

fall 2011 aquatic programs

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welcome to cari

On behalf of the staff and board of directors of the CARI Complex, welcome to our 2011 fall program brochure! In this brochure, you will find an abundance of programs. From Parent & Tot to Bronze Cross, from Aqua Abilities to Liquid Abs we have tried to meet the needs of all our clientele!

Ensuring our customers' satisfaction is our priority here at the CARI Complex. We are committed to providing high quality, creative, social, and recreational opportunities that contribute to the development of a healthy community. As a leader in the aquatics industry, we are proud to provide a safe, friendly, and accessible environment for all our clients, user groups, and staff members.

CARI is the home of a number of community-based groups that offer programming and sporting opportunities in the aquatics field. For the 2011-2012 season we will be home to: Charlottetown Bluephin Aquatic Club, Charlottetown Naiads Synchronized Swim Club, UPEI Varsity Swim Team and the Charlottetown Adult & Master's Swim Club. I would like to wish the best of luck to each of these clubs in the upcoming season!

Our programs continue to be successful because of the hard work and dedication of our staff here at CARI. Our team is comprised of a young group of professionals that put their best efforts forward to ensure the satisfaction of our users. These individuals take great pride in their employment and in our complex.

On behalf of everyone at the CARI Complex, I welcome you to our facility and programs!



Adam Ross
Aquatics Director



our facility

The aquatics facility features a 25-metre, 8-lane, recreational and competitive pool with two, 1-metre diving boards and two, 3-metre diving boards as well as stadium seating capacity for 660 spectators. In addition to this, there is a leisure pool designed to accommodate a variety of programming and recreational swimming. The aquatics facility also offers a hot tub, waterslide and parent observation seating area.

Our aquatics facility is fully accessible to persons of any ability level. Our change rooms offer wheelchair accessible dressing areas and showers. The family area is equipped with changing rooms and lockers reserved for individuals who are visually impaired. We also have a water wheelchair, wheelchair lift, and a set of portable stairs which are designed to eliminate the strain caused by ladders. In addition to these features, our leisure pool has a ramp which begins at zero depth in order to accommodate users who have limited mobility.

Mission Statement

The aquatics department is committed to providing high-quality, creative, social, and recreational opportunities to contribute to the development of a healthy community.

Hours of Operation

Fall Hours

Effective September 13, 2011:
Monday–Friday 5:30 am–9:30 pm
Saturday 9:00 am–8:00 pm
Sunday 9:00 am–8:00 pm

**Please note: Our facility will be closed from
September 05 - September 12, 2011 for maintenance.**



aquatics department directory

Our staff is there to provide you with a clean, safe, and friendly space for you and your family to learn, relax and play. If you have questions, comments, or concerns, please contact us.

Adam Ross

Aquatics Director

[902] 569 4584 ext. 235

aross@caripei.ca

Shanahan Gardiner

Assistant Aquatics Director

[902] 569 4584 ext. 246

sgardiner@caripei.ca

Brett Hancock

Program & Lifeguard Coordinator

[902] 569 4584 ext. 232

programs@caripei.ca

Customer Service

Our team will either answer your questions or direct you to someone who can. For general questions, contact the Control and Information Desk.

Control & Information Desk

[902] 569 4584 ext. 0

info@caripei.ca

On Duty Supervisor

[902] 569 4584 ext. 246

(Evenings & Weekends)

program registration information

Program registration for all fall programs will begin online, and in person on August 30, 2011. All classes will be filled on a first-come, first-served basis. Due to a possible high number of participants registering, a wait can be expected. Wait time will depend on the number of participants registering at any given time. Only half of the number allowed in a program will be able to register online in order that the programs can be accessed fairly by all of our clientele.

Online Registration

In order to register online, you must be a returning client of CARI programs. You can obtain your username and password from the Control and Information Desk.

Follow the links through 'Aquatics Facility' (Swimming Lessons to Online Registration) at caripei.ca.

Logon to your account by clicking on the 'My Account' tab and

entering the username and password for the child you are wishing to register.

