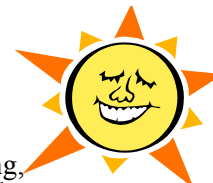




MUNICIPALITY OF HIGHLANDS EAST

JUNE 2018



1. **Pool Schedule:** Arrangements are in place to open the swimming pool on **June 30th** weather permitting, in accordance with the following schedule. Admittance to the pool will be **FREE** on Saturday June 30th, 2018.

Saturdays June 30 to August 25	11:00 a.m. to 1:30 p.m.	Open Swim
	1:30 p.m. to 2:30 p.m.	Adult Swim
	2:30 p.m. to 5:00 p.m.	Open Swim
	5:00 p.m. to 6:00 p.m.	Adult Swim
	6:00 p.m. to 7:00 p.m.	Open Swim
	7:00 p.m.	Pool Closing

Monday to Friday July 2 to August 10	9:00 a.m. to 12:30 p.m.	Instruction
	12:30 p.m. to 3:00 p.m.	Open Swim
	3:00 p.m. to 4:00 p.m.	Aquabics/Adult Swim
	4:00 p.m. to 6:00 p.m.	Open Swim
	6:00 p.m. to 7:00 p.m.	Adult Swim (Aquabics Mon/Wed/Fri only)
	7:00 p.m. to 8:00 p.m.	Open Swim
	8:00 p.m.	Pool Closing

Monday to Friday August 13 to August 24	11:00 a.m. to 2:00 p.m.	Open Swim
	2:00 p.m. to 3:00 p.m.	Adult Swim
	3:00 p.m. to 5:00 p.m.	Open Swim
	5:00 p.m. to 6:00 p.m.	Adult Swim (Aquabics Mon/Wed/Fri only)
	6:00 p.m. to 7:00 p.m.	Open Swim
	7:00 p.m.	Pool Closing

****Pool schedule is subject to change****

Program/schedule changes will be posted at the pool, Cardiff Post Office, and Municipal Office. Please note that the pool program is not a baby-sitting service. Children using the pool must have a local contact in case of emergency.

2. **Swim Types:**

Open Swim For families and individuals to enjoy recreational activities in the water. The pool is open to be used by all. Various toys and equipment may be available during this time.

Adult Swim Provides an opportunity for those age 18 years and older to relax, chat and complete their personal fitness program; these are quiet swims. Pool space includes areas for lane swimming and open swimming.

3. **Aquabics** A fun workout to music. In shallow water tone upper and lower body with warm up, cardio and cool down in every class. In deep water an active toning and cardio workout without impact. Floatation aid will be used.

4. **Pool Fees and Crests:** Season memberships are available for residents and non-residents. An identification crest will be issued to individuals who purchase a season membership. There will be no free replacement of lost crests. Memberships may be paid only at the Municipal Office. You may not purchase season memberships at the pool. **Please purchase your membership prior to June 30th, 2018.**

Fees:

Residents	-	\$28.00 per person, \$100.00 per family, maximum five badges
Non-Residents	-	\$38.00 per person, \$125.00 per family, maximum five badges
Senior-Resident	-	\$15.00 per person, - Persons eligible for reduced "Seniors" rate must qualify for Old Age Security benefits and are residents within the Municipality of Highlands East.

The admission fee for individuals not holding a season membership is \$2.00 per day for children and \$3.00 per day for adults.

5. **Swimming Instruction, Fees and Registration Cardiff Pool:** Sessions run Monday to Friday of each week.

Cardiff Pool - Session 1 runs July 2 – July 13, 2018. **Session 2** runs July 16 – July 27, 2018. **Session 3** runs July 30 – August 10, 2018.

BEACH PROGRAM: Sessions run Monday to Friday of each week. Instruction fee for each 2 week session: \$30.00 per person.

Wilbermere Beach Lessons – Session 1 runs July 2 – July 13, 2018 morning. **Session 2** runs July 16 – July 27, 2018 morning and evening.

Gooderham (Pine Lake) Beach Lessons – Session 1 runs July 2- July 13, 2018 afternoon. **Session 2** runs July 16 – July 27, 2018 afternoon.

RED CROSS – PRESCHOOL	
STARFISH/DUCK 3 TO 36 MONTHS	Introductory class for babies/toddlers and their parent or caregiver. Babies must be able to hold their head up to enter this level. The goal of this orientation to water class is to experience buoyancy, build confidence, movement in the water, entries, and songs & play in the water.
SEA TURTLE (TOTS) 2 TO 3 YEARS	For 2 year-olds. Swimmers learn how to kick with a buoyant object and how to perform basic floats, glides and kicks. This is a great level to introduce independence, as it is the first time without a parent or caregiver in the water.
SEA OTTER 3 TO 5 YEARS	Swimmers learn to open their eyes under the water, further develop basic floats and glides, and swim 1 metre; assisted by the instructor.
SALAMANDER 3 TO 5 YEARS	Swimmers learn to swim 2 metres, basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included.
SUNFISH 3 TO 5 YEARS	Swimmers learn to swim 5metres, increase their distance using buoyant objects, increase their front and back glide with kick and develop their roll-over glide, side glide and front swim.

