

# Claresholm Aquatic Centre

## February 21-Apr 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6-8am	Fitness Swim								
8-9am	Aquafit	Fitness Swim	Aquafit	Fitness Swim	Aquafit				
9-10am 10-11am	School Use Time								
11-12pm	Aquafit	Senior & Parent and Tot	Aquafit	Senior & Parent and Tot	Aquafit	Rental Time	Rental Time		
12-1pm	Fitness Swim 12-1pm								
1-2pm	Claresholm Centre for Mental Health and Addictions Rental	Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental	Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental			Family Swim 1-2	Public Swim 1-4pm
2-3pm	School Use Time				Public Swim 2-5pm			Free Public Swim 2-4pm	
3-4pm	Toonie Swim 3-4pm					Public Swim 2-5pm			
4-5pm	Fitness Swim 4-5pm	Lessons 4-6pm	Fitness Swim 4-5pm	Lessons 4-6pm	Fitness Swim 5-6				
5-6pm	Deep Water Aquafit		Deep Water Aquafit						
6-7pm	Toonie Swim 6-7	Claresholm Centre for Mental Health and Addictions Rental	Toonie Swim 6-7	Claresholm Centre for Mental Health and Addictions Rental	Public Swim 6-8pm				
7-8pm	Adult Lessons	Toonie Swim 7-8	Adult Lessons	Toonie Swim 7-8					
8-9pm	Fitness Swim 8-9				Rental Times				

## April 2-10, 2010

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 3 & 10	Sunday 4
6-8am	Closed April 1, 3 & 4 for Good Friday, Easter Sunday & Easter Monday	Fitness Swim					
8-9am		Fitness Swim	Aquafit	Fitness Swim	Aquafit		
9-10am 10-11am		Public Swim 9-11am					
11-12pm		Senior & Parent and Tot	Aquafit	Senior & Parent and Tot	Aquafit	Rental Time	Closed April 4 For Easter Sunday
12-1pm		Fitness Swim 12-1pm					
1-2pm		Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental	Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental	Family Swim 1-2	
2-3pm		Public Swim 2-5	Public Swim 2-4	Public Swim 2-5	Public Swim 2-4	Free Public Swim 2-4pm	
3-4pm							
4-5pm		Fitness Swim	Public Swim 5-7	Fitness Swim	Public Swim 5-8pm		
5-6pm		Claresholm Centre for Mental Health and Addictions Rental		Claresholm Centre for Mental Health and Addictions Rental			
6-7pm	Toonie Swim 7-8	Adult Lessons	Toonie Swim 7-8				
7-8pm	Fitness Swim					Rental Times	
8-9pm	Fitness Swim				Rental Times		

# April 10-May 2, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am	Fitness Swim						
8-9am	Aquafit	Fitness Swim	Aquafit	Fitness Swim	Aquafit		
9-10am 10-11am	School Use Time						
11-12pm	Aquafit	Senior & Parent and Tot	Aquafit	Senior & Parent and Tot	Aquafit	Rental Time	Rental Time
12-1pm	Fitness Swim 12-1pm						
1-2pm	Claresholm Centre for Mental Health and Addictions Rental	Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental	Lower Intensity Aquafit	Claresholm Centre for Mental Health and Addictions Rental	Family Swim 1-2	Public Swim 1-4pm
2-3pm	School Use Time				Public Swim 2-5pm	<b>Free Public Swim 2-4pm</b>	
3-4pm	Toonie Swim 3-4pm					Rental Time	Rental Time
4-5pm	Fitness Swim 4-5pm	Lessons 4-6pm	Fitness Swim 4-5pm	Lessons 4-6pm			
5-6pm	Deep Water Aquafit		Deep Water Aquafit				
6-7pm	Toonie Swim 6-7	Claresholm Centre for Mental Health and Addictions Rental	Toonie Swim 6-7	Claresholm Centre for Mental Health and Addictions Rental	Public Swim 6-8pm		
7-8pm	Adult Lessons	Toonie Swim 7-8	Adult Lessons	Toonie Swim 7-8			
8-9pm	Fitness Swim 8-9				Rental Times		