Select the program you want from the menu. Select 'checkout', and complete payment information.

New to CARI Programs?

First-time users of CARI programs will need to register in person at the Control and Information Desk. You will then be provided with a username & password for our online registration system.

Having Trouble?

If you have trouble with the online registration system, please contact the Control and Information Desk at [902] 569 4584 ext. 0.

program policies

The following program policies have been adopted to help secure the safety and well-being of each program participant and facility user, as well as to provide equal opportunity for individuals to use our programs and services. For more information on our program and facility policies, visit caripei.ca

Registration

Registration for new programs typically starts while programs are still in progress to ensure continued accessibility to our clientele. Patrons wishing to register for the next session, but who are waiting on the result from the present session, are encouraged to register in the next level. If the participant must repeat the present level, the CARI Aquatics Department can transfer them back into that level.

Withdrawals, Transfers & Changes

Before lessons and programs begin, all transfers, withdrawals, and changes need to be made through the Information and Control Desk by phone or in person. Once programs have begun, contact the program coordinator at [902] 569 4584

ext. 232 regarding changes, withdrawals, or transfers.

Refunds

Should you need to withdraw from a program or lesson before the first date of that program, we would be happy to reimburse the full cost to you. Once lessons have begun, refunds for programs will not be offered. CARI Credit will be issued after the first day of the program (to be used for any CARI service including: open swims, merchandise, or programs). All CARI Credits will expire one year from the date of issue.

Program Cancellation

If programs do not meet minimum registration, they will be cancelled before the session begins. Enrolled participants will be contacted and offered an alternative time to enrol in the same program. CARI



reserves the right to alter or cancel any scheduled program.

Safety Supervision

For the safety of our patrons, we have adopted some important policies. Children under the age of 7 are required to have an adult within arm's reach (within the water) with a ratio of 1 adult to 2 children. Children aged 8-12 years need to have an adult remain within the aquatic complex.

Privacy Policy

The CARI Aquatics Department respects your right to personal privacy. The information we collect throughout the registration process is used for the sole purpose of course registration. We do not share this information with outside parties. We use return email addresses to answer the emails we receive. Such addresses are not used for any

other purpose and are not shared or sold to outside parties. Finally, we never use or share any personally identifiable information provided to us online in ways unrelated to the ones described above without also providing you an opportunity to opt out or otherwise prohibit such unrelated uses.

Photographs

The privacy and comfort of our users is important to us here at CARI. The use of any electronic equipment including cellular telephones, laptops, cameras, or any electronic device is strictly prohibited within the aquatic facility including the pool deck, changing rooms and viewing areas. Persons wishing to photograph within the facility require written consent from the Aquatic Administration office. For more information contact [902] 569 4584 ext. 235

Emergency Contact Information

Parents and guardians are strongly encouraged to provide an emergency contact to the Control and Information Desk representative upon registration who may be reached in case of an emergency.

Weather Policy

If the weather conditions are unsafe for our patrons and staff to travel to and from our facility to participate in aquatic programs, those programs will be cancelled for the day. To check our weather line to see if programs are cancelled, call 902.569.4584 and listen to the voice message on our message centre. If operations are continuing as scheduled, the phone system will route directly to the phone directory. Announcements will also be made on all major Island radio stations.

gift certificates

Gift Cards are available at the Control & Information Desk in any denominations.

Give a gift that anyone can enjoy!

