

# Garcelon Civic Center Aquatic Schedule

### December 2<sup>nd</sup> – December 12<sup>th</sup>, 2022

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
8:00-9:00	Lap Pool	Open	Lap Pool	Therapy Pool Open	Lap Pool  Lap  Swim/Rental: 8:00-9:15	Open	Lap Pool	Therapy Pool Open	Lap Pool Lap Swim: 8:00-9:15	Therapy Pool Open	Lap Pool Therapy Pool	Lap Pool Therapy Pool
9:00-10:00	lon	Parent & Tot:	Lap	Closed AquaStretch: 9:30-10:15	Closed Aquafit: 9:30-10:15	Parent & Tot:	lon	Closed AquaStretch: 9:30-10:15	Closed Aquafit: 9:30-10:15	Parent & Tot:	Lap Swim: 9:00-10:15 Open	
10:00-11:00	Lap Swim/Rental: 8:00-1:00		Swim/Rental: 8:00-1:00	Open Advanced Stretch:	Aquajog: 10:30-11:00	9:15-10:45	Lap Swim/Rental: 8:00-1:00	Stretch:	Closed Aquajog: 10:30-11:00	9:15-10:45	Closed Private Swim Lessons: 10:30-11:30	
11:00-12:00		Private Rental: 11:00-11:30		10:30-11:15 Open	Closed Lap	Open		10:30-11:15 Open	Closed Lap	Open	Closed	Family Swim: 10:30-12:15
12:00-1:00		Open		& Tot: 11:30-1:00	Swim/Rental: 11:15-1:00	<b>Op</b> e		& Tot: 11:30-1:00	Swim/Rental: 11:15-1:00	<b>Ope</b>	Great Barrier Busters: 11:45-1:30	Closed
1:00-2:00	Close	Closed Adaptive		Closed Adaptive		Closed Adaptive		Closed Adaptive		Adaptive	el l	Leisure Swim/Rental:
2:00-3:00		Swim: 1:30-2:30		Swim: 1:30-2:30		Swim: 1:30-2:30		Swim: 1:30-2:30		Swim: 1:30-2:30	Closed  Leisure Swim/Rental:	12:30-3:00
3:00-4:00		Leisure Swim/Rental: 1:30-3:45		Leisure Swim/Rental: 1:30-3:45						n/Rental: 8:45	2:00-3:15 Closed	Closed
4:00-5:00	Lesso	Closed  Lessons: 4:00-5:45		Closed  Toonie Swim:  4:00-5:45		Leisure Swim/Rental: 1:30-5:30		Leisure Swim/Rental: 1:30-5:30		ed	Toonie Swim: 3:30-6:00	Swim Lap Team: Swim: Open 4:00-
5:00-6:00	Closed		Closed		Closed		Closed		FREE Friday Fun Swim:			5:30 5:30
6:00-7:00	Swim Team:	Open	Special Olympics: 6:00-7:30 Closed		Swim Team:	Open	Swim Team: 6:00-8:00	Open	4:00-7:30		Closed	Closed
7:00-8:00	6:00-8:00				6:00-8:00							
8:00-9:00	Lap Swim: 8:00-9:00		Lap Swim: 8:00-9:00	Open	Lap Swim: 8:00-9:00		Lap Swim: 8:00-9:00		Close	ed		



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### **Swim Descriptions**

Toonie Swim: A recreational swim that includes the lap pool & the water slide at the discretion of staff for a fee of \$2.00!

Free Friday Fun Swim: A free swim for anybody to attend hosted once per week every Friday! This swim will include use of the slide at the discretion of the Lifeguards/Supervisor on-duty.

Leisure Swim: Three lanes are in the water for lap swimming, while three lanes are out for a large multi-purpose space/somewhere to have fun! Is available for a \$5.00 fee.

Private Swim Lessons: Please contact Aaron Muzzatti at 467-3030 x120, or aquatics@chocolatetown.ca to arrange for private swimming lessons.

Family Swim: A swim for families with kids under 18, costing \$5 per person, or \$21.50 for a family of 5.

Parent & Tot: A swim for parents and their children aged 6 and under, with a fee of \$2 for parent/guardian & child, with children under 2 swimming for free.

Adaptive Swim A swim designed for persons with disabilities and a parent/guardian (1:1). The fee for this swim is \$5.00 for one swimmer and one caregiver (the \$5.00 fee covers both individuals)

Lap Swim: Six lanes will be open (unless specified otherwise), designated only for swimming laps. Swimmers under 7 must pass a deep-end test administered by a lifeguard to be allowed in the lap pool, and must, at all times be within arms reach of a parent/guardian aged 16+. Swimmers 8-11 must have a parent on the pool deck at all times. All participants must be lap swimming when in the lap pool. The fee for this swim is \$5.00/person.

AquaStretch: A brief warm-up of upper and lower body, followed by stretching of the muscle groups, performed in the therapy pool

Advanced Stretch: An instructor led class in the Therapy Pool. Stretch based exercises the centre around sports activities.

Aquafit: Low impact warm-up, followed by an upper and lower body workout with the use of equipment incorporated in to enhance the workout. Performed in the lap pool.

Aquajog: Low impact, deep-end based workout using belts. This workout is based on a jog routine

#### **Rental Information**

Rental Rates, One Pool:	Rental Rates, Two Pools:
(All taxes included):	(All taxes included):
• 1-25 Swimmers \$99.00/hr	• 1-25 Swimmers \$162.00/hr
• 26-50 Swimmer \$121.00/hr	• 26-50 Swimmers \$204.00/hr
• 51-75 Swimmers \$141.00/hr	• 51-75 Swimmers \$245.00/hr
• 76-90 Swimmers \$181.00/hr	• 76-90 Swimmers \$287.00/hr
• 91+ Swimmers Please inquire with the Aquatics Dept	• 91+ Swimmers Please inquire with the Aquatics Dept.
• Lane Rental: \$10.25/hr	
(Terms and conditions apply, please inquire with the Town of St. Stephen Aquatics Dept.)	

Children aged 7 and under are required to have one parent/guardian per two kids, in the water, within arm's reach. Children between and including the ages 8 and 11 must have one parent/guardian (aged 16 or older) per six children on the pool deck at all times.