

# Aquatic Programs

Aquatic Co-ordinator: Tracey Leonard - [tleonard@clarington.net](mailto:tleonard@clarington.net)

**IF YOU HADN'T HEARD... We made some changes...**

## REGISTRATION

- **Group Swimming Lesson registration** now begins on **Thursdays at 7:00 AM**. This is to offer a greater level of support to our users should difficulties or questions arise.
- **Private or Semi-Private Lessons** All of our private and semi-private time slots are now published in the guide. This will assist parents in their selection process and reduce the amount of time spent during registration. **Registration now begins at 7:00 AM.**

Additionally, we are now offering registration on-line for **10 WEEK PRIVATE LESSONS.**

## Group Swimming Lessons

### When does Registration start?

- Thursday, **December 1** for Clarington Residents
- Thursday, **December 8** for Non-Residents

### What time does Registration begin?

All methods of registration will commence at **7:00 AM**

- EAZYREG 905-623-3299
- [www.claringtoneazyreg.ca](http://www.claringtoneazyreg.ca)
- In person



## RED CROSS REVISED THEIR PROGRAM

### HERE'S WHAT CHANGED THIS PAST SEPTEMBER

- Our parented program ages for Starfish, Duck and Sea Turtle were modified slightly so please look closely!
- A new preschool level, *Sea Otter*, replaced the current Sea Turtle 2 un-parented level, for children aged 3 - 5 years.



### Session Dates

(9 week winter session)

#### SATURDAYS

January 7 - March 3

#### SUNDAYS

January 8 - March 4

#### MONDAYS

January 9 - March 12

#### TUESDAYS

January 10 - March 6

#### WEDNESDAYS

January 11 - March 7

#### THURSDAYS

January 12 - March 8

#### No lessons

Monday, February 20, Family Day

## FEES & DURATION - GENERAL YOUTH LESSONS

LEVEL	DURATION	FEE
Red Cross Swim Preschool	30 minutes	\$72.00
Red Cross Swim Kids Levels 1-4	30 minutes	\$72.00
Red Cross Swim Kids Levels 5-12	45 minutes	\$76.05

Plus taxes where applicable. Non-residents add 10% surcharge to fees

## Age Pre-requisite for Programs

Please note where age is a pre-requisite for a swimming program, participants must be the correct age to register. Consideration will be given to participants who turn the correct age by the second lesson. Registration **must** be in person.

## Screening:

Not sure which level to register your child in? We can help! Come to any Public Swim and a certified instructor will assess your child's swimming level and suggest an appropriate program. Parents wishing to have preschool children screened will be required to enter the water with their child due to Admission Requirements. Contact the Courtice Community Complex at 905-404-1525, Clarington Fitness Centre at 905-623-3392, or Newcastle & District Recreation Complex at 905-987-5667 for more information. **Fee: \$2.75**

We kindly ask that all parents wishing to have a child screened come with their child after the first 30 minutes of the start of the swim and screenings will take place at this time.

## Private and Semi-Private Lessons

### IF YOU HADN'T HEARD...we made some changes...

We are happy to continue the exciting changes to the private and semi-private registration process we made this past September. All the days and times designated for private and semi-private lessons are now published in the guide. This provides greater ability for planning and reduces the time spent at the desk during the registration process. We kindly ask that parents come to the desk with their top three choices!

**AND...** all 10 week private lessons (9 weeks for Winter Session) are now available for registration on-line and by eazyreg phone, in addition to the usual in-person process. Please note barcodes have been listed beside all 10 (9) week privates, by facility.

#### When does Registration start?

- Tuesday, **December 6** for Clarington Residents
- Tuesday, **December 13** for Non-Residents



All methods of registration will commence at 7:00 AM at the appropriate facility on a first-come-first-served basis.

Registration for all 10 (9) week private lessons will also be available at: EAZYREG 905-623-3299 or online at:

[www.claringtoneazyreg.ca](http://www.claringtoneazyreg.ca) starting at **7:00 AM**.

#### What if no one else registers for the semi-private class that I have registered my child in?

Semi-private classes will only run if both spaces are filled. Registrants of classes that do not meet the required registration will be given the option to attend a general lesson or upgrade to a private lesson.

#### What is the cost of private and semi-private lessons?

PRIVATE	RATIO	DURATION	FEE	SEMI-PRIVATE	RATIO	DURATION	FEE
9 weeks	1:1	30 minutes	\$221.18	9 weeks	2:1	30 minutes	\$138.38
5 weeks (Block 1)	1:1	30 minutes	\$122.75	5 weeks (Block 1)	2:1	30 minutes	\$76.75
4 weeks (Block 2)	1:1	30 minutes	\$98.30	4 weeks (Block 2)	2:1	30 minutes	\$61.50

Plus taxes where applicable. Non-residents add 10% surcharge to fees

### BLOCK 1 (5 weeks)

#### Session Dates

##### SATURDAYS

January 7 - February 4

##### SUNDAYS

January 8 - February 5

##### MONDAYS

January 9 - February 6

##### TUESDAYS

January 10 - February 7

##### WEDNESDAYS

January 11 - February 8

##### THURSDAYS

January 12 - February 9



### BLOCK 2 (4 weeks)

#### Session Dates

##### SATURDAYS

February 11 - March 3

##### SUNDAYS

February 12 - March 4

##### MONDAYS

February 13 - March 12

##### TUESDAYS

February 14 - March 6

##### WEDNESDAYS

February 15 - March 7

##### THURSDAYS

February 16 - March 8

##### No lessons

Monday, February 20

Family Day

# PRIVATE LESSONS (9 WEEKS ONLY)

Registration online or in person

DAY	TIME	BARCODE	DAY	TIME	BARCODE
CLARINGTON FITNESS CENTRE					
Tuesday	5:00 PM	133676			
	5:30 PM	133677			
	6:00 PM	133678			
NEWCASTLE RECREATION COMPLEX					
Saturday	11:00 AM	133679	Monday	6:30 PM	133686
	12:30 PM	133680		7:00 PM	133687
Sunday	9:45 AM	133681	Tuesday	4:30 PM	133688
	11:00 AM	133682	Wednesday	4:30 PM	133689
	12:00 PM	133683	Thursday	5:00 PM	133690
	12:00 PM	133684		5:30 PM	133691
	12:30 PM	133685		6:00 PM	133692
COURTICE COMMUNITY COMPLEX					
Saturday	9:30 AM	133693	Monday	4:00 PM	133713
	9:30 AM	133694		4:30 PM	133714
	9:30 AM	133695		4:30 PM	135527
	9:30 AM	135526		5:00 PM	133715
	10:00 AM	133696		5:30 PM	133716
	12:00 PM	133697		6:00 PM	133717
	12:00 PM	133698		6:30 PM	133718
	12:30 PM	133699		6:30 PM	133719
	12:30 PM	133700	Tuesday	5:00 PM	135528
	12:30 PM	133701		5:30 PM	133720
Sunday	9:30 AM	133702		6:00 PM	133721
	9:30 AM	133703		6:30 PM	133722
	9:30 AM	133704	Wednesday	4:00 PM	133723
	9:30 AM	133705		4:30 PM	133726
	9:30 AM	133734		5:30 PM	133727
	9:30 AM	133735		6:00 PM	133728
	10:00 AM	133706		6:30 PM	133729
	10:00 AM	133707		7:00 PM	133730
	11:00 AM	133708	Thursday	5:00 PM	135576
	11:30 AM	133709		5:30 PM	133732
	11:30 AM	133710		6:30 PM	133733
	12:00 PM	133711		6:30 PM	135577
	12:30 PM	133712			



