. Candidates apply their teaching skills and knowledge during 8 hours of practical teaching experience. This commitment is outside the scheduled hours of the course itself and is mandatory for successful completion.

ALL SESSIONS ARE MANDATORY.

Requirements to register: must hold an Assistant Water Safety Instructor award and a Bronze Cross Award and be 16 years of age. Proof of prerequisites will be required at the first class.

To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of the program.

Runs: March 12 - 16, 2012

location: Recreation Complex - Mtg Rm #4

M-F	11:00 - 7:00 pm	1 wk(s)	66406	\$306.02
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### N. L. S.

The National Lifeguard Service Award must be held in order to work at most pools. Candidates are trained in lifeguarding skills and situations, teamwork, communication, leadership and the prevention of aquatic accidents. ALL SESSIONS ARE MANDATORY. Requirements to register: must hold a Bronze Cross Award, have Standard First Aid and CPR-C and be 16 years of age by the exam date. Proof of prerequisites is required at the first class. Please note: Standard First Aid and CPR-C is a 16 hour stand-alone course. Candidates will not have covered this material with Bronze Medallion or Bronze Cross. To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of the program. Please ensure that candidates have the required prerequisites.

Starts: January 15, 2012. Cancelled January 22 and March 18

location: Recreation Complex

Su	8:30 - 1:00 pm	10 wk(s)	66408	\$276.59
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Runs: March 12 - 16, 2012

location: Dunbarton Indoor Pool

M-F	9:00 - 5:00 pm	1 wk(s)	66407	\$276.59
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### HIGH FIVE for Aquatics

HIGH FIVE is a Parks and Recreation Ontario initiative that focuses on training leaders who work with children in middle childhood (ages 6-12). In this session participants experience activities that help them understand the importance of middle childhood, principles of healthy child development, and how to create programs that support those principles. This 4-hour session is open only to successful candidates of the Red Cross Assistant Water Safety Instructor Course (AWSI) or Red Cross Water Safety Instructor Course (WSI). This is a mandatory requirement for employment in most Durham region municipalities including the City of Pickering. Proof of AWSI or WSI is required at the beginning of the session. Starts: April 11, 2012

location: Recreation Complex - Mtg Rms 1+2

W	4:00 - 8:00 pm	1 wk(s)	66409	\$75.65
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**...Physical recreation and fitness contribute to a full and meaningful life...**



# Semi-Private and Private Lessons



Day	Start Dates	End Dates	Cancellations
Monday	Jan 16	Apr 2	Feb 20, Mar 12
Tuesday	Jan 17	Mar 27	Mar 13
Wednesday	Jan 18	Mar 28	Mar 14
Thursday	Jan 19	Mar 29	Mar 15
Friday	Jan 13	Mar 23	Mar 16
Saturday	Jan 14	Mar 31 - Rec Complex Mar 24 - Dunbarton	Jan 21 - Rec Complex only Mar 17 - both pools
Sunday	Jan 15	Apr 1	Jan 22, Mar 18

## Semi-Private Lessons

These classes are a great alternative to group lessons. Semi-private classes are 1/2 hour in length, operate once per week for 10 weeks and guarantee a maximum of 3 participants per class. Please choose a 1/2 hour time from the chart below. These classes may involve multi-level teaching whereby one level may be combined with another level; this concept is endorsed by the Red Cross. All Red Cross levels are offered, as well as Adult and Stroke Improvement levels. Codes are not necessary for Semi-private instruction. Register in person or by fax for this program at Pickering Recreation Complex. Fee: \$159.65

### Recreation Complex Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	9:00am - 1:00pm	9:00am - 1:00pm
1:00pm - 2:00pm	2:00pm - 4:00pm	2:00pm - 2:30pm	2:30pm - 4:00pm			
7:00pm - 9:00pm	7:00pm - 8:00pm	5:00pm - 9:00pm	7:00pm - 8:00pm			

### Dunbarton Pool

Monday	Tuesday	Wednesday	Thursday	Saturday
5:00pm - 7:00pm	5:00pm - 8:00pm	5:00pm - 7:00pm	5:00pm - 8:00pm	8:30am - 12:00pm

## Private Lessons

Private classes are 1/2 hour in length, operate once per week for 10 weeks and guarantee a maximum of 1 participant per class. Please choose 1/2 hour class from the times below. All Red Cross levels are offered, as well as Adult and Stroke Improvement levels.

Fee: \$265.00. Registration for private lessons may be completed online until January 8. If you do not see a time that fits your schedule, please call registration at 905.420.4621.