info@caripei.ca

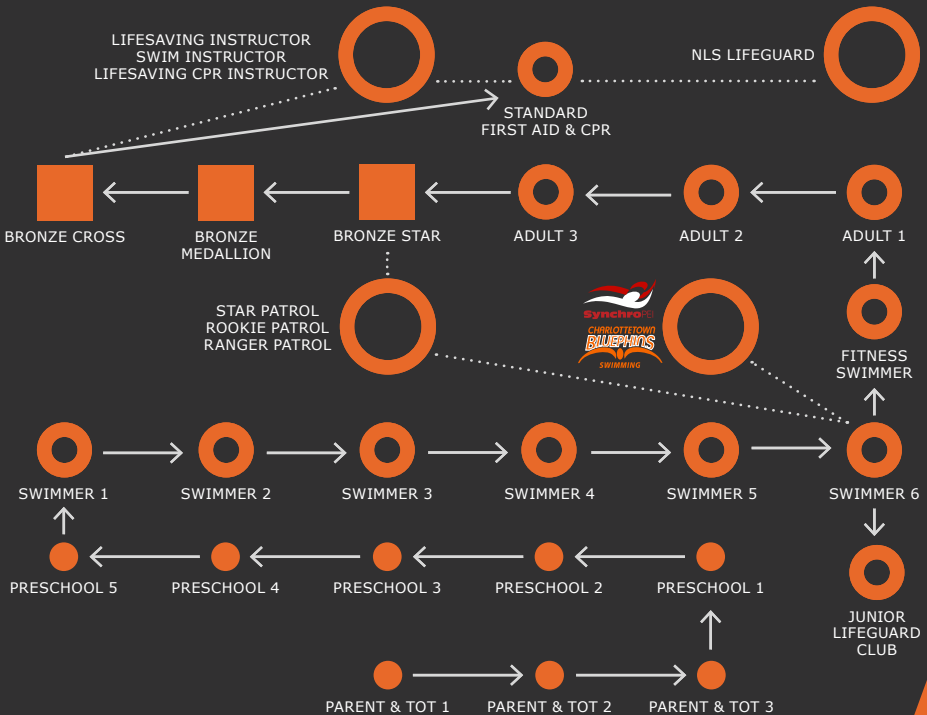
[902] 569 4584 Ext. 0

the cari swim for life program

The CARI Swim program follows the Lifesaving Society's Swim for Life program. Based on the internationally recognized Swim to Survive standard, the Society's swim program focuses on basic survival skills and fun from day one! It teaches the essential skills necessary to survive a sudden, unexpected fall into deep water. Swim for Life starts by developing strong foundational skills and essential personal self-rescue skills, then continues on by challenging swimmers to develop effective swimming strokes.

The CARI Swim program produces good swimmers. Good swimmers can:

- Make safe choices in, on and around water
- Protect themselves and others
- Swim for fitness
- Enjoy aquatic activities (boating, fishing, etc.)
- Begin aquatic sport programs (diving, synchro, lifesaving sport, etc.)
- Become an instructor and/or lifeguard.



Parent & Tot



Especially for children aged 4 months to 3+ years and their parents. Based on the principle “Within Arm’s Reach”, these classes focus on close playful interaction and shared fun between child, parent and water.

Parent & Tot 1

Splash, splash, laugh—water can be so much fun! Babies just love to play in water. Parents with 4–12-month-old babies will explore the water together under the watchful eyes of their instructor. They’ll learn how to safely enter and exit the water together. Parents will learn how to safely support their child while they discover water!

Parent & Tot 2

Water play—get set, get wet! Instructor-led sessions help parents with 12–24-month-old children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

Parent & Tot 3

Just watch them grow! At 2–3 years these almost-independent toddlers are really ready to explore getting in, getting out, going under, and floating while under the watchful eye of their parents and instructor.

Preschool



The Swim for Life Preschool Program gives children a head start on learning to swim. First they learn the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

Preschool 1

These preschoolers learn to get in and out of the water safely. They’ll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides.

Preschool 2

These youngsters will explore the water learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

Preschool 3

These preschoolers will master their floats, glides and short swims on their front and back (2–3 metres). They will be able to pick up objects from the waist-deep water and use their lifejackets to jump and roll into the deep end.

Preschool 4

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They will start to learn how to support themselves in deep water and, in the end, they will do solo jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim to safety (5–10 metres) in the deep end.

Preschool 5

These skilled and independent youngsters will master short swims doing front crawl (5–10 metres) and back crawl (3–5 metres). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

Swimmer



Swim for Life – Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school-aged children 5 years and older to develop safe entries, deep-water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit.