# PRIVATE LESSONS (4 & 5 WEEKS ONLY)

## SEMI-PRIVATE (4, 5 & 9 WEEKS)

Registration in person at the appropriate facility ONLY

DAY	TIME	DAY	TIME
CLARINGTON FITNESS CENTRE			
Tuesday	5:00 PM		
	5:30 PM		
	6:00 PM		
NEWCASTLE RECREATION COMPLEX			
Saturday	9:30 AM	Tuesday	4:30 PM
	10:00 PM		5:00 PM
	12:30 PM		5:00 PM
	12:30 PM		6:00 PM
Sunday	9:45 AM		6:30 PM
	10:00 AM	Wednesday	5:00 PM
	10:30 AM		5:00 PM
	11:30 AM		5:30 PM
	12:00 PM		6:00 PM
	12:00 PM	Thursday	4:30 PM
	12:30 PM		4:30 PM
Monday	4:30 PM		5:00 PM
	5:00 PM		5:30 PM
	6:30 PM		5:30 PM
	7:00 PM		6:30 PM
			6:30 PM
COURTICE COMMUNITY COMPLEX			
Saturday	9:30 AM	Wednesday	4:00 PM
	12:30 PM		4:00 PM
	12:30 PM		6:30 PM
Sunday	10:00 AM		7:00 PM
	11:30 AM		7:00 PM
	12:00 PM	Thursday	5:00 PM
	12:30 PM		5:30 PM
Tuesday	5:00 PM		6:30 PM
	5:30 PM		
	5:30 PM		

Looking  for a unique gift idea?

 CHECK OUT THE **SWIM OR SKATE ADMIT ONE PASSES**



Great idea for Birthday Party Loot Bags!!









**NEED SPACE?** Next time you require space for your corporate or social event... Contact the Garnet B Rickard Recreation Complex **905-623-5728** or Courtice Community Complex **905-404-1525**

Reasonable hourly or daily rates

*Business Meetings / Conferences  
Trade and Exhibit Shows  
Birthday or Team Parties  
Weddings / Showers / Jack & Jill's  
Anniversaries / Dances  
Public Meetings  
Job Fairs  
Fundraisers*




# Red Cross Swim Preschool

8-LEVEL PROGRAM FOR CHILDREN 4 MONTHS TO 5 YEARS OF AGE		
	<b>STARFISH</b> 4 TO 12 MONTHS	<ul style="list-style-type: none"> <li>Orientation to water for babies and their parent/caregiver.</li> <li>To enter this level, babies must be able to hold their head up.</li> <li>The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.</li> </ul>
	<b>DUCK</b> 12 TO 24 MONTHS	<ul style="list-style-type: none"> <li>Orientation to water for toddlers and their parent/caregiver.</li> <li>Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.</li> </ul>
	<b>SEA TURTLE</b> 24 TO 36 MONTHS	<ul style="list-style-type: none"> <li>Orientation to water for toddlers and their parent/caregiver.</li> <li>Swimmers learn, through fun games and songs how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.</li> </ul>
<span style="color: red; font-weight: bold;">NEW!</span> 	<b>SEA OTTER</b> 3 TO 5 YEARS	<ul style="list-style-type: none"> <li>Transitional level that transfers the preschooler to the care of the Instructor within the first three classes. All skills are assisted by the Instructor.</li> <li>Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 metre. They also learn age-appropriate water safety skills.</li> <li>Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.</li> </ul>
	<b>SALAMANDER</b> 3 TO 5 YEARS	<ul style="list-style-type: none"> <li>Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD).</li> <li>Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.</li> <li>Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.</li> </ul>
	<b>SUNFISH</b> 3 TO 5 YEARS	<ul style="list-style-type: none"> <li>Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of Personal Flotation Device (PFD).</li> <li>Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water.</li> <li>Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.</li> </ul>
	<b>CROCODILE</b> 3 TO 5 YEARS	<ul style="list-style-type: none"> <li>Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.</li> <li>Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water.</li> <li>Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.</li> </ul>
	<b>WHALE</b> 3 TO 5 YEARS	<ul style="list-style-type: none"> <li>Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres.</li> <li>Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds and return to safety, throwing assists and sitting dives.</li> <li>Swimmers are evaluated based on performance criteria and progress to Swim Kids Level 3 once all criteria have been successfully completed.</li> </ul>

# Red Cross Preschool Swimming Lessons

The Community Services Department is pleased to offer the Red Cross Swim Program. If you have any questions about this program, please call 905-623-3392, 905-404-1525 or 905-987-5667 or by email [communityservices@darlington.net](mailto:communityservices@darlington.net)

## STARFISH - 4 TO 12 MONTHS



LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Monday	5:00 PM	129876
	Tuesday	9:00 AM	129877
	Saturday	10:30 AM	129878
	Sunday	12:00 PM	129879
NEWCASTLE RECREATION COMPLEX	Monday	6:00 PM	129880
	Tuesday	10:00 AM	129881
	Tuesday	6:00 PM	129882
	Thursday	9:30 AM	129886
	Saturday	10:30 AM	129884
	Sunday	11:00 AM	129885

## DUCK - 12 TO 24 MONTHS



LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Monday	5:30 PM	129926
	Tuesday	10:00 AM	129927
	Wednesday	6:00 PM	129928
	Wednesday	7:00 PM	129929
	Thursday	6:30 PM	129930
	Saturday	11:30 AM	129931
	Sunday	10:30 AM	129932
	NEWCASTLE RECREATION COMPLEX	Monday	5:30 PM
Tuesday		9:30 AM	129934
Tuesday		6:30 PM	129935
Thursday		10:00 AM	129939
Thursday		6:00 PM	129936
Saturday		11:00 AM	129937
Sunday		11:30 AM	129938

## SEA TURTLE - 24 TO 36 MONTHS



Parented

LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Monday	6:30 PM	129977
	Tuesday	9:30 AM	129978
	Tuesday	7:00 PM	129979
	Wednesday	5:30 PM	129980
	Thursday	5:30 PM	129981
	Saturday	11:00 AM	129982
	Sunday	11:00 AM	129983
	NEWCASTLE RECREATION COMPLEX	Monday	6:30 PM
Tuesday		5:00 PM	129985
Wednesday		6:00 PM	129986
Thursday		9:00 AM	129989
Saturday		11:30 AM	129987
Sunday		10:30 AM	129988

## SEA OTTER - 3 TO 5 YEARS Un-Parented



LOCATION	DAYS	TIME	BARCODE	
CLARINGTON FITNESS CENTRE	Tuesday	5:30 PM	130026	
COURTICE COMMUNITY COMPLEX	Monday	4:00 PM	130027	
	Monday	5:00 PM	130028	
	Monday	5:30 PM	135477	
	Monday	6:00 PM	130029	
	Tuesday	9:00 AM	130030	
	Tuesday	10:00 AM	130031	
	Tuesday	5:00 PM	130032	
	Tuesday	5:30 PM	130033	
	Tuesday	6:30 PM	130034	
	Wednesday	5:00 PM	130035	
	Wednesday	6:00 PM	130036	
	Wednesday	7:00 PM	130037	
	Thursday	5:00 PM	130038	
	Thursday	6:30 PM	130039	
	Saturday	9:30 AM	130040	
	Saturday	10:30 AM	130041	
	Saturday	11:30 AM	130042	
	Saturday	12:30 PM	130043	
	Sunday	10:30 AM	130044	
	Sunday	11:30 AM	130045	
	Sunday	12:30 PM	130046	
	NEWCASTLE RECREATION COMPLEX	Monday	4:30 PM	130047
		Monday	5:00 PM	130048
		Monday	6:00 PM	130049
Tuesday		9:00 AM	130050	
Tuesday		10:00 AM	130051	
Tuesday		4:30 PM	130052	
Tuesday		5:30 PM	130053	
Tuesday		6:30 PM	130054	
Wednesday		4:30 PM	130055	
Wednesday		5:30 PM	130056	
Thursday		9:00 AM	130068	
Thursday		9:30 AM	130067	
Thursday		4:30 PM	130057	
Thursday		5:00 PM	130058	
Thursday		5:30 PM	130059	
Saturday		9:30 AM	130060	
Saturday		10:30 AM	130061	
Saturday		11:30 AM	130062	
Saturday		12:30 PM	130063	
Sunday		10:00 AM	130064	
Sunday	11:00 AM	130065		
Sunday	12:30 PM	130066		

