

FALL 2018 AQUATIC INFORMATION



Private Swimming Lessons

Private lessons will follow our group swim lesson dates. This will allow us to program your lessons with a consistent instructor and will be in line with our other programs.

Participants who would like a **semi-private** should register one participant and then contact the appropriate facility at the numbers below. Please have your barcode ready as well as the name of the additional participant(s) and your credit card information. *Additional fees apply per additional participant.*

Patrons with special needs can direct their requests to the following for consideration:

- Adie Knox Herman - 519-253-3157 x 4
- Gino and Liz Marcus - 519-253-7527
- WFCU Centre - 519-974-7979 x 4650
- WIATC – Natatorium - 519-253-2300 x 2924
- Outdoor Pools - 519-253-2300 x 2922

Private Lesson Policy

- Private lesson must be paid for in full at time of booking.
- Patrons enrolled in semi private lessons must be of similar age & ability with a maximum one swim level difference.
- Credits for missed private lessons are not available.
- Financial Assistance/P2P can not be applied to private lessons.

Diapers

Cloth or regular diapers are not permitted in any of our pools or Spray Pads. We recommend you fit your child with a swim diaper, "Gabbies" or plastic pants with a tight fitting leg.

Locks and Lockers

Lockers are available on a first come first serve basis at our Aquatic and Fitness Centres. Parks and Recreation is not responsible for lost, stolen, or damaged belongings. Locks are available for purchase or rent at WIATC. Locks and items left overnight will be removed.

Visit: **ACTIVEWINDSOR.CA**
(formerly reconnectwindsor.ca)



Go with the Flow(Rider)!

There's something for everyone at Adventure Bay Family Water Park Presented by WFCU Credit Union!

All sessions will offer the opportunity for stand-up riding only. All **new riders** will receive a lesson during the times noted below. Regular water park admission rates apply for all class times.

Participants are required to be a minimum of 48 inches tall and must sign a waiver prior to participating. Participants under 18 years of age must have their parent/guardian review and sign the waiver.

SURF'S UP MONDAYS & WEDNESDAYS

All Abilities: 6pm – 8:30pm

Cost: \$10 per person OR a valid Adventure Bay membership

SURF'S UP SATURDAYS & SUNDAYS

New Riders: 9am – 10am

**Note: All new riders must arrive prior to 9:30am to participate in the lesson.*

All Abilities: 10am – 12pm

Cost: Paid water park admission OR a valid Adventure Bay membership.

**The Flow Rider is a high risk/high thrill attraction. As such, participants must be approved by an instructor to be eligible to practice stand-up riding during public hours. A minimum attendance of two classes is required to be considered for approval.*

**"New Riders" are riders who have not yet been approved (signed off) for stand-up riding during public hours.*

**All Saturday and Sunday classes overlap with regular public water park hours. Riders will share the attraction with members of the public during the "All Abilities" times listed above.*

**Classes may be cancelled for reasons such as holidays, programming, maintenance, etc.*

SWIMMING SCHEDULE

Adie Knox Herman Recreation Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths *(3 Lanes Only)						
7am-1pm 3-4:30pm 8:15-9:15pm	6:30am-1pm 3-4:30pm 8:15-9:15pm	7am-1pm 3-4:30pm *8:15-10pm	6:30am-1pm 3-4:30pm *8:15-9:15pm	7am-1pm 3-4:30pm	6:30-9am	6:30-10:30am
Aqua Fit (Shallow End)						
10:30-11:15am 3-3:45pm 7:30-8:15pm	10:30-11:15am 3-3:45pm 7:30-8:15pm	10:30-11:15am 3-3:45pm 7:30-8:15pm	10:30-11:15am 3-3:45pm 7:30-8:15pm	10:30-11:15am 3-3:45pm		
Aqua Fit (Deep End)						
	9-9:45am 8:15pm-9pm		9-9:45am 8:15pm-9pm			
Aqua Fit (Advanced Shallow)						
9-9:45am		9-9:45am		9-9:45am		
Female Only Swim						
2-2:45pm		2-2:45pm		2-2:45pm		
Water Walking (Self-guided)						
9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am		
Open Adult Swim						
	2-3pm		2-3pm			