Swimmer 1

These beginning swimmers will work on safe entries, exits and moving through the water. When ready, they will do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

Swimmer 2

These children will be able to jump or side roll into deep water, tread water, and swim (10–15 metres) using either front crawl or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

Swimmer 3

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults under water. They will work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their practice. By the end, they'll be able to meet the Swim to Survive standard: roll into deep water, tread water (1 minute) and swim (50 metres).

Swimmer 4

These swimmers will swim further with their front crawl and back crawl. They will be introduced to breaststroke arms drills, under-water swims and front crawl sprints. Interval training will add to their fitness level.

Swimmer 5

These swimmers will try 'eggbeater' kick, head up front crawl, and shallow dives. Just for fun, they will try 'tuck' jumps and under-water back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

Canadian Swim Patrol

Are you looking for something challenging? Are you ready for something different than regular swim classes? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Canadian Swim Patrol awards—a perfect fit for anyone wanting to kick it up a notch. This program will capture the interest of youths, who have good swimming skills. The three Canadian Swim Patrol awards offer three modules: Water Proficiency, First Aid, and Recognition & Rescue. As a Swim Patroller, you can work on your skills at your own pace. Once you finish all the skills in one level, you will be encouraged to move on to the skills in the next level.

Rookie Patrol



Practices develop fitness levels to meet a timed 100-metre swim and 350-metre workout. Water-proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Rescue Breathing and initiating EMS are included as first-aid skills. Victim recognition and throwing assists are other key elements of the program.

Ranger Patrol



Practices develop fitness levels to meet a timed 100-metre swim and 350-metre workout. Water-proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Rescue Breathing and initiating EMS are included as first-aid skills. Victim recognition and throwing assists are other key elements of the program.

Star Patrol



An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning for timed 300-metre swims and 600-metre workouts. It develops lifesaving judgement with whistle signals, airway and bleeding first aid priorities with a 20-metre tow with towing aid.

Adult Lessons



Whether you are just starting out or want help with your strokes, our Adult Swimmer program is for the young at heart—no matter what your age. Whether your goals are to learn the basics or gain skill with swimming strokes, your instructor will be able to provide you the support that you need. Teens and

adults alike will develop water confidence and smooth, strong strokes to use for lane swimming or to be fit enough for the beach.

Swim to Survive

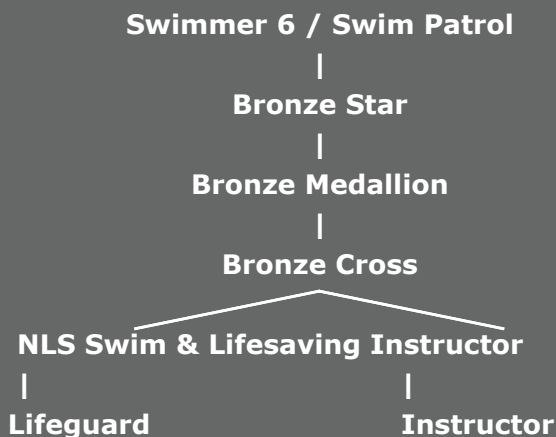


Participants gain vital survival skills needed to recover from a sudden fall into deep water. The straightforward approach used in Swim to Survive teaches how to recover from a fall into deep water and develops the basic swimming skills needed to reach safety.

ROLL into deep water—TREAD water (1 minute)—SWIM 50 metres

The Swim to Survive Standard is incorporated into every level of the Swim for Life program. Participants start learning the necessary skills to complete this standard in Preschool levels and continue on well into the Swimmer levels.

aquatic leadership



Bronze Star



Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. They learn CPR and develop Water Smart® confidence and the life-saving skills needed to be their own personal lifeguard.

Prerequisite: None, Canadian Swim Patrol experience recommended.