 Program eligibility for Children's Fitness Tax Credit

**SALAMANDER - 3 TO 5 YEARS**



LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:00 PM	130076
COURTICE COMMUNITY COMPLEX	Monday	4:00 PM	130077
	Monday	5:00 PM	130078
	Monday	6:00 PM	130079
	Tuesday	9:00 AM	130126
	Tuesday	10:00 AM	130127
	Tuesday	5:00 PM	130128
	Tuesday	5:30 PM	130129
	Tuesday	6:00 PM	130130
	Tuesday	7:00 PM	130131
	Wednesday	4:00 PM	130132
	Wednesday	4:30 PM	130133
	Wednesday	5:30 PM	130134
	Wednesday	6:30 PM	130135
	Thursday	5:00 PM	130136
	Thursday	5:30 PM	130137
	Saturday	10:00 AM	130138
	Saturday	11:00 AM	130139
	Saturday	12:00 PM	130140
	Sunday	10:30 AM	130142
	Sunday	11:30 AM	130143
Sunday	12:30 PM	130144	
NEWCASTLE RECREATION COMPLEX	Monday	4:30 PM	130145
	Monday	5:30 PM	130146
	Monday	6:30 PM	130147
	Tuesday	9:00 AM	130148
	Tuesday	9:30 AM	130149
	Tuesday	4:30 PM	130150
	Tuesday	5:00 PM	130151
	Wednesday	4:30 PM	130152
	Wednesday	6:00 PM	130153
	Thursday	10:00 AM	130162
	Thursday	5:00 PM	130154
	Thursday	6:00 PM	130155
	Saturday	9:30 AM	130156
	Saturday	10:30 AM	130157
	Saturday	12:00 PM	130158
	Sunday	10:00 AM	130159
	Sunday	11:30 AM	130160
Sunday	12:30 PM	130161	



Program eligibility for Children's Fitness Tax Credit

**SUNFISH - 3 TO 5 YEARS**



LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:30 PM	130176
COURTICE COMMUNITY COMPLEX	Monday	4:00 PM	130177
	Monday	5:30 PM	130178
	Monday	6:30 PM	130179
	Tuesday	9:30 AM	130180
	Tuesday	5:00 PM	130202
	Tuesday	6:30 PM	130181
	Wednesday	5:00 PM	130182
	Wednesday	6:00 PM	130183
	Thursday	6:00 PM	130184
	Saturday	10:30 AM	130185
	Saturday	11:30 AM	130186
	Sunday	10:00 AM	130187
	Sunday	12:00 PM	130188
	NEWCASTLE RECREATION COMPLEX	Monday	5:30 PM
Monday		6:00 PM	130190
Tuesday		9:00 AM	130191
Tuesday		10:00 AM	130192
Tuesday		4:30 PM	130193
Tuesday		6:00 PM	130194
Wednesday		5:00 PM	130195
Thursday		10:00 AM	130203
Thursday		4:30 PM	130196
Thursday		5:30 PM	130197
Saturday		9:30 AM	130198
Saturday		12:00 PM	130199
Sunday		10:30 AM	130200
Sunday		12:30 PM	130201

**CROCODILE - 3 TO 5 YEARS**



LOCATION	DAYS	TIME	BARCODE	
CLARINGTON FITNESS CENTRE	Tuesday	5:00 PM	130226	
COURTICE COMMUNITY COMPLEX	Monday	4:30 PM	130227	
	Monday	6:00 PM	130228	
	Tuesday	9:30 AM	130229	
	Tuesday	6:00 PM	130230	
	Wednesday	5:30 PM	130231	
	Thursday	6:00 PM	130232	
	Saturday	11:00 AM	130233	
	Sunday	11:00 AM	130234	
	NEWCASTLE RECREATION COMPLEX	Monday	5:00 PM	130235
		Tuesday	9:30 AM	130236
Tuesday		5:00 PM	130237	
Wednesday		4:30 PM	130239	
Thursday		9:00 AM	130244	
Thursday		6:30 PM	130240	
Saturday		10:00 AM	130241	
Sunday		9:30 AM	130242	
Sunday		12:00 PM	130243	

WHALE - 3 TO 5 YEARS



LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:00 PM	130276
COURTICE COMMUNITY COMPLEX	Monday	4:30 PM	130277
	Tuesday	6:00 PM	130278
	Wednesday	5:30 PM	130279
	Thursday	5:30 PM	130288
	Saturday	11:00 AM	130280
	Sunday	12:00 PM	130281
NEWCASTLE RECREATION COMPLEX	Tuesday	5:30 PM	130282
	Wednesday	5:00 PM	130283
	Thursday	9:30 AM	130289
	Thursday	6:30 PM	130284
	Saturday	10:00 AM	130285
	Sunday	9:30 AM	130286
	Sunday	12:00 PM	130287



Program eligibility for Children's Fitness Tax Credit

## Red Cross Age Conversion Chart

*My child has turned 6; What level should I register him/her in?*



<b><i>If they took Red Cross Swim Preschool:</i></b>	<b><i>And the level was marked:</i></b>	<b><i>Then enroll them in Red Cross Swim Kids Level:</i></b>
Starfish Level	Complete or incomplete	1
Duck Level	Complete or incomplete	1
Sea Turtle Level	Complete or incomplete	1
Sea Otter Level	Complete or incomplete	1
Salamander Level	Complete or incomplete	1
Sunfish Level	Incomplete	1
Sunfish Level	Complete	2
Crocodile Level	Incomplete	2
Crocodile Level	Complete	3
Whale Level	Complete or incomplete	3



# Red Cross Swim Kids (6 to 12 years of age)

## 10 Level Program



<b>Red Cross Swim Kids 1</b>	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 metre front swim.
<b>Red Cross Swim Kids 2</b>	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5 metres) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10 metre flutter kick and a 10 metre distance swim.
<b>Red Cross Swim Kids 3</b>	This level provides an introduction to diving and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15 metre swim.
<b>Red Cross Swim Kids 4</b>	This level introduces the front crawl (10 metre) and back swim with shoulder roll (15 metre). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 metre swim.
<b>Red Cross Swim Kids 5</b>	This level introduces the back crawl (15 metre), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15 metres. An introduction to safe boating skills is also included. Endurance is developed through a 50 metre swim.
<b>Red Cross Swim Kids 6</b>	This level refines front crawl with a focus on hand entry and breathing (25 metre), back crawl with a focus on arm positions and body roll (25 metre) and introduces elementary backstroke (15 metre), safety on ice and rescue of other with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1 1/2 minutes. Endurance is built through dolphin kick and a 75 metre swim.
<b>Red Cross Swim Kids 7</b>	This level builds skills and endurance for the front crawl (50 metre), back crawl (50 metre) and elementary back stroke (25 metre) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150 metre swim.
<b>Red Cross Swim Kids 8</b>	This level is an introduction to breast stroke (15 metre) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300 metre swim. Front crawl and back crawl distances are increased to 75 metres each.
<b>Red Cross Swim Kids 9</b>	This level refines the front crawl (100 metre), back crawl (100 metre), elementary back stroke (50 metre) and breast stroke (25 metre) and encourages swimmers to combine different kicks for fitness (3 min). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400 metre swim.
<b>Red Cross Swim Kids 10</b>	This level is a final assessment of the strokes for technique and distance (front crawl 100 metre, back crawl 100 metre, elementary back stroke 50 metre, breast stroke 50 metre and sidestroke 25 metre). Swimmers learn about sun safety, rescue of others from ice and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500 metre swim.

