

Nobleton Lions Outdoor Pool

General Information:

Pool Opening: June 27, 2009

Pool Closing: August 28, 2009

Pool Temperature: 25°C

Children under 9 must be accompanied by an adult

Children under 5 must be within arms length of an adult

Proper swim attire must be worn by everyone on deck

Street clothes and shoes are not allowed past the shower area

Children not toilet trained must wear tight plastic pants over or under swimsuit

PLEASE NOTE: Refunds are not issued due to inclement weather or unforeseen circumstances

Public Swimming

Monday to Friday 1:30-4:30pm, 7:00-8:30pm

Weekends and Holidays 11:00am-4:00pm, 4:30-8:30pm

Fees: Child - \$3.00, Student/Senior - \$3.50, Adult \$4.00

Family Pass: \$18.00

PLEASE NOTE: Each public swim time slot is an individual session. Prices are based on a per session basis, not a per day basis

Monthly Pass

Child \$40.00	General	\$50.00	Family \$100.00
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Season Pass

Child \$80.00	General	\$100.00	Family \$200.00
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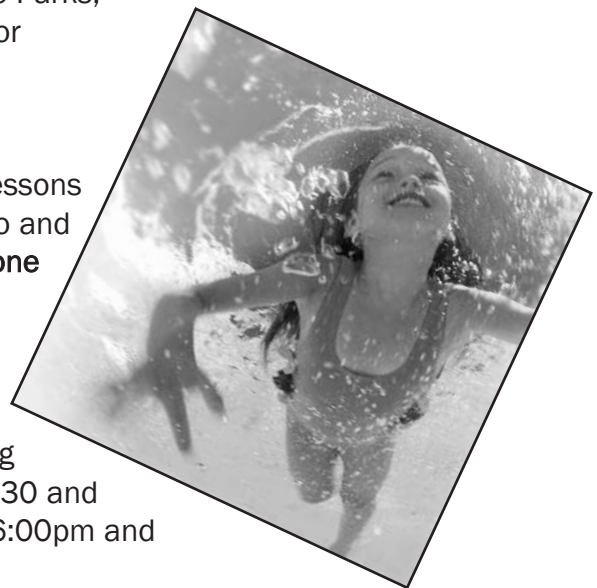
Pool Rentals

The pool is available for private rentals on weekends at a cost of \$115.00/2hrs. Two life guards are provided (additional guards \$24/hr each). Pool Rentals available from 11:00am to 1:00pm on weekends and holidays only. Call Laura Campbell of the Parks, Recreation and Culture Department at 905-833-5321 or lcampbell@king.ca to book your rental.

Camper Swimming Lessons

Township of King Campers can register for swimming lessons while attending camp. Counsellors will walk campers to and from the pool. **Please note that camp sessions run in one week rotations and swimming lessons run in two week sessions.** Parents will be responsible for getting their children to the pool if they are not registered in camp for both weeks of their lessons.

All extended care campers can register for the following swimming lessons: Morning private lessons between 8:30 and 9:00am, afternoon private lessons between 4:30 and 6:00pm and Aquaquest lessons between 4:30 and 6:00pm



Swimming Lessons

Not sure which program you should be registering for? Take a look below to figure out what level you should be starting at.



Red Cross Swim Preschool

Program for 3 to 5 years of age
 This program allows your children to enter levels based on their age and abilities: Children will be with the Instructor at all times. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.



Still have questions? Give us a call at 905-833-5321 for more information.

3 years of age or older, and just starting out, previous lessons not necessary	Red Cross Swim Preschool – Sea Turtle
3-5 years and can comfortably move and float with assistance, and put their face in the water	Red Cross Swim Preschool – Salamander
Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times	Red Cross Swim Preschool – Sunfish (if ages 3-5) or Red Cross Kids Level 1
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Preschool – Crocodile Red Cross Swim Kids Level 1
Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously	Red Cross Swim Preschool – Whale Red Cross Swim Kids Level 2
Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5m, and swim 10 metres continuously	Red Cross Swim Kids Level 3
Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously	Red Cross Swim Kids Level 4
Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously	Red Cross Swim Kids Level 5
Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously	Red Cross Swim Kids Level 6
Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously	Red Cross Swim Kids Level 7
Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously	Red Cross Swim Kids Level 8
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously	Red Cross Swim Kids Level 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously	Red Cross Swim Kids Level 10

