

Activity Guide Schedules



Aquatics

Winter 2010

www.activityguide.utoronto.ca

DROP-IN SWIM SCHEDULE Monday January 4th – Thursday April 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-9am	25yd	25yd	25yd	25yd	50m long*	No swim	No swim
10:35-11:50am Women's Only ♀	25yd ♀	No swim	25yd ♀	No swim	25yd ♀	No swim	25yd ♀
12:10 – 3pm	50m short	50m long	50m short	50m long	50m short	12:10 – 5pm 25yd	Fun Swim 50m**
1:30 – 3pm Fun Swim	50m	No swim	50m	No swim	50m		Community Swim 50m***
3 – 4pm	No swim	50m long*	No swim	50m long*	50m short		No swim
4:10 – 7pm	50m short	25yd	50m short	25yd	50m short		No swim
9:10 – 11pm	50m short	50m short	50m short	50m long*	No swim	No swim	No swim

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

** Fun Swim - for members and their children. Both ends of pool open and Teach pool, half for lengths, half for play and diving. Fun Swim unavailable on holiday weekends, during special events and during exam periods.

*** Community Swim for non-members and their children. Both ends of pool open, half for lengths, half for play and diving. Community Swim unavailable on holiday weekends, during special events and during exam periods.

Aquafit

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

Changes or Cancellations

Please watch the notice boards or check on-line for changes to the schedules. Join the aquatic email listserv and updates will be

emailed to you. Visit the aquatics page and follow the links to subscribe.

Diving

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

Swimming with Children *New Policies*

See page 17 of the Activity Guide for further details.

AQUATICS

Diving Instruction

Springboard Diving

#13128 Jan. 18 - Mar. 29 M 12:15-1:30 p.m. 50m \$90

Swimming Assessment

Swim Assessment

#13148 Jan. 13 W 7:10 - 8 p.m. 25yd \$5
#13149 Jan. 14 R 1:10 - 2 p.m. 25yd \$5

KEEP SWIMMING FUN AND HEALTHY

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 information go to www.healthyswimming.com

Contact Info

Tel 416-978-3436
www.physical.utoronto.ca
ac.help@utoronto.ca

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

Stay Connected!

Join our e-mail listserv and we'll send you updates on pool changes, cancellations and interim schedules. Visit our website and follow the links on the aquatics page to subscribe.: www.dropinrecreation.utoronto.ca

Swim Instruction

Absolute Beginner Swim

#13132 Jan. 18 - Mar. 29 M 7:10 - 8 p.m. 25yd \$75
#13135 Jan. 19 - Mar. 30 T 7:10 - 8 p.m. 25yd \$75
#13136 Jan. 24 - Mar. 28 Su 4:10 - 5 p.m. 25yd \$68

Absolute Beginner Swim – Women Only

#13133 Jan. 18 - Mar. 29 M 1:10 - 2 p.m. 25yd \$75
#13137 Jan. 20 - Mar. 31 W 1:10 - 2 p.m. 25yd \$75

Basic Swim

#13130 Jan. 20 - Mar. 31 W 12:10 - 1 p.m. 25yd \$58
#13138 Jan. 24 - Mar. 28 Su 3:10 - 4 p.m. 25yd \$52
#13144 Jan. 18 - Mar. 29 M 7:10 - 8 p.m. 25yd \$58

Basic Swim – Women Only

#13134 Jan. 18 - Mar. 29 M 12:10 - 1 p.m. 25yd \$58

Butterfly

#13139 Jan. 19 - Mar. 30 T 1:10 - 2 p.m. 25yd \$58

Intermediate Swim

#13140 Jan. 20 - Mar. 31 W 7:10 - 8 p.m. 25yd \$58

Intermediate Swim – Women Only

#13141 Jan. 22 - Mar. 26 R 9:10 - 10 a.m. 25yd \$52

Stroke Mechanics

#13145 Jan. 21 - Apr. 1 R 8 - 8:50 p.m. 50m \$58

Stroke Mechanics – Women Only

#13143 Jan. 21 - Mar. 25 R 1:10 - 2 p.m. 25yd \$58

Swim Training

#13146 Jan. 18 - Mar. 31 M,W 8:10-9:30p.m. 25yd \$177

Swim Training – Add On

#13147 Apr. 5 - May 5 M,W 7:30 - 9 p.m. 25yd \$95

Swim Training – Add On

#12893 Dec. 2 - Dec. 21 M,W 7:30 - 9 p.m. 25yd \$95

Swim Training – Pay-as-you-Go Pass

In person purchase only M,W 7:30 - 9 p.m. 25yd \$10