

University Settlement Pool Schedule



Changes – Effective Sept 3, 2013

- NEW! – Length swim Saturday mornings from 8:30-10:00am
- Parent and Tot Program has moved to Tuesdays and Thursdays from 11:00 to 11:45am
- The end times for weekend length swim and weekend recreational swims have been changed

Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim for Fitness members only	7:00-9:00am* 5:30-7:15pm**	7:00-9:45am* 12:00-2:00pm 5:30-7:00pm**	7:00-9:00am* 12:00-2:00pm**	7:00-9:45am* 12:00-2:00pm 5:30-7:15pm**	7:00-9:00am* 12:00-2:00pm 5:30-7:00pm**	8:30-10:00am* 3:00-4:30pm**	8:30-10:00am* 3:00-4:30pm**
Length Swim for Fitness and Agency members	12:00-2:00pm						
Aqua Fit for Fitness members only	9:00-9:45am		9:00-9:45am				
Aqua Fit for Fitness and Agency members					9:00-9:45am		
Recreational Swim For ALL Members. Youth ages 13 to 23, membership not required			5:45-7:15pm			1:00-2:45pm	1:00-2:45pm
Free Parent and Tot Swim		11:00-11:45am		11:00-11:45am			
NEW! Swim Team (completion of Level 6 required)							10:15-11:15am
Red Cross Swim Sports (completion of level 5 required)			4:45 to 5:45pm				
Red Cross Swim Lessons for children and adults	10:00-11:00am 3:30-7:00pm	3:30-7:00pm	10:00-11:00am 3:30-5:30pm	3:30-7:00pm	10:00-11:00am 3:30-7:00pm	10:15am-12:45pm 3:00-4:30pm	10:15am-12:45pm 3:00-4:30pm

Pool Information

For information on lessons or pool activities call Katie at 416-598-3444 ext. 229 or katie.urquhart@universitysettlement.ca

Please email Katie if you would like to be put on the **pool patron email list**. You will be notified of any pool schedule changes or pool closures.

Length Swim

- All swimmers must follow the Length Swim Etiquette Rules during length swim
- Length Swim times with a star (*) means a "Leisure Lane" is available. This lane can be used for standing and walking exercises.
- Length Swim times with a double star (**) means there are 3 lanes for length swimmers and one lane designated for private swim lessons
- A whistle will be blown 3 minutes prior to the end of the swim. Please finish up your swim and put away all the equipment you used.

Aqua Fit Class

- High and Low intensity, participants have the option of doing the class in the shallow or deep end

Recreational Swim

- Recreational Swim is for EVERYONE! Fitness & Agency Members can participate.
- FREE for swimmers ages 13 to 23. All other participants must be agency members (\$10 fee for the year)
- A whistle will be blown 3 minutes prior to the end of the swim. Please finish up your swim and put away all the equipment you used.
- **Length swimming is not permitted during recreational/family swim**

Parent and Tot Swim

- This program is part of Growing Up Healthy Downtown and is a FREE drop in program.
- Child between the ages of 6 month to 6 years are welcome to participate. The child's guardian must be in the water with their child at all times.
- There is a swim instructor leading the class and is there to help answer any question you may have about swimming.

Red Cross Swim Lessons

- We offer a wide range of Group and Private lessons for children and adults.
- Contact Katie for more information on Red Cross Swim Lessons or see our Fall Swim Schedule