## Tuesday & Thursday Lessons \$30/session

Mar 2-25 (Registration Closes Feb 24)

Mar 30-Apr 29 – no lesson Apr 6 & 8  
(Registration Closes Mar 24)

Preschool 1 & 2 4-4:30    Swimmer 1 & 2 4-4:30  
Preschool 3 & 4 4:30-5    Swimmer 3 & 4 4:30-5  
Rookie/Ranger/Star 5-6pm    Swimmer 5 & 6 5-5:45

## Parent and Tot Lessons \$30 Tuesday & Thursday 9:30 am March 9-Apr 1

Children ages 6 - 35 months are joined in the water by a parent where you sing songs, play games & learn about water safety.

## Tuesday & Thursday Lessons \$30/session

May 4-27 (Registration Closes Feb 24)

June 1-24 (Registration Closes May 27)

Swimmer 5 & 6 4-4:45  
Rookie/Ranger/Star 4-4:45

## Monday/Wednesday/Friday Lessons \$30/session

May 3-21 (Registration Closes Apr 29)

May 31- June 18 (Registration Closes May 27)

Preschool 1 & 2 4-4:30    Swimmer 1 & 2 4-4:30  
Preschool 3 & 4 4:30-5    Swimmer 3 & 4 4:30-5

**A Minimum of 3 Participants Must be Registered for the Lesson to Run.**



# Claresholm Aquatic Centre

212 41 Ave W, Box 1000  
Claresholm, AB T0L 0T0

Swim Line: 625-3071 Office Phone: 625-2172

Email: [cac@townofclaresholm.com](mailto:cac@townofclaresholm.com)



## Pool Rules:

**\*\*\*\*For your child's safety, all children 7 years old and under must be accompanied in the water by someone 14 years old or older.\*\*\*\***

**THIS IS AN UPDATED RULE!!!!**

- \*Proper swim wear is required. T-shirts and cut-offs are not allowed.
- \*All people with infectious conditions are requested not to enter the pool.
- \*Please lock up all belongings. The Claresholm Aquatic Centre is not responsible for any lost or stolen articles.
- \*Before beginning any Fitness Classes please consult your doctor. The Claresholm Aquatic Centre is not responsible for injuries or illness resulting from attending these classes.
- \*There must be a minimum of 3 participants to run a class.

## Diving Rules

- \***All dives must proceed in a forward direction away from the board.** Inward dives, reverse or Gainer dives and bum dives are PROHIBITED without a qualified diving coach in attendance.
- \*There are numerous other dives that present less risk of injury to the head, neck or spine that you may enjoy.
- \*After your dive please proceed away from the board to an edge or toward the shallow end as to allow the next diver to proceed safely.

## Advanced Aquatic Courses

### Bronze Medallion & Bronze Cross

\$125 Individual or \$200 Combined  
Must be 13+ or have Bronze Star  
April 6-9 8am-3pm

### Standard First Aid & CPR C (SFA) \$100

March 26 3-9pm & March 27 8am-6pm

### National Lifeguard Service Award (NLS) \$200

April 23-25 & April 30-May 2  
Friday 4-9, Saturday & Sunday 8-4  
Must be 16+ and have SFA & Bronze Cross

### Lifesaving & Swim Instructor (LSI) \$250

May 7-9 & May 14-16  
Friday 4-9, Saturday & Sunday 8-4  
Must be 16+ and have NLS or current Bronze Cross

*Minimum of 5 Participants for Course to Run*

## Adult Lessons(18+) \$50

Monday & Wednesday 7-8pm

Advanced Lessons I want to improve my stroke and learn to set up a work out.

(Set 1) Mar 1-24,

(Set 2) Mar 29-Apr 28 (no lesson Apr 7)

### Locker Rentals:

Small Locker: \$4.00/month  
Large Locker: \$7.00/month

### Key Rentals for Men's & Family Lockers:

\$5.00 to rent the lock,  
\$4.50 will be returned when the lock is returned  
Women's Lockers are \$0.25 coin lockers

### Birthday Parties: Birthday Child

gets in free, other children under 12 years old are \$1.00 each.

