

SWIMMING SCHEDULE

WEEKDAYS

6:15 a.m. – 7:45 a.m.	LANE SWIMMING
8:00 a.m. – 11:30 a.m.	SWIMMING LESSONS
11:30 a.m. – 12:30 p.m.	AQUACIZE
1:00 p.m. – 3:00 p.m.	SWIMMING LESSONS
3:30 p.m. – 6:00 p.m.	PUBLIC SWIMMING
6:15 p.m. – 8:00 p.m.	LANE SWIMMING

WEEKENDS

10:00 a.m. – 12:00 p.m.	PRIVATE BOOKINGS
12:00 p.m. – 1:00 p.m.	AQUACIZE
1:00 p.m. – 3:15 p.m.	PUBLIC SWIMMING
3:45 p.m. – 6:00 p.m.	ADULT/FAMILY SWIMMING
6:15 p.m. – 8:00 p.m.	LANE SWIMMING

RULES AND REGULATIONS

- Online registration is offered on a first-come-first-served basis. Limited enrollment. Classes may be cancelled if registration numbers are too low.
- Registration will not be accepted unless accompanied by payment. No post-dated cheques will be accepted.
- We reserve the right to cancel or merge classes if there is insufficient enrollment. We are not responsible for lost days due to weather or absenteeism. No refunds will be issued for these reasons. All other refunds are issued by the Town of Indian Head subject to notification from pool manager.
- Lesson times will be established concluding registration dates and made available prior to each session.
- Public swimming may be cancelled or changed to accommodate special pool events or additional lessons. Please watch for upcoming events.
- The Pool will be forced to close during inclement weather including torrential rain. The Pool may close for the day if lightning/ thunder persists. The Pool may also close due to staff availability. Check the Indian Head Swimming Pool's Facebook page for updates and closure notifications.
- At least one parent or caregiver is required to be in the water and within arm's reach of their swimmer attending Family Swim times.

THE TOWN OF



2020 POOL GUIDE

INDIAN HEAD SWIMMING POOL

- ESTABLISHED 1981 -
 306-695-3627
 TOWN OF INDIAN HEAD
 BOX 460
 INDIAN HEAD, SK
 S0G 2K0
www.townofindianhead.com

SWIMMING FEES

SEASONS PASS	SINGLE PASS	PASS BOOK (10)
FAMILY \$120	ADULT: \$7.00	ADULT: \$50.00
ADULT \$85	STUDENT: \$5.00	STUDENT: \$35.00
STUDENT/CHILD \$65	CHILD: \$5.00	CHILD: \$35.00

*Family Pass is one per immediate household



SWIMMING LESSONS

SESSION 1 July 13-17	RED CROSS SWIM KIDS 3-10
SESSION 2 July 20 – 24	RED CROSS STARFISH-SWIM KIDS 4
SESSION 3 July 27 – 31	RED CROSS SWIM KIDS 3-10
SESSION 4 August 3 – 7	RED CROSS STARFISH-SWIM KIDS 4
SESSION 5 August 10 – 14	RED CROSS SWIM KIDS 3-10
SESSION 6 August 17 – 21	RED CROSS STARFISH-SWIM KIDS 4

**Due to COVID-19 All Preschool levels and Swim Kids levels 1-2 will require a parent or guardian (minimum age 14) to be in the water with the child at all times to minimize contact with the instructor.

BRONZE MEDALLION/CROSS

July 9th: 3pm-9pm &

July 10th-12th: 8am-12pm & 1-5pm

**Pre-Req: Must be 13 or have completed Bronze Star*

***Please note all swimming lessons are dependent on instructor availability**

SYNCHRONIZED SWIMMING

This course is a 4-week program to teach the basics of synchronized swimming. Swimmers will work on strength, endurance, flexibility, and grace in preparation for a performance to showcase their skills on the final day of the program. This sport is for stronger swimmers who are comfortable in deep water and swim at a Swim Kids level 5 or above. Ages 8-12. Tuesday and Thursday from 5:15-6:00 p.m. During this time the deep end will be closed. Runs from July 14th-August 6th.

LESSON FEES

LESSONS

Starfish-Whale	\$50.00
SK 1-4	\$60.00
SK 5-7	\$70.00
SK 8-10	\$85.00
Synchro (1.5 hr/wk)	\$20.00
Bronze Medallion/Cross	\$250.00

REGISTRATION

Registration for lessons must be done online.

- Lesson registration deadline for session 1: Friday July 10th
- Lesson registration deadline for session 2: Friday July 17th
- Lesson registration deadline for session 3: Friday July 24th
- Lesson registration deadline for session 4: Friday July 31st
- Lesson registration deadline for session 5: Friday August 7th
- Lesson registration deadline for session 6: Friday August 14th

COVID REGULATIONS

- Staff & members of the public who are sick or symptomatic must stay home. People at higher risk of COVID-19 should not participate in programmed activities until approved.
- Proper and frequent hand hygiene by public and staff is vital component in preventing the transmission of illness. Public must wash their hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- Avoid touching your face, nose, mouth and eyes.
- Members of the public should enter and exit the facility in their swim clothes to minimize crowding in change room areas.
- Public and staff, with the exception of household and extended household contacts, must maintain a minimum physical distance of two metres in all areas, including in the swimming pool.
- Children 10 years old and younger must be accompanied by an adult (minimum age 14) to ensure compliance with physical distancing.
- Directional flow markings have been installed throughout the facility. Please observe these markers for everyone's safety.
- All swimmers must take a cleansing shower prior to entering the swimming pool.
- Patrons must remove face masks prior to entering the water.
- Public pool toys will not be provided; however, you may bring your own as long as they are only used by your household.
- Participants should not share water bottles, towels, goggles or other equipment. Water bottles should be filled at home.
- Swimmers should arrive as close to the start time as possible and exit the facility immediately after practice/lessons are over to reduce the number of people gathering in a facility.