

## Recreational Swim Admission Standard

Age	Admission Requirement	Supervision Requirement	Wrist Band	Additional Information
0-6 years	*Always accompanied, including in water, within arms reach by adult/guardian, 16 years of age or older	2:1 swimmers to caregivers	Orange	<ul style="list-style-type: none"> <li>Child may obtain GREEN wristband (in addition to orange) to access deep end. To obtain GREEN wristband child must complete facility swim test.</li> <li>Child must still be accompanied* at all times.</li> </ul>
7-9 years	*Accompanied by adult/guardian within arms reach <b>OR</b> Pass facility swim test	2:1 swimmers to caregivers	Orange Green	<ul style="list-style-type: none"> <li>If child passes the facility swim test, the ORANGE wristband is removed and is replaced with a GREEN wristband, allowing the child unsupervised access</li> </ul>
10+ years	No supervision required			<ul style="list-style-type: none"> <li>Those who cannot pass the facility swim test must remain in the shallow end.</li> </ul>

\*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision, within arms reach, and must remain in the shallow end.

### Facility Swim Test

To successfully pass the facility swim test an individual must:

- Demonstrate comfort in water.
- Swim a minimum of two widths continuously in shallow water.

### P.A. Day Swims!

Glen Abbey Community Centre	
<b>Duck Derbies</b>	
November 24	9:30–10:30 a.m.
February 2	9:30–10:30 a.m.
February 16	9:30–10:30 a.m.
Iroquois Ridge Community Centre	
<b>Combo Swim (slide closed)</b>	
November 24	1:30–3 p.m.
February 2	1:30–3 p.m.
February 16	1:30–3 p.m.
Queen Elizabeth Park (QEPCCC)	
<b>Leisure Swim</b>	
October 6	1:30–3 p.m.
November 24	1:30–3 p.m.
February 2	1:30–3 p.m.
February 16	1:30–3 p.m.

Please note that all facilities are closed on Dec 25, 26 and Jan 1. Facilities will close at noon on Dec 24 and at 4 p.m. on Dec 31. All swims that are scheduled during or after these times on Dec 24 or 31 are cancelled.

### Healthy Swim Etiquette

To reduce the risk of spreading germs and to keep our pools clean, please remember the following tips when enjoying our facilities:

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**Shower before you swim**  
Please shower with soap and warm water before entering or re-entering the pool deck. It's clean, it's green, it's the law!
- 
**Wear appropriate footwear**  
Bring clean flip flops or sandals to wear on the pool deck. No street shoes please.
- 
**Not feeling well?**  
Swimmers should refrain from using the pool when ill, or if they have experienced diarrhea in the past week.
- 
**Prevent pool fouling**  
Please refrain from feeding children or eating large meals before swimming. All swimmers are encouraged to visit the washroom before entering the pool.
- 
**What to wear?**  
Patrons on the pool deck must be dressed in suitable bathing attire and pay the posted admission fee. Children that are not toilet trained must wear swim diapers made for swimming pool use. These are available for purchase in the pool office.
- 
**Food-free zone**  
Only water is permitted on the pool deck. Don't forget to bring your reusable drinking containers.
- 
**Strollers**  
Strollers are not permitted on our sanitized decks. Parents and guardians are reminded that children should never be left unattended.
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**Photographic devices**  
The use of any photographic device capable of rendering a photographic image is prohibited in the showers, change rooms, washrooms and pool area.

### Admission Fees (all prices include HST)

Single Admission	
Adult (18–64)	\$4
Youth (2–17) or Senior (65+)	\$3.20
Group (Maximum of 5, one adult required)	\$12
Children under 2	No charge

Each admission fee entitles you to one recreational swim.

### Swim and Skate Passes

10-Visit Swim/Skate Pass	
Adult (18–64)	\$36.27
Youth (2–17) or Senior (65+)	\$28.93
3-Month Swim/Skate Pass	
Adult (18–64)	\$80
Youth (2–17) or Senior (65+)	\$64
Family*	\$145
Yearly Swim/Skate Pass	
Adult (18–64)	\$240
Youth (2–17) or Senior (65+)	\$192
Family*	\$430
Non-resident fee applies	\$11.30

\*A family with one or two adult guardians over the age of 18 and their dependents, 18 years of age or under, or full-time students under the age of 25 qualifies for a family pass. Multiple families cannot be combined on any pass purchase.