Red Cross Swim Kids

10-level program for ages 6 and up
 This program for school aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

Aquatots and Aquaquest Lessons:

Level	Session 1 June 29-July 10	Session 2 July 13-24	Session 3 July 27-Aug 7	Session 4 Aug 10-21	Session 5 Aug 24-Sept 4
Sea Turtle/ Salamander	10:15-10:45am	4:30-5:00pm	11:00-11:30am	10:15-10:45am	9:00-9:30am
Sunfish/Crocodile	4:30-5:00pm	10:15-10:45am	9:15-9:45am	4:30-5:00pm	9:30-10:00am
Whale	5:00-5:30pm	11:30am- 12:00pm	10:15-10:45am	11:30am- 12:00pm	10:00-10:30am
Aquaquest 1	9:15-9:45am	11:00-11:30am	5:00-5:30pm	11:00-11:30am	10:30-11:00am
Aquaquest 2	11:00-11:30pm	9:15-9:45am	4:30-5:00pm	9:15-9:45am	11:30am- 12:00pm
Aquaquest 3	11:30am-12:00pm	9:45-10:15am	9:45-10:15am	9:45-10:15am	
Aquaquest 4	9:45-10:15am	11:30am- 12:00pm	6:15-6:45pm	11:30am- 12:00pm	11:15-11:45am
Aquaquest 5/6	9:15-10:00pm	5:00-5:45pm	10:00-10:45am	5:00-5:45pm	9:00-9:45am
Aquaquest 7	10:00-10:45am	5:45-6:30pm	9:15-10:00am	5:45-6:30pm	
Aquaquest 8	4:30-5:15pm	9:15-10:00am	4:30-5:15pm	9:15-10:00am	
Aquaquest 9/10	5:15-6:00pm		5:15-6:00pm	10:00-10:45am	
Rookie	6:00-6:45pm				
Ranger			6:00-6:45pm		
Bronze Medallion		4:30-7:00pm			
Bronze Cross				4:30-7:00pm	

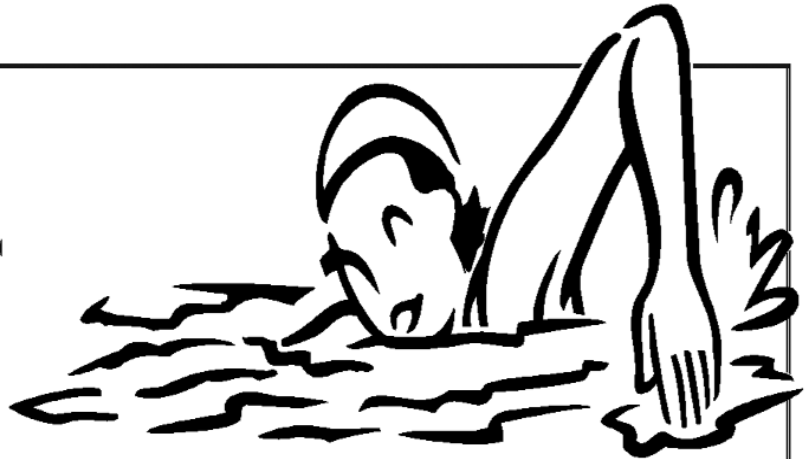
Private / Semi-Private Lessons:

Requests for semi private lessons must be made with another participant of similar skill level. We can not match single requests.

Session 1: 8:30-9:00am 11:00-11:30am 11:30am-12:00pm 5:45-6:15pm 6:15-6:45pm	Session 2: 8:30-9:00am 6:30-7:00PM	Session 3: 8:30-9:00am 11:00-11:30am 11:30am-12:00pm 5:45-6:15pm	Session 4 8:30-9:00am 11:00-11:30am 6:30-7:00pm	Session 5 8:30-9:00am 10:00-10:30am 10:30-11:00am 11:00-11:30am
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Lesson Fees

Aquaquest \$69.00
 Bronze Medallion/Cross \$171.00
 Private \$199.00
 Semi-Private \$158.00
 Rookie/Ranger \$69.00



Call the Parks, Recreation and Culture
 Department at 905-833-5321
 for more information