

RECREATION SWIM

DROP IN FEES

Children 2 and younger	FREE
Age 3-18	\$3.00
Age 19+	\$4.00
Preschool Swim – All Ages	\$2.25
Family (*Min 1 adult, max 2 adults, 6 people total)	\$12.00

ADMISSION POLICY

Ages 9 & Under

Participants 9 years of age and under are required to have supervision at all times when visiting our aquatic facilities. Swimmers must be directly supervised in the water at all times by a responsible person 13 years of age or older unless they pass a swim test. The supervising (responsible) person must be able to touch the pool bottom.

At the time of admission, these participants will receive a red wristband. Once on the pool deck swimmers aged 9 and under may take a **swim test**. The swim test will be provided by the pool coordinator on duty. If successful, they will receive a green wristband and may swim in deep water. They must still be supervised in the facility.

The **swim test** will consist of swimming **2 widths of the pool (or 20m whichever is shorter)** without touching the bottom followed by demonstrating **treading water for 30 seconds continuously**.

We strongly recommend that anyone 10 or 11 years old have a supervising (responsible) person with them at all times.

Supervision Ratios

All swimmers have a green wristband

1:4 (No lifejacket/PFD + must remain in the facility)

1 or more swimmers have a red wristband

1:2 (No lifejacket/PFD + must remain within arm's reach)

1:4 (With lifejacket/PFD + must remain within arm's reach)

GINO & LIZ MARCUS POOL SCHEDULE

Effective Tuesday September 5, 2023 to Friday December 22, 2023

Exceptions - The pool is closed the following dates:

- Monday September 4 (Labour Day)
- Monday October 9 (Thanksgiving)

LENGTHS AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Aquafit		9:15am-10:00am 10:45am-11:30am	10:45am-11:30am	9:15am-10:00am 10:45am-11:30am *7:45pm-8:30pm <i>*evening Aquafit begins September 20 and ends November 24</i>	10:45am-11:30am	9:15am-10:00am 10:45am-11:30am *7:45pm-8:30pm <i>*evening Aquafit begins September 20 and ends November 24</i>	
Lengths		11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	
Water Walking		10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	

FEES

Lengths and Aquafitness	
Drop In	\$6.00
One Month	\$38.50
Three Months	\$109.75
Six Months	\$197.25
Annual	\$346.50



Natatorium Pool Schedule



FALL 2023

FIT LANES AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit Lanes (25m)		5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 7:30 pm		
Fit Lanes (50m)	7:00 am - 2:30 pm					5:30 am – 8:00 pm	6:00 am – 4:45 pm
Open Adult		6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm		
River Resistance Water Walking (Lazy River) - Begins Sept 18.		9:45 am – 10:30 am		9:45 am – 10:30 am		9:45 am – 10:30 am	
Shallow Aqua Fitness (Wave Pool) - Begins Sept 18.		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am	

*At least 2 lanes will be available during the above hours of operation. Please follow proper lane etiquette and practice circle swimming wherever applicable.

*All fit lane times require swimmers to be proficient in fitness swimming techniques.

*Participants must be able to swim 25m-50m continuously without stopping in the middle of the lane for rest.

Fitness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am – 4:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	7:00 am – 4:00 pm

Exceptions:

All times noted above are subject to change based on high performance events. Please refer to the monthly Event Schedule for all service disruptions

Pricing

Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

*To purchase a membership, please visit www.activewindsor.ca or call (519) 255-1161

