

Claresholm Aquatic Centre

January 3-February 14, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am	Fitness Swim						
8-9am	Aquafit	Fitness Swim	Aquafit	Fitness Swim	Aquafit		
9-10am	School Use Time						
10-11am							
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	Fire & Ice	Claresholm Centre for Mental Health and Addictions Rental	Fire & Ice	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	Public Swim 2-4pm	
3-4pm	Toonie 3-4pm						
4-5pm	Junior Lifesaving Club (JLC)	Lessons 4-6pm	Junior Lifesaving Club (JLC)	Lessons 4-6pm	Fitness 5-6	Rental Time	Rental Time
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	Public Swim 7-9pm	Adult Lessons	Public Swim 7-9pm	Rental Times		
8-9pm	Fitness Swim 8-9		Fitness Swim 8-9				

**Claresholm Aquatic Centre will be closed Feb 15 for Family Day & April 2, 4 & 5 for Easter
Check for Updated Schedules for weeks of Feb 14-20 & April 4-10**

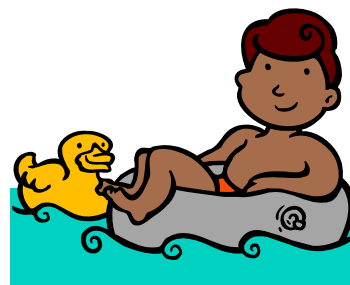
Tuesday & Thursday Lessons
\$30/session

Jan 5-28 (Registration Closes Dec 29)
Feb 2-Feb 25 (Registration Closes Jan 27)
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

Junior Lifesaving Club (JLC)
 Monday & Wednesday 4-5pm Jan 4-Apr 28
 (No Practice Feb 15 & 17)
 \$60 season or \$5 drop in
 *Must be able to do a forward roll, tread water 1 min and swim 50 m continuously

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



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/Cross

\$125 each or \$225 combined

Feb 16-19/10 8-2pm

Prerequisites: 13+ or Bronze Star

Lifesaving Standard First Aid & CPR-C \$100

March 13 & 14 8-4pm

Minimum of 5 Participants for Course to Run



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

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

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

Private Lessons: \$30.00/hr
Please contact the Aquatic Supervisor to set up private lessons.

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

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

Prices	Drop In	10 Punch	Quarter	All Inclusive
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, Public, Parent & Tot/ Senior and Toonie Swims Only

Adult Lessons(18+) \$50

Monday & Wednesday 7-8pm

Beginner Lessons: I cannot swim a length. I am scared of the water. I want to learn to float. **Jan 4-28**

Intermediate Lessons: I can swim 1 length, but it is not pretty. I want to become a more proficient swimmer.

Feb 1-24(no lesson Feb 15)

Advanced Lessons I want to improve my stroke and learn to set up a work out. (Tri-athletes) **(Set 1)Mar 1-24, (Set 2)Mar 29-Apr 28** (no lesson Apr 7)

Maximum 6 participants in Beginner and

Intermediate classes