# Red Cross Swim Kids (6 Years and up)

## LEVEL 1 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:00 PM	130326
COURTICE COMMUNITY COMPLEX	Monday	5:00 PM	130327
	Tuesday	6:30 PM	130328
	Wednesday	4:30 PM	130329
	Wednesday	6:00 PM	130330
	Thursday	5:00 PM	130341
	Saturday	11:30 AM	130332
	Sunday	10:00 AM	130333
	Sunday	12:30 PM	130334
NEWCASTLE RECREATION COMPLEX	Monday	6:30 PM	130335
	Tuesday	5:30 PM	130336
	Wednesday	5:00 PM	130337
	Thursday	5:00 PM	130338
	Saturday	11:00 AM	130339
	Sunday	10:30 AM	130340

## LEVEL 2 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:00 PM	130376
COURTICE COMMUNITY COMPLEX	Monday	5:30 PM	130377
	Tuesday	6:30 PM	130378
	Wednesday	5:00 PM	130379
	Wednesday	6:30 PM	130380
	Thursday	6:00 PM	130392
	Saturday	10:30 AM	130381
	Sunday	11:00 AM	130382
	Sunday	12:30 PM	130383
NEWCASTLE RECREATION COMPLEX	Monday	5:30 PM	130384
	Tuesday	6:00 PM	130385
	Wednesday	4:30 PM	130386
	Thursday	5:00 PM	130387
	Saturday	9:30 AM	130388
	Saturday	11:30 AM	130389
	Sunday	10:00 AM	130390
	Sunday	12:30 PM	130391



## LEVEL 3 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:30 PM	130426
COURTICE COMMUNITY COMPLEX	Monday	4:00 PM	130427
	Monday	6:00 PM	130428
	Tuesday	7:00 PM	130429
	Wednesday	4:30 PM	130430
	Wednesday	6:30 PM	130431
	Thursday	6:30 PM	130445
	Saturday	10:00 AM	130432
	Sunday	10:30 AM	130433
	Sunday	11:30 AM	130434
	NEWCASTLE RECREATION COMPLEX	Monday	4:30 PM
Monday		6:30 PM	130436
Tuesday		5:00 PM	130437
Tuesday		6:30 PM	130438
Wednesday		6:00 PM	130439
Thursday		5:30 PM	130440
Saturday		10:30 AM	130441
Saturday		12:30 PM	130442
Sunday		9:30 AM	130443
Sunday		11:30 AM	130444

## LEVEL 4 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:30 PM	130476
COURTICE COMMUNITY COMPLEX	Monday	4:30 PM	130477
	Monday	6:30 PM	130478
	Tuesday	6:00 PM	130479
	Tuesday	7:00 PM	130480
	Wednesday	5:00 PM	130481
	Wednesday	7:00 PM	130482
	Thursday	6:00 PM	130496
	Saturday	10:00 AM	130483
	Saturday	12:00 PM	130484
	Sunday	10:00 AM	130485
Sunday	12:00 PM	130486	
NEWCASTLE RECREATION COMPLEX	Monday	5:00 PM	130487
	Monday	6:00 PM	130488
	Tuesday	5:30 PM	130489
	Wednesday	5:30 PM	130490
	Thursday	6:00 PM	130491
	Saturday	10:00 AM	130492
	Saturday	12:00 PM	130493
	Sunday	9:30 AM	130494
	Sunday	11:00 AM	130495

 Program eligibility for Children's Fitness Tax Credit

### LEVEL 5 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:45 PM	130526
COURTICE COMMUNITY COMPLEX	Tuesday	6:15 PM	130527
	Wednesday	4:00 PM	130528
	Thursday	5:00 PM	130536
	Saturday	10:15 AM	130529
	Sunday	10:45 AM	130530
NEWCASTLE RECREATION COMPLEX	Monday	4:45 PM	130531
	Tuesday	5:30 PM	130532
	Thursday	6:15 PM	130533
	Saturday	11:45 AM	130534
	Sunday	10:15 AM	130535

### LEVEL 8 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:30 PM	130676
COURTICE COMMUNITY COMPLEX	Monday	4:45 PM	130677
	Wednesday	4:45 PM	130678
	Saturday	11:00 AM	130679
NEWCASTLE RECREATION COMPLEX	Monday	5:30 PM	130680
	Tuesday	6:15 PM	130681
	Sunday	11:00 AM	130682

### LEVEL 6 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:45 PM	130576
COURTICE COMMUNITY COMPLEX	Tuesday	7:00 PM	130577
	Wednesday	4:00 PM	130578
	Thursday	5:45 PM	131526
	Saturday	10:15 AM	130579
	Sunday	10:45 AM	130580
NEWCASTLE RECREATION COMPLEX	Monday	4:45 PM	130581
	Tuesday	5:30 PM	130582
	Thursday	6:15 PM	130583
	Saturday	11:45 AM	130584
	Sunday	10:15 AM	130585

### LEVEL 9 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:00 PM	130726
COURTICE COMMUNITY COMPLEX	Monday	5:30 PM	130727
	Wednesday	5:30 PM	130728
	Saturday	11:45 AM	130729
NEWCASTLE RECREATION COMPLEX	Wednesday	5:30 PM	130730
	Saturday	11:00 AM	130731

### LEVEL 7 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	6:30 PM	130626
COURTICE COMMUNITY COMPLEX	Monday	4:00 PM	130627
	Tuesday	7:00 PM	130628
	Wednesday	4:45 PM	130629
	Saturday	11:00 AM	130630
NEWCASTLE RECREATION COMPLEX	Monday	5:30 PM	130631
	Tuesday	6:15 PM	130632
	Wednesday	4:45 PM	130633
	Sunday	11:00 AM	130634

### LEVEL 10 6 YEARS AND OLDER

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday	5:00 PM	130776
COURTICE COMMUNITY COMPLEX	Monday	6:15 PM	130777
	Saturday	11:45 AM	130778
NEWCASTLE RECREATION COMPLEX	Wednesday	5:30 PM	130779
	Saturday	11:00 AM	130780

 Program eligibility for Children's Fitness Tax Credit

**GROUP SWIMMING REGISTRATION**

**7:00 AM**

**Thursday, December 1, 2011**



Register Online at  
[www.claringtoneasyreg.ca](http://www.claringtoneasyreg.ca)  
 905-623-EAZY(3299) or in person

*See page 40 for more info*

# ADULT PROGRAMS

## ADULT BRONZE MEDALLION/BRONZE CROSS

FEE: \$170.00/11 wks

**Looking for a Career change or a job that lets you work while your kids are in school? Want to learn new skills? Want you and your family to feel safer around the water knowing what to do in an emergency?**

If you answered yes to any of these questions, this is the program for you!

This course is designed for the adult looking to renew their lifesaving skills or learn new ones. Participants will be taught both programs simultaneously. Bronze Medallion and Bronze Cross exams will be evaluated separately. Participation in the Bronze Cross exam will be dependent on a passing result/grade in Bronze Medallion. These courses are also pre-requisites for the National Lifeguard program and AWSI, WSI Instructor Program for those participants looking to become lifeguards and swimming instructors.

**Note:** This program is not for weak or non-swimmers. Participants must have basic swimming skills and be able to successfully complete a timed swim requirement by the end of the program. For more information, please contact Tracey Leonard at 905-987-5667 or Erin McFadden at 905-404-1525.

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Tuesday January 10 - March 20	7:00 - 9:30 PM	134076

## ADULT LEARN TO SWIM

FEE: \$75.67/9 weeks

To develop or increase comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge and skill to survive in and around the water.