Bronze Medallion



Bronze Medallion teaches an understanding of the life-saving principles embodied in the four components of water-rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence-and-release methods in preparation for challenging rescues involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Completing Bronze Medallion also certifies the swimmer with a CPR-A certificate.

Prerequisite: 13 years of age, or Bronze Star certified.

Bronze Cross



Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Completing Bronze Cross also certifies the swimmer with a CPR-C certificate. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Prerequisite: Bronze Medallion certified.

National Lifeguard Service



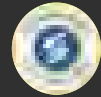
National Lifeguard (NLS) certification is recognized as the standard for lifeguards in Canada. NLS training develops the basic lifeguarding skills, principles and decision-making process to help lifeguards create a safe and enjoyable facility. This course teaches lifeguards to prevent emergencies and, if necessary, respond effectively.

NLS Pool: Trains lifeguards in safety supervision and rescue in a pool environment.

NLS Surf: Trains lifeguards in safety supervision and rescue in a beach environment.

Prerequisite: 16 years of age, Bronze Cross certified, Standard First Aid & CPR-C.

Swim for Life Instructor



Lifesaving Society Swim Instructors are trained to teach and evaluate Swim for Life program levels (Parent & Tot, Preschool, Swimmer, Adult Swimmer and Fitness Swimmer). Topics cover teaching basic movement and swimming skills, strokes and fitness skills. Candidates are given proven teaching methods, a variety of skills and stroke development drills and correction techniques and learn the key learning principles behind those methods. Candidates learn about long- and short-term planning, class management, safety supervision and the principles of evaluation.

Prerequisite: 15 years of age & Bronze Cross certified.

Lifesaving Instructor



Life-saving instructors are trained to teach and evaluate the three Canadian Swim Patrol awards, as well as Bronze Star, Bronze Medallion and Bronze Cross. Topics covered include various approaches to teaching water rescue, first aid and related aquatic skills in these life-saving programs. Candidates learn about long- and short-term planning, class management, safety supervision and the principles of evaluation.

Prerequisite: 16 years of age & Bronze Cross certified.



safety programs

CPR First Aid & Safety Services offers the following courses on site at the CARI Complex. Registration can be completed at the Control and Information Desk or online.

Emergency First Aid & CPR-C

Candidates will obtain knowledge and skill surrounding the following topics: provision of first aid, role and obligations of the first-aiders, principles of emergency scene management, bleeding, wounds, shock, secondary assessment, medical identification, poisons and allergic reactions, asthma, dizziness, fainting, and injuries due to heat or cold. Candidates will also learn and demonstrate all components of Basic Life Support level C (CPR). This course is conducted in one day.

Standard First Aid & CPR-C

Candidates will obtain knowledge and skill covered in Emergency First Aid as well as fractures, dislocations, sprains and strains, chest, abdominal and pelvic injuries, eye injuries, epilepsy, diabetic emergencies, moving and transportation, first-aid kits, and rescuer safety. Candidates will also learn and demonstrate all components of Basic Life Support level C (CPR). This course is conducted in two days.

Course	Dates	Price
SFA (Full Course)	September 16-17, 2011 9:00 am-3:00 pm	\$60

lane swims & aqua fitness

Lane Swims

Our lane-swim schedule will continue until June 27th, 2010. The summer lane-swim schedule will be available online and at the Control and Information Desk in mid June.

Day	Times Available
Monday	5:30 am-9:30 am, 11:30 am-12:30 pm, 8:00 pm-9:30 pm
Tuesday	5:30 am-9:30 am, 11:30 am-12:30 pm, 4:30 pm - 6:30 pm
Wednesday	5:30 am-9:30 am, 11:30 am-12:30 pm, 6:30 pm-9:30 pm
Thursday	5:30 am-9:30 am, 11:30 am-12:30 pm, 4:00 pm - 5:30 pm
Friday	5:30 am-9:30 am, 11:30 am-12:30 pm, 6:00 pm-9:30 pm
Saturday	10:00 am-2:00 pm, 4:00 pm-7:00 pm
Sunday	9:00 am-1:00 am, 5:00 pm-8:00 pm

Aqua Fitness

Our aqua-fitness schedule will continue until June 27, 2010. The summer aqua-fitness schedule will be available online and at the Control and Information Desk in mid June.