Gino and Liz Marcus Community Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths						
11:30am-1pm 2:30-4pm	11:30am-1pm 2:30-4pm	11:30am-1pm 2:30-4pm	11:30am-1pm 2:30-4pm	11:30am-1pm 2:30-4pm		
Aqua Fit (Shallow End)						
9-9:45am 10:45-11:30am 7:45-8:30pm	10:45-11:30am	9-9:45am 10:45-11:30am 7:45-8:30pm	10:45-11:30am	9-9:45am 10:45-11:30am		
Water Walking (Self-guided)						
10:00-10:45am		10:00-10:45am		10:00-10:45am		

Windsor International Aquatic and Training Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths *(Long Course 50m)						
6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-3pm	7am-4pm*
Open Adult Swim						
6am-12:30pm 3-5pm	6am-12:30pm 3-5pm	6am-12:30pm 3-5pm	6am-12:30pm 3-5pm	6am-12:30pm 3-5pm	7am-9am	7am-9am

WFCU Centre						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths *(2 Lanes minimum)						
6-8:30am 8:30-12:15pm* 12:15pm-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15pm-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15pm-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15pm-1pm 7:30-9pm*	6-8:30am 8:30-12:15pm* 12:15pm-1pm	7-9am	8:30-10:00am
Aqua Fit (Shallow End)						
9:45-10:30am 7:30-8:15pm	9:45-10:30am 2:15-3pm	9:45-10:30am 7:30-8:15pm	9:45-10:30am 2:15-3pm	9:45-10:30am		
Aqua Fit (Deep End)						
9-9:45am	9-9:45am	9-9:45am	9-9:45am	9-9:45am		
Water Walking (Self-guided)						
8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am	8:45-9:30am		
Therapeutic Accessibility Swim						
1-2pm						
Family Swim						
					2-4pm	10am-12pm
Teen Swim						
				8-9:30pm		
Pre-school Swim						
	10:30am-12pm		10:30am-12pm			

Aqua Fit - Shallow

Join us for a 45-minute class encompassing of all fitness levels with options to increase or decrease the intensity of the workout. Classes are held in chest to shoulder depth water.

Aqua Fit - Deep

Deep water aqua fit is similar in structure to our shallow water class but is held in the deep end. This class is for participants who are comfortable and can swim in deep water. Flotation belts are available to assist with alignment and proper body position. This class is not recommended for non-swimmers.

Lengths

This time is designed for participants swimming continuous lengths and a variety of lane speeds will be offered. Please note that lengths swim may coincide with other aquatic programming. A minimum of 2 lanes will be available. Note: Teen swimmers may be screened and approved to swim during length times.

Adult Open Swim - WIATC

Float, walk, paddle or stretch during this time. Lengths are not required. This is a multi programmed space.

Water Walking

Take a self-guided stroll while stretching, strengthening and toning your entire body in waist to chest deep water.

Therapeutic Accessibility Swim

This one hour self-guided swim offers free range use of the lap pool and therapy pool for patrons with a disability. This swim is ideal for those looking for post rehab water therapy.

Preschool Swim

A great time to play and introduce your toddler to water. Jump through the bubbles, splash through our interactive splash pad features, and enjoy a variety of toys. This swim is for children under the age of 5 accompanied by a caring adult.

Teen Swim - WFCU

Participants aged 12 and up are invited to join us for a swim designed just for them! Try out various equipment and pools while listening to your favorite tunes.

Family Swim - WFCU

Enjoy the spray of the interactive splash pad and meet our newest aquatic team member... our splash pad snail! Enjoy the warm water and bubbles in the therapy/relax pool, or grab a noodle and take a dip in the main pool. All of our features are accessible and waiting for you to enjoy!