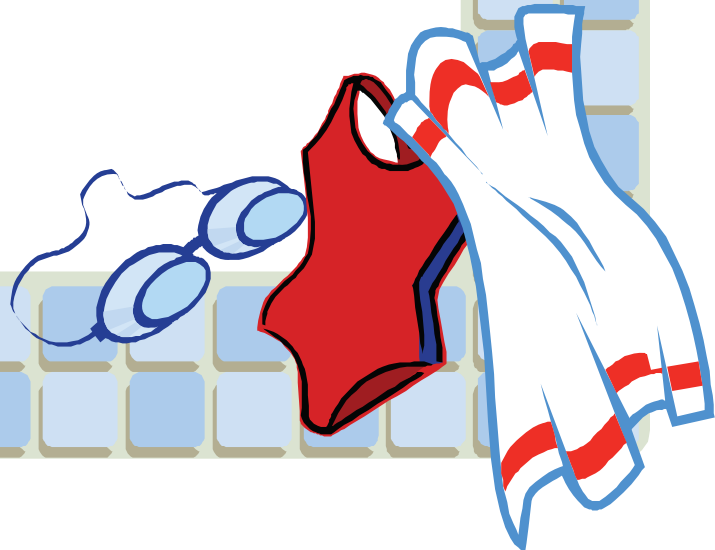
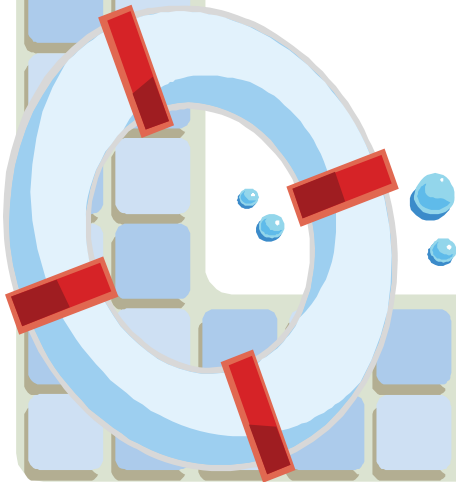
LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Tuesday Jan 10 - Mar 6	7:45 - 8:30 PM	134126
NEWCASTLE RECREATION COMPLEX	Monday Jan 9 - Mar 12	7:00 - 7:45 PM	134176

## ADULT SWIM STROKES & FITNESS

FEE: \$75.67/9 wks

A program designed for adults that would like to maintain or increase their personal fitness level through stroke improvement in a distance swimming setting; to introduce other forms of aquatic fitness activities and/or enhance water safety knowledge and skills relevant to the student.

LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Tuesday Jan 10 - Mar 6	7:45 - 8:30 PM	134226
NEWCASTLE RECREATION COMPLEX	Monday Jan 9 - Mar 12	7:00 - 7:45 PM	134276



Fitness Training Facility

Clarington

Helping you...

Be Active!

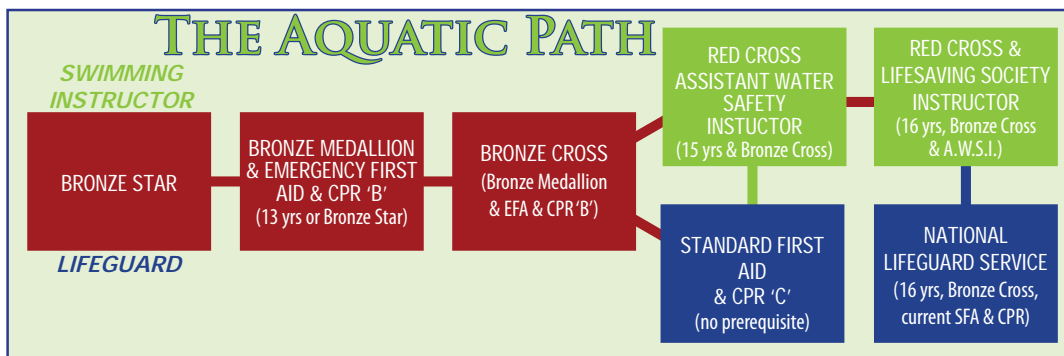


2950 Courtice Rd. N, Courtice 905-404-1525

# Lifesaving, Leadership & First Aid

Program fees do not include applicable taxes

*Looking for an exciting part-time career? Become a lifeguard and swimming Instructor.  
Work in a team environment and gain valuable 'life skills'.*



## BRONZE STAR AGES: 10 - 12 YEARS FEE: \$80.21

Get a head start by taking Bronze Star! This program is excellent preparation for success in Bronze Medallion by working on your swimming skills and rescue abilities.

LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Thursday January 12 - March 8	6:00 - 7:00 PM	132776
NEWCASTLE RECREATION COMPLEX	Saturday January 7 - March 3	10:00 AM-11:00 AM	132826

## BRONZE MEDALLION & EMERGENCY FIRST AID FEE: \$156.75 + Manual & pocket mask

**PRE-REQUISITE: 13 YEARS + (OR COMPLETED BRONZE STAR)**

This is a pre-requisite for all advanced Lifesaving programs. Physical fitness, decision making and judgment skills are developed in order to prepare candidates for rescues of greater risk. Provides knowledge and skills to care for the ABC's of life. Exam on the 11th week of class.

\*\*All participants are required to purchase a pocket mask and manual \*\*

LOCATION	DAYS	EXAM DATE	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Tuesday January 10 - March 20	March 20	7:30 - 9:30 PM	132876
NEWCASTLE RECREATION COMPLEX	Monday, January 9 - March 19	March 19	6:30 - 8:30 PM	132926

## BRONZE CROSS FEE: \$141.00

**PRE-REQUISITES: BRONZE MEDALLION & EMERGENCY FIRST AID**

This is a pre-requisite for all advanced Instructor certification programs and NLS. Focus on principles of emergency procedures, deep water spinal injury management, team work and use of special equipment. Exam in the 11th week of class.

\*\*All participants are required to purchase a pocket mask if they do not already have one\*\*.

LOCATION	DAYS	EXAM DATE	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Wednesday January 11 - March 21	March 21	7:30 - 9:30 PM	132976
NEWCASTLE RECREATION COMPLEX	Thursday January 12 - March 22	March 22	6:15-8:15 PM	133026

**IMPORTANT:** Bronze Medallion and Bronze Cross will run through March Break. Exams will take place the week following March Break as indicated. The dates for the exams cannot be changed. Age requirements are strictly upheld. Anything less than 100% attendance in Lifesaving & Leadership Courses may affect completion of the course.

# Lifesaving, Leadership & First Aid

Program fees do not include applicable taxes

## RED CROSS WATER SAFETY INSTRUCTOR & LIFESAVING SOCIETY INSTRUCTOR DUAL CERTIFICATION COURSE

**PRE-REQUISITES: AWSI, BRONZE CROSS**

**AGE 16 YEARS & UP**

**FEE: \$260.00**

50 hour program (+ 12 hours teaching experience)

This dual certification course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program and the Lifesaving Society program. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience. Upon successful completion of this course, candidates are certified as Red Cross Water Safety Instructors AND Lifesaving Society Instructors. Participants are required to bring their Red Cross Assistant and Water Safety Instructor manual to class. Participants who do not have an AWSI/WSI manual, must purchase one the first day of class.

**Lifesaving Instructor Manual Included.**

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Monday March 12 - Friday March 16	9:00 AM - 7:00 PM	131776

## RED CROSS WATER SAFETY INSTRUCTOR RECERTIFICATION

**PRE-REQUISITE: VALID RED CROSS INSTRUCTOR CERTIFICATION**

**FEE: \$70.50**

Proof of original award (award card) must be shown to the examiner at the time of the re-certification. Failure to provide verification will prevent testing.

