

# Activity Guide Schedules



## Aquatics

Spring/Summer 2009

[www.activityguide.utoronto.ca](http://www.activityguide.utoronto.ca)

### OPEN REC SWIM SCHEDULE

May 11 - June 28, 2009

#### RECREATION DROP-IN – FREE TO MEMBERS

Schedules may vary due to special events. Please check the website and recreation boards for updates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 9 a.m.	25yd	25yd	25yd	25yd	50m Long*		
10:35 - 11:50 a.m. Women Only ♀ ♀	25yd ♀ ♀	No Swim	25yd ♀	No Swim	25yd ♀		25 yd ♀
12:10 - 3 p.m.	50m Short	50m Long	50m Short	50m Long	50m Short		12:10 - 3 p.m. FUN SWIM 50m**
1:30 - 3 p.m. Fun Swim**	50m**	No Swim	50m**	No Swim	50m**	12:10 - 5 p.m. 25yd	1:30 - 3 p.m. Community Swim 50m***
3 - 4 p.m.	No Swim	No Swim	No Swim	No Swim	No Swim		
4:10 - 7 p.m.	50m Short	25yd	50m Short	25yd	50m Short		
7 - 9 p.m.	50m Short	25yd	50m Short	25yd	No Swim		

\* Not all long course lanes are available for recreational swimming

\*\* Fun Swim for members and their children both ends of the pool open, half for lengths, half for play and diving.

\*\*\* Community Swim - open to non-members

Fun Swim and Community Swim is unavailable on holiday weekends, during the exam period and occasionally due to special events. Swimming with children is only available during the Fun Swims or Community Swim, see the Activity Guide for full details.

#### Aquafit

Aquafit classes are offered in the drop-in group fitness program. Classes are free for all members.

#### Diving

Springboard diving is permitted in the 50m pool only (on the 1m & 3m boards) during the Fun Swims and Community Swim.

#### Medical Conditions

If you have a medical condition, notify the lifeguard or swim with someone who is knowledgeable about your condition. Swimming when ill with diarrhea can contaminate the pool water. Those who have experienced diarrhea should not swim until symptoms have cleared.

For more information go to [www.healthyswimming.com](http://www.healthyswimming.com).

#### Summer Schedule: June 29 to August 7, 2009

Changes to the summer schedule include Tuesdays 7 – 9am moving to the 50m pool long course, and Fun Family swims on Monday, Wednesday and Fridays will be affected by Camp swims, TBC. The 50m pool will undergo maintenance beginning August 8<sup>th</sup>, a separate Maintenance schedule till be in effect for August 8 to September 6, 2009.

# AQUATICS

## Assessment Swim clinics

### Swim Assessment

#11754	May 11	M	7:10 - 8 p.m.	25 yd	\$5
#11755	May 14	R	1:10 - 2 p.m.	25 yd	\$5
#11803	Jun. 24	W	7:10 - 8 p.m.	25 yd	\$5
#11804	Jun. 25	R	1:10 - 2 p.m.	25 yd	\$5

### Swim Instruction

#### Absolute Beginner Swim

#11756	May 25 - Jun. 22	M	7:10 - 8: p.m.	TP	\$39
#11757	May 19 - Jun. 16	T	1:10 - 2 p.m.	25 yd	\$39
#11758	May 19 - Jun. 16	T	7:10 - 8 p.m.	TP	\$39
#11759	May 24 - Jun. 21	Su	4:10 - 5 p.m.	25 yd	\$39
#11805	Jun. 29 - Jul. 27	M	7:10 - 8 p.m.	TP	\$39
#11806	Jun. 30 - Jul. 28	T	1:10 - 2 p.m.	25 yd	\$39
#11807	Jun. 30 - Jul. 28	T	7:10 - 8 p.m.	TP	\$39
#11808	Jul. 5 - Jul. 26	Su	4:10 - 5 p.m.	25 yd	\$30

#### Absolute Beginner Swim – Women Only

#11760	May 22 - Jun. 19	F	1:10 - 2 p.m.	25 yd	\$39
#11809	Jul. 3 - Jul. 31	F	1:10 - 2 p.m.	25 yd	\$39

#### Basic Swim

#11761	May 20 - Jun. 17	W	12:10 - 1 p.m.	25 yd	\$30
#11762	May 24 - Jun. 21	Sun	3:10 - 4 p.m.	25 yd	\$30
#11764	May 25 - Jun. 22	M	7 - 7:45 p.m.	25 yd	\$30
#11810	Jul. 8 - Jul. 29	W	12:10 - 1 p.m.	25 yd	\$24
#11811	Jul. 5 - Jul. 26	Su	3:10 - 4 p.m.	25 yd	\$24
#11813	Jun. 29 - Jul. 27	M	7 - 7:45 p.m.	25 yd	\$30

#### Basic Swim – Women Only

#11763	May 22 - Jun. 19	F	9:10 - 10 a.m.	25 yd	\$30
#11812	Jul. 3 - Jul. 31	F	9 - 9:45 a.m.	25 yd	\$30

#### Intermediate Swim

#11765	May 20 - Jun. 17	W	7 - 7:45 p.m.	25 yd	\$30
#11814	Jul. 8 - Jul 29	W	7 - 7:45 p.m.	25 yd	\$24

#### Intermediate Swim – Women Only

#12090	May 22 - Jun. 19	F	9 - 9:45 a.m.	25 yd	\$30
#12091	Jul. 3 - Jul. 31	F	9 - 9:45 a.m.	25 yd	\$30

#### Stroke Mechanics

#11766	May 19 - Jun. 16	T	12:10 - 1 p.m.	25 yd	\$30
#11767	May 21 - Jun. 18	R	8:10 - 9 p.m.	50 m	\$30
#11815	Jul. 2 - Jul. 30	R	8:10 - 9 p.m.	50 m	\$30
#11816	Jun. 30 - Jul. 28	T	12:10 - 1 p.m.	25 yd	\$30

#### Stroke Mechanics – Women Only

#11768	May 21 - Jun. 18	R	1:10 - 2 p.m.	25 yd	\$30
#11817	Jul. 2 - Jul. 30	R	1:10 - 2 p.m.	25 yd	\$30

#### Swim Training

#11769	May 20 - Jun. 22	M, W	7:45 - 9 p.m.	25 yd	\$80
#11818	Jun. 29 - Jul. 29	M, W	7:45 - 9 p.m.	25 yd	\$72

## Swim Club

### Master's Swim Club – Full Year

#11770	May 11 - May 2010	M, W 7:30-9am, T, F 7-9pm, Su 10 - 11:50am	50m	\$400
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### Master's Swim Club – Spring Term Only

#11771	May 11 - Jun. 28	As above	50m	\$100
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### Master's Swim Club – Summer Term Only

#11890	Jun. 29 - Aug. 7	As above	50m	\$100
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### SIX "PLEA'S" FOR HEALTHY SWIMMING

1. Please do not swim when you have diarrhea.
2. Please do not swallow pool water
3. Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
4. Please take bathroom breaks often.
5. Please change diapers in a bathroom and not at pool side.
6. Please wash thoroughly with soap and water, especially at the rear end, before swimming.

For more info go to [www.healthyswimming](http://www.healthyswimming)

### Contact Info

Tel 416-978-3436

[www.physical.utoronto.ca](http://www.physical.utoronto.ca)  
[ac.help@utoronto.ca](mailto:ac.help@utoronto.ca)

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

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[http://www.ac.fpeh.com/athletic\\_centre/aquatics.php](http://www.ac.fpeh.com/athletic_centre/aquatics.php)