

PERC Pool 2008

# Swimming @ Your PERC

Perth East Recreation Complex  
40 Temperance Street  
Milverton ON N0K 1M0  
Office 519-595-8375  
Pool 519-595-8297  
bboertien@pertheast.on.ca  
www.pertheast.on.ca/reccomplex



## NEW Swim Team

Days: Mondays, Fridays, Saturdays  
Time: 1:00 pm - 2:00 pm  
Cost: \$60.00

Freestyle • Backstroke • Breaststroke •  
Butterfly • Individual Medley • Relays  
Train to compete in local area  
competitions

### Age Groups

- 8 and under boys/girls
- 9 and 10 boys/girls
- 11 and 12 boys/girls
- 13 and 14 boys/girls
- 15 to 18 boys/girls (open)

Deadline for registration May 2, 2008

## Swimming Lesson Registration

**Saturday, April 26**  
**10 a.m. - 12 noon**  
**@ PERC**  
**Arena Lobby**

**Early Bird Registration**  
**Save \$5.00 before**  
**April 30**

## Aqua Fitness - A Great Overall Workout

Days: Tuesdays & Thursdays  
12 noon - 1:00 pm  
Wednesdays  
6:00 pm - 7:00 pm  
Cost: \$50.00 season pass  
\$31.50 10 pack  
\$3.50 per session

If you are looking for a good all-round form of aerobic exercise why not try Aqua Fitness.

Running, jogging and walking underwater in a pool not only strengthens the leg and hip muscles

- the quadriceps, hamstrings and gluteus - but helps to develop cardio respiratory fitness. The upper body also gets an overall workout.

Water acts as a cushion for the body's weight-bearing joints, reducing stress on muscles, tendons and ligaments. As a result, aquatic workouts are low impact and can greatly reduce the injury and strain common to most land based exercises.





## Red Cross Swim Program

Lessons will be structured under the Red Cross Swim Program. These programs will meet the emerging needs by teaching children to swim and how to be safe around water, and encouraging increased physical activity.

Under the Red Cross Swim are two programs:

**Red Cross Swim Preschool** for babies four to six months of age to 5 year old children

**Red Cross Swim Kids** for six year old children and older

There are four - two week sessions of lessons. Again this season an early session will run from June 16 to 27. The remaining sessions will run Monday to Friday with daily classes. Private lessons are also available.

Private lessons are also available at \$15.00 per ½ hour class. Private lessons can be scheduled after June 14, 2008 by calling the pool directly at 519-595-8297.

## Registration Fees

Level	Before April 30, 2008	After April 30, 2008
½ Hour Class (Preschool - Swim Kids 5)	\$50.00	\$55.00
¾ Hour Class (Swim Kids 6 - 9)	\$55.00	\$60.00
1 Hour Class (Swim Kids 10)	\$60.00	\$65.00
3 Hour Class - Bronze Star	\$75.00	\$80.00
3 Hour Class - Bronze Medallion	\$115.00	\$120.00
3 Hour Class - Bronze Cross	\$115.00	\$120.00



## Lesson Notes

**Observation Area** outside the pool fence perimeter is provided for parents to stay and watch their child's swimming lesson. Viewing classes from the pool deck is not allowed as it may interfere with the safety of the individuals taking lessons.

**Cancelled Classes** may occur for the following reasons: pool clarity, weather conditions (thunder & lightening, heavy rain, below normal temperature) and pool fouling. If a class has been cancelled more than once, 1 lesson will be made up the Saturday following the cancelled class provided the pool is available.

**Refunds** will not be issued without a medical note from your family doctor. If a refund is granted, a \$10.00 administration fee will be applied.

**Register Early** so that programs are not cancelled. When too many people wait until the last minute to register a program may be cancelled. We need a minimum number of participants to ensure a class will run.