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Sunday March 4	1:00 - 6:00 PM	131876

## NATIONAL LIFEGUARD SERVICE (NLS) RECERTIFICATION

**PRE-REQUISITES: VALID NLS**

**FEE: \$70.50**

Proof of original award (award card) must be shown to the examiner at the time of the re-certification. Failure to provide verification will prevent testing.

LOCATION	DAYS	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Saturday March 3	1:00 - 6:30 PM	131926



## STANDARD FIRST AID AND CPR C

**THIS COURSE IS A PRE-REQUISITE FOR NLS**

**FEE: \$85.75**

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR Basic Rescuer (level C). Recognized by Ontario's Workplace Safety & Insurance Board (WSIB). **Materials Included.**

LOCATION	DAYS	TIME	BARCODE
COURTICE COMMUNITY COMPLEX	Saturday & Sunday February 25-26	9:00 AM - 5:00 PM	131826

## STANDARD FIRST AID AND CPR C RECERTIFICATION

**FEE: \$63.25**

Standard First Aid award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the SFA date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of SFA certifications from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may only recertify with the original certifying agency. This is as required by Ontario's Workplace Safety & Insurance Board (WSIB). Participants must show instructor original certification card to the course for certification.

LOCATION	DAYS	TIME	BARCODE
NEWCASTLE RECREATION COMPLEX	Saturday March 24	9:00 AM - 5:00 PM	131976

# Aquafit

LOCATION	CLASS	DAY	DATE (11 weeks)	TIME	BARCODE
CLARINGTON FITNESS CENTRE	Aquafit - General	Tuesday	January 10 - March 20	9:00 - 10:00 AM	132177
		Wednesday	January 11 - March 21	7:00 - 8:00 PM	132226
Thursday		January 12 - March 22	9:00 - 10:00 AM	132227	
	Aquajog & Deep Water	Monday	January 9 - March 19	9:00 - 10:00 AM	132376
COURTICE COMMUNITY COMPLEX	Aquafit - General	Monday	January 9 - March 19	9:00 - 10:00 AM	132276
		Wednesday	January 11 - March 21	9:00 - 10:00 AM	132277
		Friday	January 13 - March 23	9:00 - 10:00 AM	132278
	Nice & Easy	Monday	January 9 - March 19	1:00 - 2:00 PM	132476
		Thursday	January 12 - March 22	9:00 - 10:00 AM	132526
Tri-Aquafit	Monday	January 9 - March 19	7:15 - 8:15 PM	132576	
NEWCASTLE & DISTRICT RECREATION COMPLEX	Aquafit - General	Tuesday	January 10 - March 20	7:15 - 8:15 PM	132326
	Aquajog & Deep Water	Friday	January 13 - March 23	9:00 - 10:00 AM	132426
	Aqua Zumba	Thursday	January 12 - March 22	7:15 - 8:15 PM	132626
	Shallow Water	Monday	January 9 - March 19	1:30 - 2:30 PM	132676
Wednesday		January 11 - March 21	9:00 - 10:00 AM	132726	
<b>Class Length 11 weeks    Registration: Must be in person</b>					
<b>Fee:</b>	1x per week \$82.50	2x per week \$150.34	3x per week \$199.83	Drop-In \$7.96	Seniors/Youth 50% discount
<b>Program Fees Do Not Include Applicable Taxes</b>					

## DESCRIPTIONS

### Aquafit - General

This program is designed for both swimmers and non-swimmers. You will be lead through a series of exercises for flexibility, muscular strength, cardio and stretching. Exercise in water relieves stress on joints and provides an effective workout as you work against the resistance of the water.

### Aquajog and Deep Water Aquafit

Classes are held in deep water, eliminating any impact on your joints, using floatation belts for added support. Deep water and aquajog classes are ideal for developing core strength, balance, stamina and enhancing cross training. This class is suitable for all fitness levels. Participants are encouraged to work at their own pace.

### Nice and Easy

This program is designed for people with physical limitations and/or mobility restrictions who want to keep fit. Exercises are designed to help improve range of motion and mobility. Participants are encouraged to work at their own pace.

### Shallow Water Aquafit

Workouts will focus on cardio training, strengthening, stretching and toning in shallow or chest deep water. A variety of equipment will be used to enhance the program and encourage increased stamina. Program suitable for all fitness levels and swimming abilities.

### Tri Aqua Fit

This program is suited for participants looking for a challenge; water fitness and aquatic sports conditioning can help you to achieve a high performance level, while protecting your joints and ligaments. Jogging, cycling, swimming with fins, are just some of the techniques that will be used to enhance your stamina, strengthen core, cardiovascular and overall endurance. Come join us and find the athlete from within!

### Aqua Zumba®

Come out, get active and have fun exercising in water to the beat of Latin music! Based on the movements of the Zumba dance rhythms, this workout is adapted to use the water's resistance for a safe and extremely effective aquatic workout. Aqua Zumba™ workouts provide tremendous benefits for the body and are also fun and invigorating. Splash, dance and get your body moving!

## POOL & SQUASH ADMISSION & MEMBERSHIP FEE INFORMATION

POOL MEMBERSHIP COURTICE COMMUNITY COMPLEX, CLARINGTON FITNESS CENTRE & NEWCASTLE RECREATION COMPLEX					SQUASH MEMBERSHIP CLARINGTON FITNESS CENTRE ONLY (includes use of pool)				
	PAY-GO	10 TICKET	MONTHLY	ANNUAL	DAILY	10 TICKET	3 MONTH	ANNUAL	FAMILY ADDITIONAL (ANNUAL)
Adult	\$3.54	\$30.00	\$39.00	\$156.00	\$7.96	\$70.00	\$127.00	\$223.00	\$190.00
Youth 4-17 yrs	\$2.75	\$23.25	\$22.25	\$84.00	\$4.00	\$35.00	\$55.00	\$112.00	\$95.00
Senior 65+	\$2.74	\$23.25	\$22.25	\$79.00	\$3.98	\$35.00	\$55.00	\$112.00	\$95.00
Group*	\$8.85	\$74.00	N/A	N/A	<b>Program fees do NOT include applicable taxes</b>				
Family*	N/A	N/A	\$63.00	\$291.00					
Family & Group* rates include a maximum of 5 people, including a maximum of 2 adults. Preschool children (3 years and younger) are admitted free when accompanied by a participating adult or guardian 14 years of age or older. For Family memberships, family members must live in same household. <b>NOTE: Non-residents add 10% surcharge to their membership rates. Plus taxes where applicable.</b>									
PLEASE NOTE: All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P) plan is available on all Annual Memberships.									



### CHRISTMAS / HOLIDAY SWIMS

**Holiday swim schedules will be available at all aquatic facility  
Customer Service Desks on December 10, 2011.**

## ADMISSION STANDARDS FOR PUBLIC POOLS

To ensure the safety and enjoyment of children using the facility during public and family swims, the following admission standards are in place. Supervision/Ratio requirements will be strictly upheld.

Age	Admission Requirements	Supervision/Ratio Requirements (Child: Caregiver)	Wristband	Additional Information
5 yrs & under	Always accompanied*	2:1		If any children in the group are 5 yrs & under, a ratio of 2:1 for your group, regardless of age, is required.
6 - 9 yrs <b>cannot pass swim test</b>	Always accompanied*	4:1		
6 & 7 years <b>Pass swim test</b>	Guardian must remain in the pool		<b>Red</b>	Children must complete the swim test each time. Parent or guardian must remain in the pool.
8 & 9 years <b>Pass the swim test</b>	No supervision required		<b>Blue</b>	Children who complete the swim test will receive a facility swim test card.
10 yrs +	No supervision required		<b>Blue</b> <i>For swim test only</i>	Children will be required to pass the facility swim test in order to swim in the deep end and use the slide at the Courtice Community Complex.

