



# Georgina Leisure Pool

5279 Black River Road P.O. Box 57 Sutton, Ontario L0E 1R0

Phone: (905) 722-1429 Fax: (905) 722-3194

Email: pool@georgina.ca

www.georgina.ca

**January 9 -  
March 30, 2012**



## MARCH BREAK SWIM CAMP

March 12 - 16, 2012 9:00am-4:00pm

Ages: 7-12 years Cost: \$150.00

Swim camp is fun for everyone that already knows the basics of how to swim. The day is designed to incorporate swim lessons including strokes, skills, drills and free swim time. Other activities include outdoor sports, indoor sports, first aid, arts and crafts, hiking and much more.

**Please note:** Participants must possess a Red Cross Swim Kids level 2 swimming capability or higher.

**Aquatic Leadership  
2012 course  
schedule available  
online or at the  
Georgina Leisure Pool.**

### Facility Rental Information

The Georgina Leisure Pool is a great place to hold a pool party. Whether it be for a birthday, team victory, or even a staff party, we have what you are looking for!

Customize your rental to suit your needs with the option of renting the pools and party room individually or all together.

Pool Designation (Based on 1 hour Rental)	Cost per Hour (25 people) Plus Tax & Insurance
<b>Entire Facility</b> (All 3 pools & water slide)	\$172.20
<b>Beach Pool</b>	\$65.10
<b>Lap Pool</b>	\$129.15
<b>Lap Pool per Lane</b>	\$36.75
<b>Therapy Pool &amp; Slide</b>	\$100.80
<b>Party Room</b> (can hold up to 25 people)	\$28.35
<b>Extra Lifeguard</b> (for each additional 25 people)	\$25.15

## Admission Policies

AGE OF PARENT/GUARDIAN	ADMISSION AGE	RATIO OF CHILDREN TO PARENT/GUARDIAN	CRITERIA
16 Years of age or older	5 Years of age and under	2:1	Children five years of age and younger must be accompanied by a parent or guardian 16 years of age or older. The parent or guardian is responsible for their direct supervision and must be in the water and within arms reach of the child(ren) at all times. A parent or guardian may not supervise more than two children at any given time.
16 Years of Age or older	6 years to 9 years of age	3:1	Children six to nine years of age must be accompanied by a parent or guardian 16 years of age or older. The parent or guardian is responsible for their direct supervision and must be in the water. Non-swimmers must remain within arms reach of their parent or guardian at all times. A parent or guardian may not supervise more than three children 6-9 years of age at any given time.
No Guardian required	Children 10 years of age or older	No Ratio	May swim without parent or guardian accompaniment.

Please Note: All swimmers will be subject to a screening before entering the deep area. The criteria one must complete in order to be allowed to swim in the deep end area of the lap pool is: swim two widths of the lap pool comfortably (without assistance) and tread water, or support their body at the surface for at least 1 minute.

# January 9 - March 30, 2012

## Public Swim Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PUBLIC SWIM</b>		6:45-8:15pm		6:45-8:15pm		2:00-3:30pm	2:00-3:30pm
<b>LANE SWIM</b>	7:00-9:00am 11:30-1:00pm 8:15-9:15pm*	7:00-9:00am - 8:15-9:15pm	7:00-9:00am 11:30-1:00pm 8:15-9:15pm*	7:00-9:00am - 8:15-9:15pm	7:00-9:00am 11:30-1:00pm	2:00-3:30pm (lane open during public swim)	2:00-3:30pm (lane open during public swim)
<b>PARENT &amp; CHILD SWIM</b>	11:00-1:00pm		11:00-1:00pm		11:00-1:00pm		
<b>OLDER ADULT SWIM</b>	2:30-3:30pm		2:30-3:30pm		2:30-3:30pm		

**Public Swim:** Access to all 3 of our pools and our waterslide for the use of leisure swim. Patrons of any age are invited to this program. (Admission policy enforced).

**Parent/Child Swim:** Access to our Beach and Therapy pools for leisure swim. For parents and their pre-school children. (Admission policy enforced).

**Older Adult Swim:** Access to our Lap and Beach Pool for lap or leisure swim. (For adults over 55 yrs.)

**Lane Swim:** Access to our lap and therapy pools. For adults interested in swimming lengths/ laps or relaxing in the therapy pool.

## Aquafitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00am						Aqua Boot Camp*
9:15-10:00am	Aqua Boot Camp	Aqua Deep	Aqua Combo	Aqua Boot Camp	Aqua Combo	
10:15-11:00am	Gentle Aquafit	Aqua Stretch	Gentle Aquafit	Aqua Stretch	Gentle Aquafit	
2:30-3:15pm	Aqua Stretch		Aqua Stretch		Aqua Stretch	
5:30-6:15pm	Aqua Boot Camp		Aqua Boot Camp		Aqua Combo*	
8:15-9:00pm	Aqua Combo*	Aqua Boot Camp	Aqua Combo*	Tae Kwon Aqua		

**Aqua Combo:** This is a medium-intensity workout. Provides all around fitness, with use of shallow, mid and deep water.

**Gentle Aquafit:** Low-Intensity program done to upbeat music with use of shallow, mid and deep water.


**Aqua Deep:** Intense workout all in deep water with use of jog belts, noodles and other equipment (provided). Participants must be comfortable in deep water to participate.

**Aqua Boot Camp:** Intense workout that will put you through the paces of a fun, interactive military style program. Incorporates cardio and muscle training including a variety of high-intensity exercises that work the entire body.

**Aqua Stretch:** Gentle water stretching, range of motion, and muscle strengthening and relaxation techniques. Takes place in therapeutic pool.

**Tae Kwon Aqua:** A low to medium-intensity workout. Demonstrates the fundamentals of Tae Kwon Do and adds increased resistance to punches, kicks and blocks while offering protection for joints.

## Admission Prices

<b>GENERAL ADMISSION RATES</b> (HST included)		<b>DAILY</b>	<b>MONTHLY PASSES</b>	<b>QUARTERLY PASSES</b>	
	<b>Adult</b>	\$2.95	\$29.09	\$75.55	
	<b>Child</b> (17 and under)	\$2.45	\$22.17	\$53.90	
	<b>Senior 55+</b>	\$2.45	\$22.17	\$53.90	
	<b>Family</b> (2 Adults, 2 Children)	\$8.60	\$73.17	\$149.25	
<b>AQUAFIT ADMISSION RATES</b>		<b>DAILY</b>	<b>10x PASS</b>	<b>30x PASS</b>	<b>50x PASS</b>
	<b>Adult Aquafit</b>	\$6.20	\$51.35	\$139.98	\$209.97
	<b>Senior Aquafit 55+</b>	\$5.10	\$41.40	\$113.82	\$169.45

❄ Please Note: All dates, times and prices are subject to change without notice.

\*Programs not running between March 6 to March 30, 2012.