CROCODILE 4 TO 6 YEARS	Swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They progress their swimming distance to 10 metres.
WHALE 4 TO 6 YEARS	Swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform distance swim of 15 metres.
RED CROSS SWIM KIDS (AT LEAST 6 YEARS OLD)	
SWIM KIDS 1	Swimmers work on floats, glides and kicking. Swimmers build endurance by working on the 5 metre swim.
SWIM KIDS 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on front swim for 5 metres.
SWIM KIDS 3	This level provides an introduction to deep water activities. Endurance is achieved through building strength in flutter kick and a 15 metre swim.
SWIM KIDS 4	This level introduces front crawl and back swim with shoulder roll. Swimmers work on kneeling dives, surface support and 25 metre endurance swim.
SWIM KIDS 5	Swimmers are introduced to back crawl, sculling skills, whip kick on back, stride dives, and treading water. Front crawl increases in distance and endurance is a 50 metre swim.
SWIM KIDS 6	Swimmers work to refine front crawl, back crawl and an introduction to elementary backstroke. Swimmers tread water for 1 ½ minutes and endurance is a 75 metre swim.
SWIM KIDS 7	This level builds skills and endurance for front crawl, back crawl and elementary backstroke. Introduction to breaststroke skills. Endurance is increased to 150 metres.
SWIM KIDS 8	Swimmers learn breaststroke and feet first surface dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes. Endurance is built to 300 metres.
SWIM KIDS 9	This level refines front crawl, back crawl, elementary backstroke and breaststroke. Endurance is built through a 400 metre swim.
SWIM KIDS 10	This level is a final assessment of the strokes for technique and distance. Endurance is built through a 500 metre swim.
LIFESAVING SOCIETY – BRONZE AWARDS	
BRONZE STAR	Bronze Star is a great way to prepare for bronze medallion. Participants develop such skills as problem solving and decision-making in both an individual and group setting. Recommended for those with successful completion of Swim Kids 10.
BRONZE MEDALLION	Prerequisite 13 years old OR hold Bronze Star. Course content includes water rescue, endurance, decision-making, CPR and victim emergency first aid.
BRONZE CROSS	Prerequisite Bronze Medallion. The next step in your lifesaving career, this course includes water rescuers, first aid and will prepare you to take National Lifeguard.

Registration will be on a “first come, first serve” basis. Registrations can be made at the Ward One Municipal Office during regular office hours. If you cannot attend the Municipal Office in person, please contact 613-339-2442 or email tvader@highlandseast.ca to obtain mail in registration forms and fee payment information.

There will be no refund of instruction fees, unless illness has prevented attendance at all sessions.

POOL RULES

In order to ensure that everyone will be able to use the facilities and equipment with safety and pleasure, the following rules will be strictly enforced in the swimming pool.

1. The order of the lifeguard or supervisor on duty is to be obeyed promptly.
2. Supervising personnel are not to be interfered with in the performance of their duties.
3. Profane or obscene language is not to be used.
4. Diving from the red or blue painted areas and running within the swimming pool enclosure is prohibited.
5. Every person using the swimming pool must shower in the area provided before entering the pool.
6. The use of snorkel, underwater masks, flippers, floatation devices etc. is limited.
7. Bathing suits must be worn in the pool. Cut-offs, T-shirts, etc. are prohibited.
8. A parent or guardian must be IN the swimming pool with small children who are non-swimmers, except during instruction periods.
9. Residents who purchase a season membership will receive a crest which must be secured to the bathing suit to allow free entry to the pool. Otherwise, the admission fee will be levied.
10. Bicycles are to be parked in the bicycle area in an upright position, either in the bicycle rack or on the kickstand.
- 11.

The following procedure will be followed for those who fail to follow the rules :

1. A warning by a lifeguard will be given for the first offence.
2. After the second offence, the offender will be expelled from the pool by a lifeguard and will remain so expelled until Council decides that the offender may return.
3. Any further violations could result in permanent expulsion from the pool and grounds.

We expect children’s parents to co-operate by impressing on them the necessity of obeying the rules for their own safety and the well-being of all concerned. Persons causing damage to buildings or equipment will be charged for the cost of repair or replacement.

If parents or guardians have any suggestions or complaints, please contact the Municipal Office.

Please take notice that the telephone at the pool is for outgoing emergency calls only. No incoming calls will be accepted.



Have a safe and happy summer!