\* **Always Accompanied:** Must be accompanied by a parent or guardian, who is at least 14 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire, and within arms reach of the child/children at all times, both in and out of the water.

**Guardians or group leaders:** Must be at least 14 years of age, and are responsible for the children in their care while in the facility and must directly supervise (in the water) the children at all times.

#### Facility Swim Test Criteria

To successfully pass the swim test, individuals must swim continuously on their front, 2 widths of the pool in a comfortable manner. Face/head must submerge and body must stay near horizontal during the test.

## THINGS YOU SHOULD KNOW TO MAKE YOUR SWIM ENJOYABLE

**Admission Standards for Public Pools** – Admission standards are in affect for all recreational swims.

**Appropriate Bathing Attire** – All participants using the pool/whirlpool/sauna are required to wear gender appropriate bathing attire. Undergarments, cut-offs, t-shirts, jean shorts, and other street clothes are not permitted. Shoes are not permitted on the deck or in the shower area. Patrons wearing street clothes are welcome to watch from the viewing area.

**Change Room Policy:**

The **Family Change Room** is intended for the following use:

- Children aged 4 and over accompanied by an opposite gender parent/guardian
- Families who wish to remain together
- Individuals with special needs who require additional space or who are accompanied by an opposite gender support worker

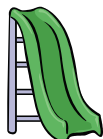


All other users are asked to use gender specific change rooms.

**Clarington Fitness Centre:** Children aged 6 and older are required to use gender specific change rooms.

**Infants & Small Children** – Infants & small children cannot be left unattended – on the pool deck. Car seats and strollers must be left in the change rooms or other designated areas. Children who are not toilet-trained are required to wear snug fitting plastic pants or a swim/pool diaper under suitable bathing suits. Regular diapers are not permitted.

**Recreational Swimming** – Swim hours may be changed due to special events, maintenance or other unforeseen circumstances. Changes to the schedule will be posted one week prior to the change, wherever possible. Unscheduled service disruptions can be found on line at [www.clarington.net](http://www.clarington.net) or by contacting any of our recreation facilities.



**Slide & Deep End Use** - Individuals wishing to use the slide at the Newcastle & District Recreation Complex must meet a height requirement of 48". At the Courtice Community Complex, slide users must successfully complete the facility swim test. Swimmers under 16 years of age wishing to use the deep end are required to complete the facility swim test at all pools.

**Sauna & Whirlpool Use** – Individuals wishing to use the sauna and/or whirlpool must be 18 years of age or older. Infants and children are not permitted to wait in the area while parents or guardians use the sauna or whirlpool.

**Cameras, Video Equipment and Cell phones** – The use of all cell phones and picture-taking equipment is prohibited in all change rooms, washrooms and on pool deck. Picture taking is only permitted from the viewing area. We do ask that anyone wishing to take pictures obtains permission from the reception staff. This is to respect the privacy and safety of all patrons.

**Please make everyone's swim an enjoyable experience and help prevent pool foulings by feeding your children after swimming or at least one hour before. Have your child use the washroom facilities prior to entering the pool and as needed throughout your swim to prevent accidents.**

### Give The Gift Of Physical Activity



#### Admittance Passes On Sale

**FITNESS**

Adults \$60. /10 tickets +HST  
 Youth/Senior \$30. /10 tickets +HST

**AEROBICS**

Adults \$45. /10 tickets +HST  
 Youth/Senior \$20. /10 tickets +HST

**SWIM & SKATE**

Adults \$20. /10 tickets +HST  
 Children (up to 14 yrs) \$10. /10 tickets  
 Youth/Seniors \$10. /10 tickets +HST  
 \*Group \$50. /10 tickets +HST  
 \*(maximum 5, with 2 adults)

**On Sale At All Recreation Facilities December 1 - 24 ONLY!**

*Passes Valid until May 31, 2012*



Admit One Swim or Skate Passes Also Available

**Great Stocking Stuffers!**



TYPE OF SWIM	SWIM DESCRIPTION
<b>Adult</b>	18 years of age and older. 2 lanes for lengths swimming plus 1 open lane for exercising.
<b>Adult/Lane Swim</b>	2 lanes for lengths swimming, 1 open lane. Youth may attend to swim lengths only.
<b>Family</b>	All ages. Participants must be accompanied by parent actively participating in the water. Please see admission criteria for guidelines.
<b>Lane</b>	All ages. Slow, Medium, Fast lanes. All swimmers must be continuously swimming lengths.
<b>Public</b>	All ages. Slide open during specified swims only. Please see admissions criteria for guidelines. Swim test required by youth for use of slide and to swim in deep end.
<b>Public/Lane Swim</b>	Pool shared between public and lane swimmers. Recreational swim space will be a minimum of 3 lanes. Swim fins and hand paddles not permitted.

# Winter Swim Schedules

<b>Clarington Fitness Centre</b>							Effective Saturday January 7, 2012
49 Liberty Street North, Bowmanville 905-623-3392							
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Adult</b>							6:30 - 8:30 PM
<b>Adult/ Lane</b>	11:30 AM - 1:00 PM	11:30 AM - 1:00 PM 8:30 - 9:30 PM	11:30 AM - 1:00 PM 8:15 - 9:15 PM	11:30 AM - 1:00 PM 7:00 - 8:00 PM	11:30 AM - 1:00 PM		
<b>Lane</b>					8:30 - 9:30 PM	6:30 - 8:30 PM	
<b>Public/ Lane</b>	7:00 - 8:30 AM 10:30 - 11:30 AM	7:00 - 8:30 AM 10:30 - 11:30 AM		7:00 - 8:30 AM 10:30 - 11:30 AM			
<b>Public</b>					7:00 - 8:30 PM	2:00 - 4:00 PM	1:30 - 3:00 PM

<b>Courtice Community Complex</b>							Effective Saturday January 7, 2012
2950 Courtice Road North, Courtice 905-404-1525							
*indicates times when the slide feature is open for use							
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Adult</b>			8:30 - 9:30 PM				
<b>Adult/ Lane</b>	11:30 AM - 1:00 PM	11:30 AM - 1:00 PM	11:30 AM - 1:00 PM	11:30 AM - 1:00 PM	11:30 AM - 1:00 PM 6:30 - 8:30 PM		6:15 - 8:00 PM
<b>Lane</b>	6:30 - 7:30 AM 8:30 - 9:30 PM		6:30 - 7:30 AM		6:30 - 7:30 AM	8:15 - 9:15 AM	
<b>Public/ Lane</b>	7:30 - 9:00 AM 10:30 - 11:30 AM	7:30 - 9:00 AM 10:30 - 11:30 AM (tot pool until 12)	7:30 - 9:00 AM 10:30 - 11:30 AM	7:30 - 9:00 AM 10:30 - 11:30 AM (tot pool until 12)	7:30 - 9:00 AM 10:30 - 11:30 AM		
<b>Public</b>				7:00 - 8:30 PM*		2:30 - 4:00 PM* 6:30 - 8:00 PM*	2:30 - 4:00 PM*

<b>Newcastle &amp; District Recreation Complex</b>							Effective Saturday January 7, 2012
1780 Rudell Road, Newcastle 905-987-5667							
*indicates times when the slide feature is open for use							
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Adult</b>		8:30 - 9:30 PM		8:30 - 9:30 PM			
<b>Adult/ Lane</b>	11:30 AM - 1:00 PM 8:30 - 9:30 PM	7:30 - 8:45 AM 11:30 AM - 1:00 PM	11:30 AM - 1:00 PM	7:30 - 8:45 AM 11:30 AM - 1:00 PM	11:30 AM - 1:00 PM		6:30 - 8:30 PM
<b>Family</b>						2:00 - 4:00 PM*	
<b>Lane</b>		6:30 - 7:30 AM	8:30 - 9:30 PM	6:30 - 7:30 AM			
<b>Public/ Lane</b>	10:30 - 11:30 AM tot pool until 12	10:30 - 11:30 AM (tot pool until 12) 1:00 - 2:00 PM (tot pool open)	10:30 - 11:30 AM (tot pool until 12)	10:30 - 11:30 AM (tot pool until 12)	10:30 - 11:30 AM (tot pool until 12) 1:00 - 2:00 PM (tot pool open)		
<b>Public</b>			6:30 - 8:00 PM*		7:00 - 9:00 PM*	6:30 - 8:30 PM*	2:00 - 4:00 PM*

The **Holiday Train** is back!

