

WFCU Centre Winter/Spring Aquatic Schedule Jan 7th - June 30th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths *(2 Lane Minimum)						
6-8:30am 8:30-12:15pm* 12:15-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15-1pm	7-9am	8:30-10am*
Aqua Fit (Shallow End)						
9:45-10:30am 7:30-8:15pm	9:45-10:30am 2-2:45pm	9:45-10:30am 7:30-8:15pm	9:45-10:30am 2-2:45pm	9:45-10:30am		
Aqua Fit (Deep End)						
9-9:45am	9-9:45am	9-9:45am	9-9:45am	9-9:45am		
Water Walking (Self-guided)						
8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am		
Therapeutic Accessibility Swim**						
1-2pm						
Family / Recreational Swim**						
				8-9:30pm	2-4pm	10:30-12:30pm
Pre-school Swim**						
	10:30am-12pm		10:30am-12pm			

****Admissions to Therapeutic, Pre-school, Recreational & Family swims will be processed 10 minutes prior to start of swim**

Membership Times:

Lengths

This time is designed for adult participants swimming continuous lengths and a variety of lane speeds will be offered. Please note that lengths swim may coincide with other aquatic programming. A minimum of 2 lanes will be available.

Note: Teen swimmers may be screened and approved to swim during adult length times.

Water Walking

Also designed for adults, take a self-guided stroll while stretching, strengthening and toning your entire body. This class is held in waist to chest deep water and is a no-impact way to improve aerobic capacity, flexibility and gently work through pain, and relax tense muscles.

Aqua Fit Shallow

Join us for a 45-minute class encompassing all fitness levels with options to increase or decrease the intensity of the workout. Classes are held in chest to shoulder depth water

Aqua Fit Deep

Deep-water aqua fit is similar in structure to our shallow water class but is held in the deep end. This class is for those adults who are comfortable and can swim in deep water. Floatation

belts are available to assist with alignment/proper body position. Not recommended for non-swimmers.

Fees Apply:

Therapeutic Accessibility Swim

This one hour self-guided swim offers free range use of the lap pool and therapy pool for patrons with a disability. This swim is ideal for those looking for post rehab water therapy.

Pre-school Swim

A great time to play and introduce your toddler to water. Jump through the bubbles, splash through our interactive splash pad features, and enjoy a variety of toys. This swim is for children under the age of 5 accompanied by a caring adult

Family/Recreation Swim

Enjoy the spray of the interactive splash pad and meet our newest aquatic team member...our splash pad snail! Enjoy the warm water and bubbles in the therapy/relax pool, or grab a noodle and take a dip in the main pool. All features are accessible and waiting for you to enjoy!

Aqua Stretch and **Deep Leaps** are not included in the membership fee. These courses have a registration barcode and an additional fee. Please see Activity Guide for times, barcodes, and more registration information

Pool & Fitness Membership Information

Pool & Fitness Centre Membership Rates	
Annual	\$316.00
Six months	\$180.00
Three months	\$100.00
One month	\$35.00
Daily	\$5.50

Pool and Fitness Centre Membership Information

When you purchase a Pool and Fitness Centre Membership you will have full access to lengths, shallow/deep aqua fit, advanced aqua fit, water walking, open swim as well as, cardiovascular machines, static bikes, free weights and much more. Enjoy the fitness centre at GAM, WIATC, and WWW as well as the pools at AKH, GAM, WIATC, and WFCU during the allotted times.

Recreation Swims, Therapeutic Accessibility Swims, Family Swims, Teen Swims and Preschool Swims are **NOT included in the Pool and Fitness Membership.**

Request for suspensions /extensions for 3 month, 6 month, and 12 month pool and fitness memberships are available upon request. The fee for suspension /extension is \$2.50 per week with a minimum charge of \$10.00. One month memberships cannot be suspended /extended.

Fibro Stretch and **Deep Leaps** are not included in the membership fee. These courses have a registration barcode and an additional fee. Please see Activity Guide for times, barcodes, and more registration information

Recreational and Therapeutic Swim Fees

<2	3-18	19+	65+	Family *
2 free with paid adult	\$2.25	\$4.25	\$4.25	\$11.75

**Note: Limit of 6 persons/family living in the same household and 1 must be an adult.*

Pre-school Swim Fees

Swim admission includes maximum of 2 children (5 years and younger)
\$4.25 fee per adult
Swim ratio is 1 adult : 2 children

Admission Policy for Recreation Swims

This information below is in effect at all City of Windsor pools during Therapeutic, Recreational, Pre-school, Family Swims and Rentals Times.

Ages 9 and under

Participants 9 years of age and under are required to have supervision at all times when visiting our aquatic facilities. Swimmers must be directly supervised in the water at all times by a responsible person 13 years of age or older. The supervising (responsible) person must be able to touch the bottom of the pool.

At the time of admission, these participants will receive a **red wristband**. Once on the pool deck, swimmers aged 9 and under may take the **swim test consisting of a 20-metre swim (or the width of the pool) without touching the bottom followed by the ability to demonstrate treading water for 30 seconds**. The swim test will be provided by the Pool Coordinator on duty. If successful, they will receive a **green wristband** and may swim in deep water. They must still be supervised in the facility.

Ages 10+

We strongly recommend that anyone 10 or 11 years old have a supervising (responsible) person with them always.

Please note Admission Policy at Adventure Bay differs.

For information regarding the policy, please visit www.adventurebay.ca