### Recreation Complex Pool

Mon	Code	Tue	Code	Wed	Code	Thu	Code	Fri	Code	Sat	Code	Sun	Code
9:00am	66658	9:00am	66662	10:30am	66667	9:00am	66670	5:00pm	66633	9:00am	66637	9:00am	66650
9:30am	66659	9:30am	66663	2:30pm	66668	9:30am	66671	5:30pm	66634	9:30am	66638	9:30am	66651
2:00pm	66660	1:00pm	66665	5:00pm	66947	2:00pm	66672	6:00pm	66635	10:00am	66639	10:00am	66652
2:30pm	66661	1:30pm	66666	5:00pm	66948	5:00pm	66625	6:30pm	66636	10:30am	66640	10:30am	66653
5:00pm	66600	5:00pm	66609	5:30pm	66949	5:00pm	66623			10:30am	66641	11:00am	66654
5:00pm	66601	5:00pm	66951	5:30pm	66950	5:00pm	66624			11:00am	66642	11:30am	66655
5:00pm	66602	5:30pm	66610	6:00pm	66617	5:30pm	66628			11:00am	66643	12:00pm	66656
5:30pm	66603	5:30pm	66611	6:30pm	66618	5:30pm	66626			11:30am	66644	12:30pm	66657
6:00pm	66605	6:00pm	66612	7:00pm	66619	5:30pm	66627			11:30am	66645		
6:30pm	66606	6:00pm	66613	7:30pm	66620	6:00pm	66629			12:00pm	66646		
7:00pm	66607	6:30pm	66614	8:00pm	66621	6:30pm	66630			12:00pm	66647		
7:30pm	66608	7:00pm	66615	8:30pm	66622	7:00pm	66631			12:30pm	66648		
		7:30pm	66616			7:30pm	66632			12:30pm	66649		

### Dunbarton Pool

Mon	Code	Tue	Code	Wed	Code	Thu	Code	Sat	Code
5:00pm	66559	5:00pm	66569	5:00pm	66575	5:00pm	66585	8:30am	66591
5:30pm	66560	5:30pm	66570	5:30pm	66576	5:30pm	66586	10:00am	66592
6:00pm	66561	6:00pm	66571	6:00pm	66577	6:00pm	66587	10:30am	66593
6:30pm	66562	6:30pm	66572	6:30pm	66578	6:30pm	66588	11:00am	66595
7:00pm	66563	7:00pm	66573	7:00pm	66579	7:00pm	66589	11:00am	66596
7:00pm	66564	7:30pm	66574	7:00pm	66580	7:30pm	66590	11:30am	66597
7:00pm	66567			7:00pm	66581			11:30am	66598
7:30pm	66565			7:30pm	66582			11:30am	66599
7:30pm	66566			7:30pm	66583				
7:30pm	66568			7:30pm	66584				



# Aquatics Group Fitness

## Aquafit

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. What a great way to challenge your physical and mental fitness while staying cool!

### Aquafit

Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post natal and for those who have been working out regularly or for those who have not been active in awhile. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves. Work at your own pace and bring a water bottle to stay hydrated. Starts the week of January 16, 2012.

#### Aquafit - Dunbarton

Tu	8:00 - 8:55 pm	10 wk(s)	66376	\$95.05
Th	8:00 - 8:55 pm	10 wk(s)	66377	\$95.05

#### Aquafit - Recreation Complex

M	9:00 - 9:55 am	10 wk(s)	66369	\$95.05
M	8:00 - 8:55 pm	10 wk(s)	66370	\$95.05
Tu	9:00 - 9:55 am	10 wk(s)	66371	\$95.05
W	1:00 - 1:55 pm	10 wk(s)	66372	\$95.05
W	8:00 - 8:55 pm	10 wk(s)	66373	\$95.05
Th	9:00 - 9:55 am	10 wk(s)	66374	\$95.05
F	9:00 - 9:55 am	10 wk(s)	66375	\$95.05

### AquaMotion

This program takes advantage of the benefits of water to help those with arthritis. The program involves strengthening and resistance, range of motion exercises, relaxation techniques to help reduce pain, maintain or increase joint mobility and improve endurance.

Starts the week of January 16, 2012.

location: Recreation Complex

M	1:00 - 1:45 pm	10 wk(s)	66382	\$81.32
W	2:00 - 2:45 pm	10 wk(s)	66383	\$81.32
F	1:00 - 1:45 pm	10 wk(s)	66384	\$81.32

### Aquafit - Nice and Easy

Nice and Easy Aquafit uses a gentle approach to improving fitness. For those who have specific injuries that restrict them from regular aquafit or for those who wish to exercise without the stress associated with land activities.