Monday, November 28, 2011

5:45 PM at Scugog Railway Crossing

Bowmanville

Featuring

~ Valdy

~ Brothers Dube



and **Santa!**

**MAKE THE POSITIVE CHOICE! ATTEND THE HOLIDAY TRAIN  
AND BRING A DONATION OF FOOD, MONEY OR BOTH!**

# BOWMANVILLE FIGURE SKATING CLUB



## Programs Available:

**CanSkate**—A learn to skate program designed for beginners of all ages, this program focuses on fun, participation and basic skills development. Lessons are given in a group format and led by an NCCP certified professional coach.

**Power Skating**—An action packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. This session is run by trained and certified CanPowerSkate coaches.

**StarSkate**—Offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

## Registration Dates:

Tuesday November 29 @ Rickard Arena 6:30-8:00 PM

Wednesday November 30 @ South Courtice Arena 6:30-8:00 PM

Monday December 5 @ South Courtice Arena 6:30-8:00 PM

Tuesday December 6 @ Rickard Arena 6:30-8:00 PM

There will be a skate and dress exchange during registration. Please check our website for dates, this is a great opportunity to get a quality pair of lightly used skates or a new competition dress for a great price.

Phone 905-435-0890

E-mail [registration@bfsc.net](mailto:registration@bfsc.net)

Web [www.bfsc.net](http://www.bfsc.net)

Winter Registration

# Newcastle Village Community Hall



This beautiful 85 year old (Heritage Building) Community Hall offers a unique atmosphere for a variety of licensed and non-licensed private and community functions - banquets/receptions, public meetings, dances, auctions and trade/exhibit shows. There are also small rooms available for business meetings, showers, birthday parties, etc.

Bowling Alley is available for private parties.

## RENTAL FEES

Rates subject to change without notice

Hall Size - 265	Sunday-Friday	Saturday
Weddings/Receptions	600.00 plus 1.00/guest kitchen usage	650.00 1.00/guest kitchen usage
	Sunday-Friday	Saturday
Hall	500.00	550.00
With kitchen	550.00	600.00
Hall up to 4 hours	40.00/hour	40.00/hour
Meeting rooms	40.00	40.00
Small Kitchen	40.00	40.00
Non-Residents	Add 10%	Add 10%

For booking information contact Gabrielle Bell 905-987-3856 or email: [communityhall@newcastle.on.ca](mailto:communityhall@newcastle.on.ca)

**20 KING AVENUE WEST, NEWCASTLE, ON L1B 1H7**

## “Eat Smart” in the Clarington Facilities

The Garnet B. Rickard Recreation Complex is one of the first in Durham Region to be awarded and recognized in the “Eat Smart Recreation Program”. This is a new program launched by Durham Region Health Department in 2010. Criteria to achieve this award require specific ingredient standards and guidelines for Nutritional Choices within Canada’s Food Guide, an excellent Safe Food Handling Practices track record and comply with the Smoke Free Ontario Act.



Recreation Centre Program

We are pleased to do our part to contribute to the goals of the “Eat Smart Recreation Program” in our community to reduce chronic diseases and foodborne illness in Ontario.

**The next time you snack at the arenas choose from our “Healthier Choices in Arena Menu”.**



# Banquet & Meeting Room Facilities

## GARNET B. RICKARD RECREATION COMPLEX

2440 Highway 2, Bowmanville 905-623-5728

- Amenities:
- Banquet and meeting facilities • Air conditioned
  - Accommodates 350 people for dinner
  - 6,000 square foot hall dividable into two sections for smaller events • Accessible



## COURTICE COMMUNITY COMPLEX

2950 Courtice Road North, Courtice 905-404-1525

- Amenities:
- Banquet and meeting facilities • Air conditioned
  - Accommodates 200 people for dinner
  - 3,000 square foot hall dividable into two equal sections for smaller events • Accessible



## SOUTH COURTICE ARENA

1595 Prestonvale Road, Courtice 905-435-1061

- Amenities:
- Meeting facility only • Air conditioned
  - 4 meeting rooms available
  - Accessible, with elevator to second floor
  - Rooms expandable and dividable to fit various sized groups



## NEWCASTLE & DISTRICT RECREATION COMPLEX

1780 Rudell Road, Newcastle 905-987-5667

- Amenities:
- Meeting facility only • Air conditioned • 4 meeting rooms available
  - Accessible • One room expandable and dividable to fit various sized groups



## Planning a Meeting?

If you require a comfortable setting for your next corporate meeting or small function, then South Courtice Arena, Garnet B. Rickard Recreation Complex and Newcastle & District Recreation Complex are the places for you. Our hourly and daily rates are reasonable and we provide the tables and chairs, set-up to your liking, TV, DVD, overhead projector, screen and flip charts – everything you need to make your next meeting a great success.

**Please contact the South Courtice Arena at 905-435-1061 ext. 221, Garnet B. Rickard Recreation Complex at 905-623-5728 ext. 622 or Newcastle & District Recreation Complex at 905-987-5667 ext. 222 to book your next meeting.**

## Do you need refreshments for your meeting?

We can provide refreshments and snacks for your function. Contact our Food Services Co-ordinator at 905-623-5728 for details.



## BANQUET RENTAL RATES AND FEES (taxes extra)

	GARNET B. RICKARD RECREATION COMPLEX		COURTICE COMMUNITY COMPLEX	
MONDAY - THURSDAY	Full Hall	Half Hall	Full Hall	Half Hall
Licensed * Resident	\$722.00	\$416.00	\$386.00	\$217.00
Non-Licensed Resident	\$506.00	\$273.00	\$273.00	\$158.00
FRIDAY - SUNDAY				
Licensed * Resident	\$917.00	\$510.00	\$496.00	\$278.00
Non-Licensed Resident	\$639.00	\$357.00	\$342.00	\$188.00

Meeting Room Rate: \$37.00/hour plus taxes

Bowmanville Indoor Soccer/Lacrosse Bowl; Newcastle & District Recreation Complex; South Courtice Arena & Garnet B. Rickard Recreational Complex only. Non-residents add 10% surcharge to their rates.

\* Licensed event rates include pop, orange juice, ice and plastic glasses.

### ADDITIONAL CHARGES (Applicable to banquet facilities)

Kitchen Rental	\$113.50/event
Bartenders	\$19.25 per hour, per bartender (one bartender for every 100 guests)
SOCAN Music	with Dancing \$59.17/event without Dancing \$29.56/event + applicable taxes

**Banquet facilities can be rented and licensed for alcohol service by obtaining a Special Occasion Permit. Permit applications are available at facilities or online at [www.agco.on.ca](http://www.agco.on.ca). All bartending staff are fully trained and certified in the "Smart Serve" program.**

For detailed rental information please contact the Courtice Community Complex at 905-404-1525, the Garnet B. Rickard Complex at 905-623-5728 or the South Courtice Arena (meeting rooms only) at 905-435-1061 or the Newcastle & District Recreation Complex (meeting rooms only) at 905-987-5667.