

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

*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	
Duck Derbies	
February 2	9:30–10:30 a.m.
February 16	9:30–10:30 a.m.
Iroquois Ridge Community Centre	
Combo Swim (slide closed)	
February 2	1:30–3 p.m.
February 16	1:30–3 p.m.
Queen Elizabeth Park (QECCC)	
Leisure Swim	
February 2	1:30–3 p.m.
February 16	1:30–3 p.m.

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

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:

- 
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.
- 
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 (prices include HST)

All prices in effect January 1, 2018

Single Admission	
Adult (18–64)	\$4.75
Youth (2–17) or Senior (65+)	\$3.80
Group (Maximum of 5, one adult required)	\$14.25
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)	\$42.71
Youth (2–17) or Senior (65+)	\$34.13
3-Month Swim/Skate Pass	
Adult (18–64)	\$84.75
Youth (2–17) or Senior (65+)	\$67.80
Family*	\$153.68
Yearly Swim/Skate Pass	
Adult (18–64)	\$254.25
Youth (2–17) or Senior (65+)	\$203.40
Family*	\$455.39
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	\$11.30	\$9.04
10-Visit Waterfit Pass	\$101.70	\$81.36

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, added swim times, cancellations and policies.

AQUATICS

Recreational Swim Schedule

Fall 2017/Winter 2018



Get Active Oakville!

Visit active.oakville.ca to search drop-in recreation and culture programs.

Fall/Winter Aquatics Schedule: January 2018

Centennial Pool

120 Navy Street 905-815-5955

Recreational	September 5–March 9
Lengths	
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)
Tuesday & 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>
Combo Swim	
Thursday	8–9 p.m.
Friday	9–10 a.m.
Saturday	2–3:30 p.m.
Sunday	1:30–3 p.m.
Deep Water Jogging	
Monday–Friday	11 a.m.–noon

(#) indicates number of lanes available.

Drop-in Fitness	September 5–March 9
Waterfit	
Monday–Friday	10–11 a.m.
Gentle Waterfit	
Monday, Wednesday	11 a.m.–noon
Adult Endurance	
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
Lengths	
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.
Leisure Swim	
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.
Combo Swim	
Monday & Wednesday	11 a.m.–noon**
Healing Waters	
Tuesday & Thursday	11 a.m.–noon
Deep Water Jogging	
Tuesday	10–11 a.m.

** no slide

Drop-in Fitness	October 23–March 9
Waterfit	
Monday & Wednesday	9–10 a.m.
Friday	8:30–9:30 a.m.
Gentle Waterfit	
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	
Combo Swim (slide open)	
December 28	1:30–3 p.m.
January 2 and 4	1:30–3 p.m.
Queen Elizabeth Park (QEPCCC)	
Combo Swim	
December 28	11 a.m.–noon
January 4	11 a.m.–noon
Leisure Swim	
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
Lengths	
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)***
Family Fun (small pool)	
Tuesday	7:15–8:15 p.m.**
Wednesday	7–8 p.m.**
Sunday	6:30–7:30 p.m.**
Combo Swim	
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, (#) number of lanes

Drop-in Fitness	September 23–March 9
Waterfit	
Tuesday & Thursday	9–10 a.m.
Aqua Pilates	
Monday	10:35–11:35 a.m.
Fluid Zen	
Tuesday & Thursday	8–9 a.m.

White Oaks Pool

1330 Montclair Drive 905-815-5975

Recreational	September 5–March 9
Lengths	
Monday & Wednesday	6–8 a.m.
Saturday	9–10:15 a.m.
Sunday	12:45–2 p.m. (2 lanes open)
<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>
Leisure Swim	
Saturday	2:30–4 p.m.
Sunday	2–3:30 p.m.
Combo Swim	
Wednesday	7–8:30 p.m.
Friday	8–9:30 p.m.
Sunday (<i>women only</i>)	6:45–7:45 p.m.

Drop-in Fitness	September 5–March 9
Waterfit	
Monday	8–9 p.m.

Queen Elizabeth Park (QEPCCC)

2302 Bridge Road 905-815-5979

Recreational	September 5–March 9
Lengths	
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.
Leisure Swim	
Saturday	10:30 a.m.–noon
Sunday	6–7:30 p.m.
Combo Swim	
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.
Adult Combo Swim	
Tuesday	9–10:15 a.m.
Thursday	10–11 a.m.
Healing Waters	
Friday	8–10 a.m.
Swim Your Way	
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
Gentle Waterfit	
Monday–Wednesday	10:30–11:30 a.m.
Thursday	1:30–2:30 p.m.
Friday	10–11 a.m.

Join us March 17, 2018



Take part in FREE programs including swimming, skating, shinny hockey, as well as FREE access to museum and heritage centres and more during BeLong Oakville.

A one-time opportunity to explore the hidden gems of Oakville!
Details, times and locations for all programs available at theocf.org