WIATC October 2023 Events and Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Short Course Fit Lanes: 7:00 am - 2:30 pm	2 NATIONAL DAY FOR TRUTH AND RECONCILIATION (Observed – FT Staff) Fall 2023 Daily Schedule	3 Fall 2023 Daily Schedule	4 Fall 2023 Daily Schedule	5 Fall 2023 Daily Schedule	6 Fall 2023 Daily Schedule	7 Fall 2023 Daily Schedule
8 Fall 2023 Daily Schedule	9 THANKSGIVING Facility Closed	10 Fall 2023 Daily Schedule	11 Fall 2023 Daily Schedule	12 Fall 2023 Daily Schedule	13 Fall 2023 Daily Schedule	14 Fall 2023 Daily Schedule
15 Fins Up #1 Fit Lanes Cancelled	16 Fall 2023 Daily Schedule	17 Fall 2023 Daily Schedule	18 Fall 2023 Daily Schedule	19 Fall 2023 Daily Schedule	20 Fall 2023 Daily Schedule	21 Fall 2023 Daily Schedule
22 Fall 2023 Daily Schedule	23 Fall 2023 Daily Schedule	24 Fall 2023 Daily Schedule	25 Fall 2023 Daily Schedule	26 Fall 2023 Daily Schedule	27 Fall 2023 Daily Schedule	28 Fall 2023 Daily Schedule
29 Fall 2023 Daily Schedule	30 Fall 2023 Daily Schedule	31 HALLOWEEN No Lessons Scheduled Fall 2023 Daily Schedule				



Adventure Bay Drop-in Schedule

FALL 2023



AquaFit, River Resistance Water Walking

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
River Resistance Water Walking		9:45am – 10:30am <i>*Begins Sept. 18</i>		9:45am – 10:30am		9:45am – 10:30am	
Shallow Aqua Fitness		8:45am – 9:30am 10:45am – 11:30am <i>*Begins Sept. 18</i>		8:45am – 9:30am 10:45am – 11:30am		8:45am – 9:30am 10:45am – 11:30am	
Flow Rider Drop in				5:00pm – 8:00pm <i>*Begins Sept. 20</i>			9:00am – 12:00pm

Pricing

Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

*To purchase a membership, please visit www.activewindsor.ca or call (519) 255-1161

REVISED WFCU CENTRE POOL SCHEDULE

Monday, September 4, 2023 to Saturday December 31st, 2023

REVISED: AFTERNOON AQUAFIT CLASSES WILL RESUME TUESDAYS AND THURSDAYS EFFECTIVE September 26, 2023

Exceptions:

- Closed: September 4 (Labour Day), October 9th (Thanksgiving), December 25th (Christmas Day) and 26th (Boxing Day)
- October 31st – closing at 5:00pm

FIT LANES AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit Lanes	7:00-9:00am	6:00-8:00am 11:45-1:00pm 2:00-4:00pm 8:00-9:00pm (4 lane)	6:00-8:00am 1:00-2:00pm 2:00 – 3:00pm (3 lanes) 3:00-4:30pm	6:00-8:00am 11:45-1:00pm 2:00-4:00pm 8:00-9:00pm (4 lane)	6:00-8:00am 1:00-2:00pm 2:00 – 3:00pm (3 lanes) 3:00-4:30pm	6:00-8:00am 11:45-1:00pm 2:00-4:30pm 8:00-9:00pm	7:00-9:00am
Shallow Aquafit		8:30-9:15am 9:30-10:15am 2:00-2:45pm 8:00-8:45 pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm 8:00-8:45 pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	
Deep Aquafit		10:30-11:15am	10:45-11:30am	10:30-11:15am	10:45-11:30am	10:30-11:15am	
Water Walking		10:30-11:15am		10:30-11:15am		10:30-11:15am	

RECREATION SWIMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim							1:30-3:30pm
Preschool Swim			11:00-12:30pm		11:00-12:30pm		

FEEES

Adults Lengths and Aqua fitness	
Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

Family Swim	
2 and younger	FREE
Age 3-18	\$3.00
Age 19+	\$4.00
Family (*Min 1 adult, max 2 adults, 6 people total)	\$12.00

Preschool Swim	
All Ages	\$2.25
Preschool Swim is for participants age 5 or younger and their parents or caregivers to accompany them in the therapy pool.	