### Drop-in Fitness Fees

Participation Options	13–64 years	65+
Pay-As-You-Go	\$9.75	\$7.80
10-Visit Waterfit Pass	\$87.80	\$70.17

Prices include HST.

Please note: Private lessons are not permitted during recreational swim times. Schedules may change due to swim meets, special events or program requirements. When possible, prior notice will be posted on the Town of Oakville website.

**Visit oakville.ca for full swim descriptions, additional swim times, cancellations and policies.**

## AQUATICS

# Recreational Swim Schedule Fall 2017/Winter 2018



## Get Active Oakville!

Visit [active.oakville.ca](http://active.oakville.ca) to search drop-in recreation and culture programs.

Fall/Winter Aquatics Schedule: October 2017

## Centennial Pool

120 Navy Street 905-815-5955

Recreational	September 5–March 9
<b>Lengths</b>	
Monday–Friday	noon–2 p.m.
Monday	8–9:30 p.m.
Monday & Wednesday	11 a.m.–noon (1)
Tuesday, Thursday & Friday	6–8 a.m.
	10 a.m.–noon (1)
Thursday	9–10 p.m.
Saturday	12:45–2 p.m.
Sunday	7:30–9:30 a.m.
<i>Friday (September 22–March 9)</i>	<i>5–7 p.m. (1)</i>
<b>Combo Swim</b>	
Thursday	8–9 p.m.
Friday	9–10 a.m.
Saturday	2–3:30 p.m.
Sunday	1:30–3 p.m.
<b>Deep Water Jogging</b>	
Monday–Friday	11 a.m.–noon

(#) indicates number of lanes available.

Drop-in Fitness	September 5–March 9
<b>Waterfit</b>	
Monday–Friday	10–11 a.m.
<b>Gentle Waterfit</b>	
Monday, Wednesday	11 a.m.–noon
<b>Adult Endurance</b>	
Tuesday & Thursday	9–10 a.m.



### Swim Often?

#### Choose your best deal

- Swim/Skate Passes
- Fitness Memberships
- Court Memberships



All drop-in programs are now included in full fitness memberships!  
(Excludes non-prime memberships)

## Glen Abbey Community Centre

1415 Third Line 905-815-5950

Recreational	October 23–March 9
<b>Lengths</b>	
Monday–Friday	noon–2 p.m.
Monday & Wednesday	6:45–8 a.m.
Tuesday & Thursday	8:30–10 p.m.
Saturday & Sunday	7:30–9 a.m.
<b>Leisure Swim</b>	
Tuesday	9–10 a.m.**
	7–8:30 p.m.
Friday	9:30–10:30 a.m.**
	7:30–9 p.m.
Saturday	2:30–4 p.m.
Sunday	2–3:30 p.m.
	3:45–5:15 p.m.
<b>Combo Swim</b>	
Monday & Wednesday	11 a.m.–noon**
<b>Healing Waters</b>	
Tuesday & Thursday	11 a.m.–noon
<b>Deep Water Jogging</b>	
Tuesday	10–11 a.m.

\*\* no slide

Drop-in Fitness	October 23–March 9
<b>Waterfit</b>	
Monday & Wednesday	9–10 a.m.
Friday	8:30–9:30 a.m.
<b>Gentle Waterfit</b>	
Monday & Wednesday	10–11 a.m.

## Holiday Swims!

Glen Abbey Community Centre	
December 27	2–3:30 p.m.
December 28	2–3:30 p.m.
December 29	2–3:30 p.m.
January 3	2–3:30 p.m.
January 4	2–3:30 p.m.
Iroquois Ridge Community Centre	
<b>Combo Swim (slide open)</b>	
December 28	1:30–3 p.m.
January 2 and 4	1:30–3 p.m.
Queen Elizabeth Park (QEPCCC)	
<b>Combo Swim</b>	
December 28	11 a.m.–noon
January 4	11 a.m.–noon
<b>Leisure Swim</b>	
December 29	1:30–3 p.m.
January 5	1:30–3 p.m.