Walking, marching and water resistance exercises increase flexibility, coordination & overall fitness levels. Starts the week of January 16, 2012.

location: Recreation Complex

Tu	2:00 - 2:40 pm	10 wk(s)	66380	\$81.32
Th	2:00 - 2:40 pm	10 wk(s)	66381	\$81.32

### Aquafit - Deep H2O Aquafit

Looking for a quick lunchtime workout? Want to sculpt your body without pounding your joints? This is the class for you! It can be a great extension to your regular workout or is excellent as a stand alone program. You should be comfortable in deep water. Water-belts are provided.

Starts the week of January 16, 2012.

location: Recreation Complex

Tu	12:10 - 1:00 pm	10 wk(s)	66378	\$81.32
Th	12:10 - 1:00 pm	10 wk(s)	66379	\$81.32

### Pay As You Go Aquafit

Spaces are limited, first come -first served. Fees: 12.00 per class.

Notes: Classes will be preempted on February 10, February 20 and March 12-16.

No additional discounts will be given on already discounted classes.



# Aquatics

## Adult

Our adult lessons provide the flexibility to tailor the program to meet your needs based on ability and interests. Let our instructors know what your goals and priorities are and we will work towards them.

### Adults - Swim Basics 1

The main goal of level 1 is to develop comfort in the water by learning basic floatation, movement and breathing skills. Assistance is provided as you work towards independence. This level is appropriate for those just starting out. Starts: January 17 and 18, 2012. Cancelled March 13 and 14.  
location: Pickering Recreation Complex

Tu	7:00 - 7:55 pm	10 wk(s)	66361	\$91.71
W	9:00 - 9:30 am	10 wk(s)	66360	\$62.84
W	9:00 - 9:55 pm	10 wk(s)	66362	\$91.71

### Adults - Swim Basics 2

The focus of level 2 is to develop one or more swimming strokes, working toward proficiency and increased endurance, and encouraging participants to become comfortable in deep water. Participants should be able to swim several metres on their front with rhythmic breathing before enrolling in level 2. Starts: January 18, 2012. Cancelled March 14.  
location: Pickering Recreation Complex

W	9:00 - 9:30 am	10 wk(s)	66364	\$62.84
W	9:00 - 9:55 pm	10 wk(s)	66365	\$91.71

### Adults 3 - Lifetime Swimming Fitness

Our adult lessons provide the flexibility to tailor the program to meet your needs based on ability and interests. Let our instructors know what your goals and priorities are and we will work towards them  
Level 3 focuses on stroke correction to improve proficiency and endurance. Participants should be able to swim several lengths of the pool using at least two different strokes before enrolling in level 3.  
Starts: January 18, 2012. Cancelled March 14.  
location: Pickering Recreation Complex

W	9:00 - 9:55 pm	10 wk(s)	66367	\$91.71
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### Triathlon Swim

If you have just started the sport, or want to start and are unsure of the swim, this program is designed just for you. Learn strokes, drills and the basics of open water swimming.  
Starts: January 16, 2012. Cancelled March 12.  
location: Pickering Recreation Complex

M	8:00 - 8:55 pm	10 wk(s)	66911	\$91.71
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## Females Only

### Adults - Swim Basics 1 - Females Only

For females only ages 13+. The main goal of level 1 is to develop comfort in the water by learning basic floatation, movement and breathing skills. Assistance is provided as you work towards independence. This level is appropriate for those just starting out. Starts: January 14, 2012. Cancelled March 17.  
location: Dunbarton Indoor Pool

Sa	2:15 - 2:45 pm	10 wk(s)	66363	\$62.84
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### Adults - Swim Basics 2 - Females Only

For females only ages 13+. The focus of level 2 is to develop one or more swimming strokes, working toward proficiency and increased endurance, and encouraging participants to become comfortable in deep water. Participants should be able to swim several metres on their front with rhythmic breathing before enrolling in level 2. Starts: January 14, 2012. Cancelled March 17.  
location: Dunbarton Indoor Pool

Sa	1:45 - 2:15 pm	10 wk(s)	66366	\$62.84
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### Adults 3 - Lifetime Swimming Fitness - Females Only

For females only ages 13+. Level 3 focuses on stroke correction to improve proficiency and endurance. Participants should be able to swim several lengths of the pool using at least two different strokes before enrolling in level 3. Starts: January 14, 2012. Cancelled March 17.  
location: Dunbarton Indoor Pool

Sa	1:15 - 1:45 pm	10 wk(s)	66368	\$62.84
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## 2012 March Break Programs March 12 - 16

