

Activity Guide Schedules

Aquatics

Spring /Summer 2008

REGULAR SCHEDULE: Jul. 2 - Aug. 9, 2008 (Summer)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 9 a.m.	25yd	50m	25yd	25yd	50m Long*		
9:50 - 10:50 a.m. Women Only ♀ ♀	25yd ♀ ♀	No Swim	25yd ♀	No Swim	25yd ♀		10:35 - 11:50 a.m. 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	
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		
7:10 - 9 p.m.	50m Short	25yd	50m Short	25yd	No Swim		

**Fun Swim for members and their children both ends of the pool open, half for lengths, half for play and diving. Fun Swim is unavailable on weekends, due to special events and the exam period.

Swimming with children is only available during the Fun Swims, see the Activity Guide for full details.

YOUR CODE GUIDE

Days

M - Monday
T - Tuesday
W - Wednesday
R - Thursday
F - Friday
Sa - Saturday
Su - Sunday

Rooms

TP - Teach Pool - closed
50m - 50 metre Pool
25yd - 25 yard Pool

Aquafit

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

Aquatics Listserv for Changes & Cancellations

Join our email listserv and we'll send you updates of pool changes, cancellations and interim schedules. Visit our website and follow the links on the aquatics page to subscribe.

http://www.ac-fpeh.com/athletic_centre/aquatics.php

Please note the Teach Pool is closed until further notice.

Diving

Springboard diving is permitted in the 50m pool only (on the 1m & 3m boards during the Fun Swims on Monday, Wednesday and Friday.

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 see www.healthyswimming.com.

AQUATICS

Start Swim Clinics

Swim Start

#8511	May.14 - May. 14	W	7:10- 8 p.m.	25 yd	\$5
#8623	Jun.25 - Jun. 25	W	7:10- 8 p.m.	25 yd	\$5

Swim Clubs

Masters Swim Club - Full Year

#8513	May.12 - May. 10	Su,M,T,W,F		50 M	\$380
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Masters Swim Club - Spring Term Only

#8514	May.12 - Jun. 29	Su,M,T,W,F		50 M	\$88
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Masters Swim Club - Summer Term Only

#8624	Jul.2 - Aug. 17	Su,M,T,W,F		50 M	\$88
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Swim Instruction

Absolute Beginner Swim

#8496	May.21 - Jun. 18	W	7- 7:45 p.m.	25 yd	\$35
#8497	May.20 - Jun. 17	T	12:10- 1 p.m.	25 yd	\$35
#8499	May.25 - Jun. 22	Su	4:10- 5 p.m.	25 yd	\$35
#8625	Jul.8 - Aug. 5	T	12:10- 1:00 p.m.	25 yd	\$35
#8626	Jul.2 - Jul. 30	W	7- 7:45 p.m.	25 yd	\$35

Absolute Beginner Swim for Women

#8498	May.23 - Jun. 20	F	1:10- 2 p.m.	25 yd	\$35
#8509	May.26 - Jun. 23	M	1:10- 2 p.m.	25 yd	\$35
#8627	Jul.4 - Aug. 1	F	1:10- 2:p.m.	25 yd	\$35

Basic Swim

#8494	May.25 - Jun. 22	Su	3:10- 4 p.m.	25 yd	\$27
#8501	May.26 - Jun. 23	M	7- 7:45 p.m.	25 yd	\$27
#8508	May.20 - Jun. 17	T	1:10- 2 p.m.	25 yd	\$27
#8628	Jul.8 - Aug. 5	T	1:10- 2 p.m.	25 yd	\$27

Basic Swim for Women

#8502	May.26 - Jun. 23	M	12:10- 1 p.m.	25 yd	\$27
#8629	Jul.4 - Aug. 1	F	9:10-10 a.m.	25 yd	\$27

Intermediate Swim

#8503	May.21 - Jun. 18	W	1:10- 2 p.m.	25 yd	\$27
#8510	May.21 - Jun. 18	W	7- 7:45 p.m.	25 yd	\$27
#8630	Jul.2 - Jul. 30	W	1:10- 2 p.m.	25 yd	\$27
#8631	Jul.2 - Jul. 30	W	7- 7:45 p.m.	25 yd	\$27

Intermediate Swim for Women

#8504	May.23 - Jun. 20	F	9:10-10 a.m.	25 yd	\$27
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Stroke Mechanics

#8505	May.20 - Jun. 17	T	8:10- 9 p.m.	50 M	\$27
#8506	May.21 - Jun. 18	W	12:10- 1 p.m.	25 yd	\$27
#8632	Jul.2 - Jul. 30	W	12:10- 1 p.m.	25 yd	\$27
#8633	Jul.8 - Aug. 5	T	8:10- 9 p.m.	50 M	\$27

Stroke Mechanics for Women

#8495	May.22 - Jun. 19	R	1:10- 2 p.m.	25 yd	\$27
#8634	Jul.3 - Jul. 31	R	1:10- 2 p.m.	25 yd	\$27

Swim Training

#8635	Jul.2 - Jul. 30	M,W	7:45- 9 p.m.	25 yd	\$73
#8507	May 21 - June 18	M,W	7:45- 9 p.m.	25yd	\$73.

6 "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 the rear end, before swimming.

For more info go to www.healthyswimming.com

REGISTRATION DATES

Registration begins Thursday May 1 at 8 a.m. for Spring and Summer programs. See the Activity Guide for information on how to register.

CONTACT INFO

Tel. 416-978-3436

www.utoronto.ca/physical

ac.help@utoronto.ca

For program descriptions and other important information see the Activity Guide available on-line, at the Athletic Centre and Varsity Centre.