

CHILDREN'S Lesson Schedule

ALL classes are 30 min. 6 classes per session. Preschool A to E, Swimmer 1 & 2 must have a parent in the pool with the child. Our Instructors are teaching while maintaining physical distance from the participants in the program. Participants will continue to build on existing swim skills. **\$83.10 per child—Non-residents Add \$25.75**

**Tuesday & Thursday Daytime Lessons
Evening Lessons**
(Program start dates to be determined)

Saturday Morning Lessons:
Jan 30—March 6
March 20—May 1 (No lesson Apr 3)
May 8—June 19 (No lesson May 22)

PRIVATE & Semi PRIVATE LESSONS \$37.50 per 30-minute class
MAX 2 people for Semi-private, and they need to be similar swimming ability.

Call 613-257-1005 to register

Aquatic Lessons & COVID-19

IMPORTANT NOTE - All Preschool levels A to E and Swimmer levels 1 & 2 **MUST** have a parent or caregiver in the water with the child who is registered in lessons. Our Instructors teach while staying socially distanced from program participants. PRIVATE LESSONS also require a parent/caregiver to be in the pool for the Preschool & Swimmer levels noted above.

1. One parent per child in the facility. NO additional SPECTATORS will be permitted.
2. Arrive ONLY 5 minutes before the class starts.
3. Have your bathing suit on under your clothes before arriving to reduce time spent in the changeroom.
4. Take all belongings onto the deck with you. No personal items are to be left in the changerooms.
5. Masks stay on until you enter the water, put mask on after swimming and wear it until you exit the building.
6. Parent MUST go in the water and be within arms reach for levels Preschool A to E, Swimmer 1 & 2.
7. Maintain distance while on bleachers or pool deck from others who are not from your household.
8. We do not supply goggles, lifejackets or flutterboards.
9. Maximum 15 minutes in the changerooms after swimming, then exit the facility.
10. ALWAYS check with your Program Supervisor before taking any photos.

Admission / Supervision Policy for Swims

1. Families stay within their own 'family bubble' while in the pool and while using the changerooms. Always call before coming to the pool to register for the swim.
2. Arrive 5 minutes before the swim starts. Having your bathing suit on under your clothes allows for quicker changing and reduces the time in the changerooms.
3. No personal items are to be left in the changerooms, bag your items and bring to the pool deck with you.
4. Children / Youth will not be allowed to attend a FAMILY SWIM without a parent who is also participating in the pool.
5. Parents / Guardians must be competent swimmers.
6. No more than 4 non / weak swimmers per Parent / Guardian. Bring your own lifejackets.
7. Swim tests will be required. The Supervisor on duty has the right to request a swim test of any individual attending these swims.
8. Masks stay on until you enter the water, put mask on after swimming and wear it until you exit the building.
9. Maximum 15 minutes in the changerooms after swimming, then exit the facility.



359 Bridge Street, Carleton Place, ON. K7C 3H9

*Your Aquatic Center serving Carleton
Place,
Beckwith, and Mississippi Mills.*

Program Calendar

Lessons—Aquafit—Swims

All programs must be booked in advance,
no drop-ins at this time, please.
613-257-1005

Visit www.carletonplace.ca
for current program information.



Carleton Place Aquatics
*359 Bridge St. Carleton Place,
Ontario, K7C 3H9*
(613) 257-1005
cppool@carletonplace.ca
www.carletonplace.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:15 am CPWD Practice	5:30-7:15 am CPWD Practice	5:30-7:15 am CPWD Practice	5:30-7:15 am CPWD Practice	5:30-7:15 am CPWD Practice	7:00-9:00 am CPWD Practice
7:30-8:30 am Lane Swim	8:45-9:30 am Aquafit	7:30-8:30 am Lane Swim	7:30-8:30 am Lane Swim	7:30-8:30 am Lane Swim	9:30-12:00 pm Child Lessons & Privates
9:00-10:00 am Lane Swim		9:00-10:00 am Lane Swim	9:00-10:00 am Lane Swim	9:00-10:00 am Lane Swim	Bronze Programs Jan 30-Apr 10 9:30-12:00 pm Bronze Medallion & Emergency First Aid 9:30-12:00 pm Bronze Cross *We need a minimum of 10 to run this program. **We need a minimum of 12 to run this swim.
10:30-11:30 am Lane Swim & Hot Pool	10:30-11:30 am Lane Swim & Hot Pool	10:30-11:15 am Arthritis Aquafit & Hot Pool	10:30-11:30 am Lane Swim & Hot Pool	10:30-11:30 am Lane Swim & Hot Pool	
12:00-1:00 pm Adult Swim & Hot Pool	12:00-1:00 Adult Swim & Hot Pool	12:00-1:00 pm Adult Swim & Hot Pool	12:00-1:00 pm Adult Swim & Hot Pool	12:00-1:00 pm Adult Swim & Hot Pool	
1:30-2:30 pm Lane Swim & Hot Pool	1:30-2:30 pm Lane Swim & Hot Pool	1:30-2:30 pm Lane Swim & Hot Pool	1:30-2:30 pm Lane Swim & Hot Pool	1:30-2:30 pm Lane Swim & Hot Pool	
4:00-6:30 pm CPWD Practice	3:15-5:45 pm CPWD Practice	4:00-7:00 pm CPWD Practice	3:15-5:45 pm CPWD Practice	4:00-6:30 pm CPWD Practice	
Aquafit & ARTHRITIS Aquafit Fees Drop In / 10 Visit Punch Cards: Youth 13-17 & Senior 55 yrs and over—\$9.50 / \$85.50 Adult 18 yrs—\$11.00 / \$99.00				7:00-8:30 pm Family Swim **We need a minimum of 12 to run this swim.	
REGISTER in ADVANCE by calling 613-257-1005 for ALL programs					
We greatly appreciate everyone's cooperation and patience as we navigate these challenging times. Please check our webpage regularly for updates, www.carletonplace.ca					