## Iroquois Ridge Community Centre

1051 Glenashton Drive 905-338-4255

Recreational	September 23–March 9
<b>Lengths</b>	
Monday–Friday	11:30 a.m.–1:30 p.m. (4)
Monday, Tuesday & Thursday	9–10 p.m. (4)***
Monday, Wednesday & Friday	7:30–9:30 a.m. (4)***
Tuesday & Thursday	6:30–8 a.m. (2)***
Wednesday	8–10 p.m. (4)
Saturday	noon–1:30 p.m. (4)
Saturday & Sunday	1:30–2:30 p.m. (2)***
Sunday	8–9:15 a.m. (4)***
<b>Family Fun (small pool)</b>	
Tuesday	7:15–8:15 p.m.**
Wednesday	7–8 p.m.**
Sunday	6:30–7:30 p.m.**
<b>Combo Swim</b>	
Monday	7:30–9 p.m.
Tuesday & Thursday	10–11:30 a.m.**
Friday	1:30–3 p.m.**
Saturday & Sunday	2:30–4 p.m.

\*\* no slide, \*\*\* no access to Leisure Pool hydro jets, (#) indicates number of lanes available.

Drop-in Fitness	September 23–March 9
<b>Waterfit</b>	
Tuesday & Thursday	9–10 a.m.
<b>Aqua Pilates</b>	
Monday	10:35–11:35 a.m.

## White Oaks Pool

1330 Montclair Drive 905-815-5975

Recreational	September 5–March 9
<b>Lengths</b>	
Monday & Wednesday	6–8 a.m.
Saturday	9–10:15 a.m.
Sunday	12:45–2 p.m. *(2)
<i>Tuesday (October 31–March 9)</i>	<i>11:30 a.m.–1 p.m.</i>
<i>Thursday (November 2–March 9)</i>	<i>noon–1:30 p.m.</i>
<b>Leisure Swim</b>	
Saturday	2:30–4 p.m.
Sunday	2–3:30 p.m.
<b>Combo Swim</b>	
Wednesday	7–8:30 p.m.
Friday	8–9:30 p.m.
Sunday (women only)	6:45–7:45 p.m.
Drop-in Fitness	September 5–March 9
<b>Waterfit</b>	
Monday	8–9 p.m.

\* 2 lanes only

## Queen Elizabeth Park (QEPCCC)

2302 Bridge Road 905-815-5979

Recreational	September 5–March 9
<b>Lengths</b>	
Monday	9–10 p.m.
Monday & Wednesday	10:30–11:30 a.m. (1)
Tuesday & Thursday	6–7:30 a.m.
	12:15–1:30 p.m.
Wednesday	8:30–10 p.m.
Friday	10–noon (1)
Saturday	Noon–1:30 p.m.
<b>Leisure Swim</b>	
Saturday	10:30 a.m.–noon
Sunday	6–7:30 p.m.
<b>Combo Swim</b>	
Monday & Wednesday	9–10:30 a.m.
	11:30 a.m.–1:15 p.m.
Friday	Noon–1:30 p.m.
	6:30–8 p.m.
Sunday	1–2:45 p.m.
<b>Adult Combo Swim</b>	
Tuesday	9–10:15 a.m.
Thursday	10–11 a.m.
<b>Healing Waters</b>	
Friday	8–10 a.m.
<b>Swim Your Way</b>	
Tuesday	7–8 p.m. (½ pool)
Sunday	3:30–4:30 p.m. (½ pool)

(#) indicates number of lanes available.

Drop-in Fitness	September 5–March 9
<b>Gentle Waterfit</b>	
Monday–Wednesday	10:30–11:30 a.m.
Thursday	1:30–2:30 p.m.
Friday	10–11 a.m.

## Pool Closures

Please visit [oakville.ca](http://oakville.ca) for service disruptions or [active.oakville.ca](http://active.oakville.ca) for the most up-to-date week-at-a-glance drop-in program schedules.