Class	Day(s)	Time
Aqua Jogging	Mon/Wed/Fri	7:00 am
Cardio Craze	Mon/Wed/Fri	8:45 am
Tethered Explosion	Tues/Thurs	8:00 am
Liquid Abs	Tues/Thurs	7:30 pm
AQUA ZUMBA	Mon/Wed	5:45 pm
Aqua Arthritis	Mon/Wed/Fri	11:45 am
Baby & Me	Mon	9:45 am

For more information on our Lane Swim & Aqua Fitness Schedules, please visit caripei.ca

fall 1 swim lessons

Fall 1 lessons begin the week of September 13th, 2011. All Fall 1 programs qualify for the Children's Fitness Tax Credit through the government of Canada. All Swimmer, Canadian Swim Patrol, and adult classes will consist of eight, 45-minute lessons; Parent & Tot, Preschool and private lessons will consist of eight, 30-minute lessons.

	Tuesday	Thursday	Friday
Parent & Tot 1	4:00 pm	N/A	9:00 am
Parent & Tot 2/3	4:30 pm	4:30 pm	9:30 am
Preschool 1	4:00 pm 5:00 pm 6:00 pm	4:00 pm 4:30 pm 5:00 pm 6:00 pm	10:00 am
Preschool 2	5:00 pm 5:30 pm 6:00 pm	4:00 pm 5:00 pm 6:30 pm	10:30 am
Preschool 3	4:30 pm 6:30 pm	4:30 pm 5:30 pm 6:30 pm	11:00 am
Preschool 4	5:30 pm 6:30 pm	6:00 pm	
Preschool 5	5:00 pm	5:30 pm	
Swimmer 1	4:00 pm 5:00 pm 6:00 pm	4:00 pm 5:00 pm 6:00 pm	
Swimmer 2	4:00 pm 5:00 pm 7:00 pm	4:00 pm 5:00 pm 6:00 pm	
Swimmer 3	5:00 pm 6:00 pm	5:00 pm 7:00 pm	
Swimmer 4	6:00 pm	6:00 pm	
Swimmer 5	6:00 pm	7:00 pm	
Swimmer 6	7:00 pm	7:00 pm	
Rookie Patrol	7:00 pm	7:00 pm	
Ranger / Star Patrol	7:00 pm	7:00 pm	
Adult	7:00 pm	N/A	

Fall 1 Swim Lessons - Saturday / Sunday

	Saturday	Sunday
Parent & Tot 1	9:00 am	3:00 pm
Parent & Tot 2/3	9:30 am	3:30 pm
Preschool 1	9:00 am, 9:30 am 10:00 am, 11:00 am 12:00 pm	3:00 pm, 4:00 pm 5:00 pm, 6:30 pm
Preschool 2	9:30 am, 10:00 am 10:30 am, 11:30 am 12:00 pm	3:30 pm, 4:30 pm 5:30 pm, 6:00 pm
Preschool 3	9:00 am, 10:00 am 11:30 am, 12:30 pm	3:00 pm, 5:00 pm
Preschool 4	10:30 am, 11:00 am 12:30 pm	3:30 pm, 4:00 pm
Preschool 5	10:30 am, 11:30 am 12:30 pm	4:30 pm, 6:00 pm
Swimmer 1	10:00 am, 11:00 am 12:00 pm	3:00 pm, 4:00 pm 5:00 pm, 6:00 pm
Swimmer 2	10:00 am, 11:00 am 12:00 pm	3:00 pm, 4:00 pm 5:00 pm, 6:00 pm
Swimmer 3	10:00 am, 11:00 am	3:00 pm, 5:00 pm 7:00 pm
Swimmer 4	10:00 am, 12:00 pm	4:00 pm, 6:00 pm 7:00 pm
Swimmer 5	11:00 am	4:00 pm, 7:00 pm
Swimmer 6	12:00 pm	5:00 pm, 7:00 pm
Rookie Patrol	1:00 pm	N/A
Ranger / Star Patrol	1:00 pm	7:00 pm
Adult	N/A	7:00 pm

When can I go swimming?