# Swimming

### RECREATION COMPLEX

MARCH BREAK	Monday March 12	Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16	Saturday March 17	Sunday March 18
<b>Lane Swim</b>	6:00 am-8:30 am 4:00 pm-7:00 pm	6:00 am-7:30 am 4:00 pm-7:00 pm	6:00 am-8:30 am 4:00 pm-7:00 pm	6:00 am-7:30 am 4:00 pm-7:00 pm	6:00 am-7:30 am 4:00 pm-7:00 pm		
<b>Open Swim</b>	1:00 pm-4:00 pm 7:00 pm-9:00 pm	1:00 pm-4:00 pm 7:00 pm-9:00 pm <small>OPG Free Swim</small>	1:00 pm-4:00 pm 7:00 pm-9:00 pm	1:00 pm-4:00 pm 7:00 pm-9:00 pm	1:00 pm-4:00 pm 7:00 pm-9:00 pm	1:00 pm-4:00 pm 7:00 pm-9:00 pm	1:00 pm-4:00 pm 7:00 pm-9:00 pm
<b>Adult Swim</b>	9:00 am-1:00 pm 9:00 pm-10:00 pm	9:00 am-1:00 pm 9:00 pm-10:00 pm	9:00 am-1:00 pm 9:00 pm-10:00 pm	9:00 am-1:00 pm 9:00 pm-10:00 pm	9:00 am-1:00 pm 9:00 pm-10:00 pm		
<b>Parents and Tots</b>	11:00 am-1:00 pm	11:00 am-1:00 pm	11:00 am-1:00 pm	11:00 am-1:00 pm	11:00 am-1:00 pm		



### MARCH BREAK MINI-SESSIONS

Monday, March 12th  
to Friday, March 16th

**1**  
Choose  
your half hour  
between  
9:00 am - 11:00 am

**2**  
Choose  
Private \$132.50  
or Semi-Private  
\$77.50

**3**  
Register in  
person, drop-off,  
fax or mail  
Pickering Recreation  
Complex

## 2012 March Break Programs March 12 - 16

**FREE  
TEEN  
STUFF  
13.19**

forPICKERINGTEENS

### CITY I.D. CARD REQUIRED

full schedule, details & contest info at  
[cityofpickering.com/teen](http://cityofpickering.com/teen)

Free Teen Events & Programs are exclusively for Pickering Teens  
13 - 19 years of age. To participate, all you need is your City ID...  
GET IT FREE at our programs (parent signature required)

freeteen stuff

pickering teens

905.420.6588  
TTY 905.420.1739



Pickering teens looking for something to do this March Break - We have the place for you! Come hang out with us for your chance to win some great prizes!

#### Monday, March 12

Petticoat Creek CC  
2:00 pm - 4:00 pm  
Everything Spa  
Petticoat Creek CC  
7:00 pm - 10:00 pm  
PJ's and Popcorn

#### Tuesday, March 13

East Shore CC  
2:00 pm - 4:00 pm  
Basketball  
Pickering Rec Complex  
4:00 pm - 7:00 pm  
The Den pizza & games

#### Wednesday, March 14

Don Beer Arena  
3:00 pm - 4:30 pm  
Shinny 3 on 3 Tourney  
Petticoat Creek CC  
7:00 pm - 10:00 pm  
Art Night

#### Thursday, March 15

East Shore CC  
7:00 pm - 10:00 pm  
Basketball, Break Dancing  
& Games Room

#### Friday, March 16

Petticoat Creek CC  
2:00 pm - 4:00 pm  
Break Dancing  
East Shore CC  
2:00 pm - 4:00 pm  
Basketball

## March 12 - 16

### March Break Camps

City of Pickering Day Camps offer great experiences for your child. Our Staff are qualified, trained and enthusiastic leaders of fun. Check out the camps pages for details.



March Break Camp pics, 2011



## Call Today to Book a Swim Instructor

Sign up for one on one private swimming lessons. If you are looking for extra practice time with a stroke, trying to perfect your dive, or have some free time, but can't commit for a longer session, book now.

You can book one lesson or more, whatever works for your schedule. Available any time, for any age or level.

Got a buddy who is at the same level as you? Both of you can join the same class for the same price.

\$26.50/ 30 minute lessons for up to two swimmers. Contact Karen or Nancy for availability at 905.683.6582

See previous pages for all of our March Break Program Information

### March Break Fun @ Pickering Recreation Complex

Public Swim 1 pm - 4 pm daily  
Public Skate 1 pm - 3 pm daily O'Brien Rink

#### Free Family Swim

sponsored by Ontario Power Generation  
Tuesday, March 13 7 pm - 9 pm

[pickering.ca/MarchBreak](http://pickering.ca/MarchBreak)