



PATHWAYS HEALTH CENTRE FOR CHILDREN

ADULT QUIET SWIM SPRING 2010

This open swim time allows individuals to use the therapeutic pool for their own personal exercise programs and enjoy the benefits of relaxing in an aquatic environment. The pool is maintained at 88°F to 92°F and the wading pool at 92°F to 95°F. These temperatures ensure maximum therapeutic benefits and offer a comfortable environment for all users.

Registration Process:

1. Registration is at the Aquatics Office 9:00am – 5:00pm during the registration period. **Please check other side for registration dates.**
Please note registration only available Monday – Thursday
2. Registration must be in person and is on a first come, first serve basis.
3. **PAYMENT IS BY CHEQUE ONLY PLEASE.**
4. Reservations without payment will not be accepted.
5. All swimmers require a current Aquatics Waiver Form on file; Waiver Forms are located at the Aquatics Office.
6. Late registration is by appointment only. Please call to make an appointment.
7. Select a day(s) and time according to the schedule.
8. If you would like to swim twice a week you must register for both days.
Registration is non-transferable between days or sessions with out a medical note.

Please Note:

- If there is a closure due to weather or unforeseen circumstances you will be credited for the following session.
- Children's aquatic programs are the priority at Pathways Health Centre for Children; however, we will do our best to accommodate all Adult Quiet Swims within our schedule.
- There is a minimum of 8 and a maximum of 20 participants per swim time.
- **Lift and Transfer training is required prior to using the lift system.**
- **Lift and Transfer training will be held on a need basis please call the Aquatics office to book a training time.**

For more information, please contact Debra Marson, Aquatic Supervisor
(519) 542 – 3471 ext. 279 or dmarson@pathwayscentre.org

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ADULT QUIET SWIM SPRING 2010 SWIM TIMES

Mondays 2:30pm – 3:30pm

Tuesdays 2:30pm – 3:30pm

Wednesdays 2:30pm – 3:30pm

Thursdays 2:30pm – 3:30pm

Saturdays 12:30pm – 1:30pm

Registration: Monday March 15th – Thursday March 25th 2010

****Registration Hours:** Monday - Thursday 9:30am – 4:30pm**

Session: Starting March 22nd – Ending week of May 24th - 29th

Cost: \$35.00/ 10wk session (Monday & Saturdays \$28.00/ 8wk)

**** Pool Closed Easter 2nd – 5th & Victoria Day 22nd – 24th 2010****

For complete registration details see other page

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