

# Claresholm Aquatic Centre

June 28-Aug 30, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am	Fitness Swim						
8-9am	Aquafit	Fitness Swim	Aquafit	Fitness Swim	Aquafit		
9-10am	Swim Lessons 8 AM - 1 PM						
10-11am							
11-12pm						Rental Time	Rental Time
12-1pm	Fitness Swim & Lessons 12-1pm						
1-2pm	Claresholm Centre for Mental Health and Addictions Rental	Parent & Tot/ Senior Swim	Claresholm Centre for Mental Health and Addictions Rental	Parent & Tot/ Senior Swim	Claresholm Centre for Mental Health and Addictions Rental	Family Swim 1-2	Public Swim 1-4pm
2-3pm	June 28-Aug 13 Public Swim 2-4:15 pm					<b>Free Public Swim 2-4pm</b>	
3-4pm							
4-4:15pm							
4:15-6pm	Swim Club 4:30-6	Swim Club 4:15-5:45	Swim Club 4:30-6	Swim Club 4:15-5:45	Swim Club 4:30-6	Rental Time	Rental Time
6-7pm	Public Swim 6-8pm	Claresholm Centre for Mental Health and Addictions Rental	Public Swim 6-8pm	Claresholm Centre for Mental Health and Addictions Rental	Public Swim 6-8pm		
7-8pm		Toonie Swim 7-8		Toonie Swim 7-8			
8-9pm	Fitness Swim 8-9				Rental Times		

***Claresholm Aquatic Centre will be CLOSED July 1 for Canada Day & August 2nd for Heritage Day***

**National Lifeguard Award(NLS)**  
**\$250**  
 Aug 20-22 & 27-29  
 Friday 4-9, Saturday & Sunday 9-5  
 \*Must be at least 16 years old  
 \*Must have Bronze Cross  
 \*Must have Standard First Aid

**Lifesaving & Swim Instructor (LSI)**  
 \$300  
 Aug 15-20 Monday-Friday  
 8-4pm  
 \*Must be at least 16 years old  
 \*Must have Current Bronze Cross or Higher

# 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.

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

## Summer Lessons

\$30/session

### Dates

<u>Session 1</u> June 28-July 2 (no lesson July 1)	<u>Session 4</u> July 19-23
<u>Session 2</u> July 5-9	<u>Session 5</u> July 26-30
<u>Session 3</u> July 12-16	<u>Session 6</u> Aug 9-13
	<u>Session 7</u> Aug 16-20

### Times

<u>PS 1</u> 9:45-10:30 am	<u>SW 1</u> 9:45-10:30 am
<u>PS 2</u> 10:30-11:15am	<u>SW 2</u> 10:30-11:15am
<u>PS 3 &amp; 4</u> 11:15-12pm	<u>SW 3 &amp; 4</u> 11:15-12pm
<b>Min. 3 Participants to Run Class</b>	<u>SW 5 &amp; 6</u> 12-1pm

**Registration Closes the Thursday before the Session Begins**

### Rookie/Ranger/Star

\$45 8-9:45am  
 July 5-10  
 July 26-31



### Bronze Star \$45

8-9:45am  
 July 12-16,  
 Aug 9-13

### Bronze Medallion/Cross

\$125 each or \$200 Combined

Aug 3-6 8-2pm

Must have Bronze Star or be at least 13 years old  
**Minimum 5 participants to run Class**

**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

### 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

### 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