PERC Pool Phone Number  
519-595-8297  
Active June 1, 2008

**Swimming Lesson Schedule**



Level	Session 1	Session 2	Session 3	Session 4
	June 16 - June 27	June 30 - July 11	July 14 - 25	July 28 - August 8
<b>1/2 Hours Class</b>				
<b>Parent'n Tot Program</b>				
Starfish	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Duck	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Sea Turtle	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
<b>1/2 Hours Class</b>				
Salamander	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Sunfish	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Crocodile	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Whale	5:30 pm - 6:00 pm & 6:30 pm - 7:00 pm	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon	10:30 am - 11:00 am & 11:30 am - 12 noon
Swim Kids 1	5:00 pm - 5:30 pm & 6:00 pm - 6:30 pm	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am
Swim Kids 2	5:00 pm - 5:30 pm & 6:00 pm - 6:30 pm	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am
Swim Kids 3	5:00 pm - 5:30 pm & 6:00 pm - 6:30 pm	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am
Swim Kids 4	5:00 pm - 5:30 pm & 6:00 pm - 6:30 pm	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am
Swim Kids 5	5:00 pm - 5:30 pm & 6:00 pm - 6:30 pm	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am	10:00 am - 10:30 am & 11 am - 11:30 am
<b>3/4 Hours Class</b>				
Swim Kids 6	4:00 pm - 4:45 pm	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am
Swim Kids 7	4:00 pm - 4:45 pm	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am
Swim Kids 8	4:00 pm - 4:45 pm	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am
Swim Kids 9	4:00 pm - 4:45 pm	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am
<b>1 Hour Class</b>				
Swim Kids 10	4:00 pm - 5:00 pm	9:00 am - 10:00 am	9:00 am - 10:00 am	9:00 am - 10:00 am
<b>3 Hour Advanced</b>				
Bronze Star	August 11 to 22 9:00 am - 12 noon			
Bronze Medallion	August 11 to 22 9:00 am - 12 noon			
Bronze Cross	August 11 to 22 9:00 am - 12 noon			



## Pool Opens Saturday, June 14

### Public Swim Schedule June 14 to 29

Saturday June 14	2:00 pm - 5:00 pm
Sunday June 15	2:00 pm - 5:00 pm 7:00 pm - 9:00 pm (Family Swim)
June 16 to 20	7:00 pm - 9:00 pm
Saturday, June 21	2:00 pm - 5:00 pm
Sunday, June 22	2:00 pm - 5:00 pm 7:00 pm - 9:00 pm (Family Swim)
June 23 to 25	7:00 pm - 9:00 pm
Thursday, June 26	7:00 pm - 9:00 pm
Friday, June 27	2:00 pm - 5:00 pm 7:00 pm - 9:00 pm
Saturday, June 28	2:00 pm - 5:00 pm
Sunday, June 29	2:00 pm - 5:00 pm 7:00 pm - 9:00 pm (Family Swim)

### 2008 Pool User Rates

Season Pass	\$80.00 - child, student, adult, senior \$195.00 - family
Lane Swim	\$50.00 - season \$31.50 - 10 pack \$3.50 - single entry
Aqua Fitness	\$50.00 - season \$31.50 - 10 pack \$3.50 - single entry
Private Rental	\$55.00 per hour for 25 people and under \$85.00 per hour for over 25 people

## Pool Admission Standards & Basic Pool Rules

1. Children under 10 years of age who are unable to pass the facility's swim test (two widths of the pool without stopping or touching the bottom unassisted) must be accompanied by a parent or guardian who is at least 12 years of age and is responsible for their direct supervision (in water), with a maximum of two children per parent or guardian
2. Children under the age of 6 are not admitted to the pool unless accompanied by a parent or guardian who is at least 12 years of age and is responsible for their direct supervision (in water), with a maximum of two children per parent or guardian.
3. For non-swimmers (those unable to pass the swimming test) between 6 and 9 years of age: the ratio of non-swimmers to parent or guardian may be increased to a maximum of eight (8-1) if lifejackets are worn by all non-swimmers in their charge.
4. Parents or guardians are responsible for the children in their care while in the facility and must directly supervise the children at all times.
5. All regular pool rules are listed on the signs located on the pool deck.
6. To be on deck, all participants must be in bare feet. Street shoes are not permitted on the pool deck.
7. All floatation objects are to remain in the shallow end at all times during open swims.
8. To participate in lane swim, participants must be 7 years of age or older and be able to pass the swim test.
9. Children in diapers must wear specialty diapers or snug fitting rubber pants.
10. All participants must wear gender appropriate swim attire.
11. T-shirts are not permitted in the pool unless someone is uncomfortable with their weight, has a see through bathing suit, or does not expose themselves in that manner due to religious reasons.
12. Each bather must take a soapy shower and rinse thoroughly prior to entering or re-entering the pool area.

## 2008 Pool Schedule (beginning June 30)

Public Swim	daily	2:00 pm - 5:00pm
	Evenings (excluding Sat. & Sun.)	7:00 pm - 9:00 pm
Family Swim	Sundays	7:00 pm - 9:00 pm
Lane Swim	Mondays & Fridays	6:00 pm - 7:00 pm
	Wednesdays	12 noon - 1:00 pm
Aqua Fitness	Wednesdays	6:00 pm - 7:00 pm
	Tuesdays & Thursdays	12 noon - 1:00 pm
Senior Swim	Wednesdays	1:00 pm - 2:00 pm