### Private Lessons: \$30.00/hr

Please contact the Aquatic Supervisor to set up private lessons.



### Private Rentals

Less than 75 people: \$75.00/hr  
75-124 people: \$150.00/hr  
125-200 people: \$225.00/hr

### Pool Rental Times

Friday: 8-9pm  
Saturday & Sunday:  
11am-12pm or 4-5pm

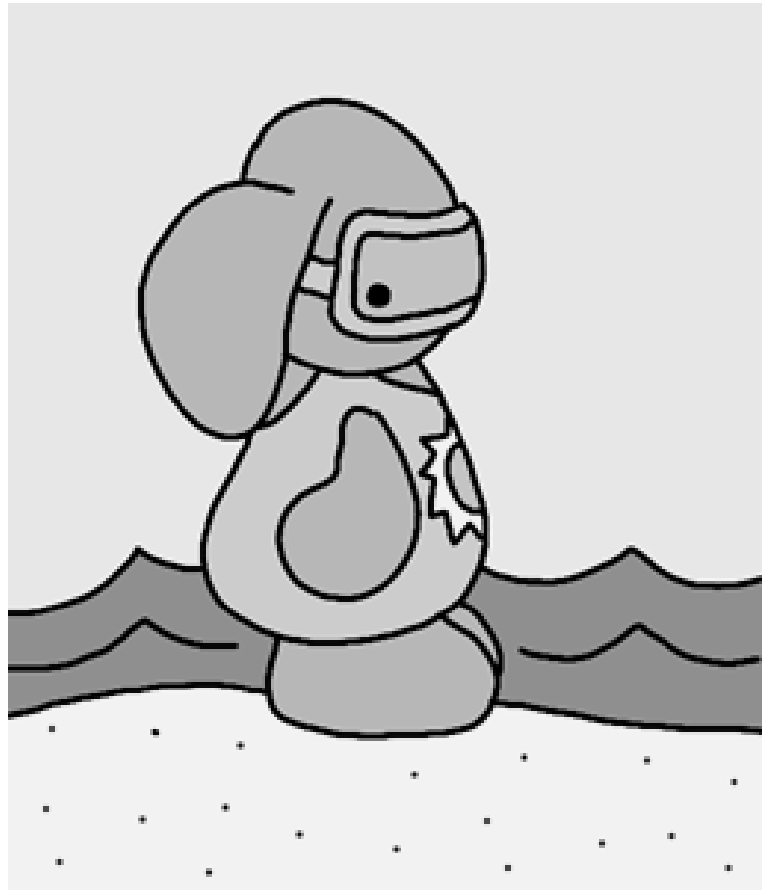
Prices	Drop In	10 Punch	Quarter (3 month)	All Inclusive (1 Month)
Adult 18-54	\$4.00	\$35.00	\$80.00	\$39.00
Senior 55+	\$3.00	\$27.00	\$52.00	\$34.00
Student 13-17	\$3.00	\$27.00	\$52.00	\$34.00
Child 6-12	\$2.00	\$17.00	\$35.00	N/A
Preschool 2-5	\$1.00	\$8.00	\$25.00	N/A
Family	\$11.00	\$90.00	\$175.00	\$100.00

\*A Family consists of Immediate Family only with max. 2 adults.

\*\*All Inclusive Monthly Passes cannot be used for rentals or lessons

\*\*\*Quarter Passes are for Fitness swims, Public, Parent & Tot/ Senior and Toonie Swims Only (Instructed Classes are not included in this pass)

# Claresholm Aquatic Centre



212 41 Ave W

Box 1000

Claresholm, AB T0L 0T0

Swim line: (403)625-3071 Office: (403)625-2172

[cac@townofclaresholm.com](mailto:cac@townofclaresholm.com)

[www.townofclaresholm.com](http://www.townofclaresholm.com)

Schedules for February 21-May 2, 2010