The weekly pool schedule runs from Monday–Sunday. Schedules are published the Monday prior to the start date. For up-to date schedules please visit caripei.ca.



aqua abilities

Aqua Abilities

Aqua-Abilities is a program designed for children between the ages of 10-17 living with a permanent physical or mental disability. During this 8 week program, children will be provided with the opportunity to learn how to swim at their own pace with the guidance of a certified instructor.

Next session beginning Saturday September 17, 2011.

Advanced Aqua-Abilities

Advanced Aqua-Abilities is a program designed for children with a physical disability, ages 6-17 that have an interest in the sport of competitive swimming. The program is a development program that will teach the basic fundamentals and skills of competitive swimming. Pre-requisite for this program is completion of the Aqua-Abilities program or equivalent experience.

For more information about the Advanced Aqua Abilities program, please contact ParaSport and Recreation PEI at 902.368.4540 or e-mail info@parasportpei.ca

private lessons & leadership

Private Lessons

Fall 1 Private Lessons			
Tuesday	Thursday	Saturday	Sunday
	4:00 pm	9:00AM(SH)	3:00 pm
4:00 pm	4:30 pm	9:30AM(SH)	3:30 pm
4:30 pm	5:00 pm	10:00AM	4:00 pm
5:00 pm	5:30 pm	10:30AM	4:30 pm
5:30 pm	6:00 pm	11:00AM	5:00 pm
7:00 pm	6:30 pm	11:30AM	5:30 pm
7:30 pm	7:00 pm	12:00 pm	6:00 pm
	7:30 pm	12:30 pm	6:30 pm

Leadership

All Leadership courses will take place on Sunday evenings beginning September 18, 2010 for the fall session of programming. For more information on our leadership courses, see pages 13–14, or visit Lifesaving Society lifesavingpei.ca.

Course	Time	# of Weeks	Price
Bronze Star	4 pm - 6 pm	8	\$125.00
Bronze Medallion	5 pm - 7 pm	8	\$180.00
Bronze Cross	6 pm - 8 pm	8	\$180.00
NLS - Pool	5 pm - 8 pm	13	\$230.00
Swim & LSI	5 pm - 8 pm	13	\$230.00

value packages & pricing

CARI All Access Monthly Pass **\$45.00**

This package entitles you to full access to the facility during open swims, lane swims and all the Aqua Fitness Classes you want! The perfect package for the aquatic fanatics out there!

Monthly Seniors Pass **\$26.00**

Come on in and join the fun! Swim some laps, relax in the hot tub or simply float about in any one of our pools any time between 6 am and 4 pm. This package is sure to keep you active!

Monthly Lane Swim Pass **\$42.00**

Looking to keep active but want to stay indoors? Lane swims will keep you physically active at a cheap price!

Aqua Fitness & Lane Swim 75 **\$230.00**

Now this package is tailored to save you money! This package entitles you to 75 passes to either lane swims or aqua fitness—you can decide!

Type	Day Pass	Book of 10
Adult (Over 20 years old)	\$6.50	\$58.50
Student (7-19 years old or valid student card)	\$5.50	\$49.50
Child (2-6 years old)	\$3.75	\$36.00
Infants (0-24 months)	Free	Free
Senior (Over 55 years old)	\$5.50	\$49.50
Family	\$16.00	\$144.00
Aqua Arthritis	\$4.50	\$40.50
Aqua Fitness	\$5.00	\$45.00
Lane Swim	\$4.50	\$40.50
Baby & Me	\$6.00	

birthday party packages

Leave the work to us!

We provide everything but the cake!

Our birthday party package includes:

- 1 1/2 hours in the pool
- 1 hour in a private room decorated in a birthday theme
- Pizza Delight pizza (2 slices per child)
- Pop, plates, napkins, candles, etc

Price: \$15.00 / person

Parents of the birthday child are free, additional parents pay student price. Children under the age of 7 must be accompanied by an adult (ratio of 2:1). Minimum of 7 children per party.

A deposit of \$45.00 is required to ensure confirmation.

Please note: Cameras are not permitted on the pool deck, but welcome in the private room.

To book your party or for more information please call [902] 569 4584 Ext. 0

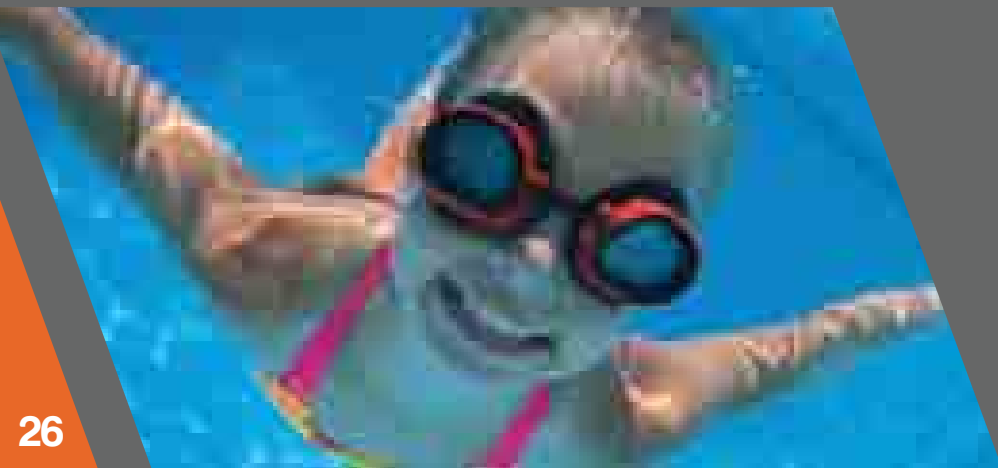
Did you know?

You can rent the entire Aquatics Facility for group functions!

Perfect for:

- Business events
- Team parties
- Family reunions

Call [902] 569-4584
Ext. 235 to book your
event today!



user groups

Synchronized Swimming



Synchro PEI and the Naiads offer programs for children of all ages and skills. For more information please contact peisynchro@live.ca

Charlottetown Bluephins



Love to swim?
We have the program for you!
Contact Head Coach for more information
William Calhoun: [902] 316 1300
www.charlottetownbluephins.ca

UPEI Varsity Swim Club



swimming@upeil.ca
www.upei.ca/athletics/swimming

Charlottetown Masters Swim Club

Contact Greg Mills—
[902] 566 2344
cmsc@pei.sympatico.ca

Take Two The Exercise Connection

Specializing in land and aquatic physiotherapy programs for hip and knee conditions. Program runs once or twice/week and is covered by most extended health insurance plans. Debbie Gee and Marlene Cairns have over 50 combined years of experience in physiotherapy and aquatic therapy.

Brochures available at the Control and Information Desk
taketwopei@gmail.com or call [902] 316 1122

funding opportunities

Kid Sport

The Kid Sport™ Fund of Prince Edward Island was established in 1997 to assist families with limited financial resources by providing funding for sporting programs and/or mandatory equipment.

Families with children aged 6–16 are eligible for support. There is no limit as to the number of children (aged 6–16) in a family who may receive a grant.

For more information on the Kid Sport Program visit www.sportpei.pe.ca

Canadian Tire Jump Start



Strong communities include strong kids. We believe all kids should have the chance to run, skate, play, and grow. Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4–18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop

important life skills, self-esteem and confidence.

For more information visit www.canadiantire.ca/jumpstart

YWCA Encore Program



The YWCA Encore program is a free, 8-week program for women who have experienced breast cancer. This program has the unique approach of combining specially designed exercises with a supportive environment.

For more information on the YWCA program please contact aquatics@caripei.ca