

Program Offerings

Water Safety Program

Available to: infants, toddlers and all adults. All programs are new and improved and will satisfy the needs of everyone in our programs better than ever.

Pre-School Program

A parent-tot program that offers knowledge to parents while they along with the instructor are teaching the child. This is a great way for parents to start their children off early. It has a 7 level progression. Children 4 months to 5 years and up. Call for further information.

Red Cross Kid's Swim Program

A 10-level training program. This is a new and improved fun program with a low pupil/instructor ratio and children learn to swim through the expert instruction of our friendly, confident and qualified aquatic staff. Fun for children ages 6 years and up.

Lifesaving Society (Canada's Lifeguard Experts) Program

Challenging programs that teach students about saving their own lives and the lives of others. It runs from Rookie to Bronze Cross. Mature students who have finished the Red Cross Swimming and Water Safety program.

Adults Learn to Swim Program

This program has different level variations and you can choose exactly what you want to do. Learn to swim at your own pace in a relaxed atmosphere. Whether you are a non swimmer or just want to protect your strokes we do have a program for you.

Pool Policy

Swim Team

Non-competitive/Competitive Program. Call for further information.

Hours of Operation

Monday - Sunday 8:00 a.m. to the last swim

Bookings

For birthday parties, school swims, social groups, etc., received anytime.

Lesson Registration Policy

Registration is done on a first come first served basis. All payments must be received on the first day of lessons.

Pool Rules

1. Bathers must shower before entering the pool.
2. Always obey the Lifeguard; they are there to protect you.
3. Obey whistles! 1 blast - STOP; 2 or more CLEAR THE POOL.
4. No food, drinks, gum or glassware allowed in pool area.
5. No dangerous play in pool area.
6. Don't run on floors or deck.
7. No foul play on or around the diving board.
8. Swimmers with infectious diseases must NOT ENTER the pool.

General Information

- **Lap Swim:** A chance for swimmers to improve their endurance.
- **Public Swim:** All ages welcome, wide open pool area with diving board, slides and Tarzan rope. Floats and life jackets available. **Adult Swim:** Participants must be over 18 years of age. Pool is divided into lanes for swimming lengths and half is left open for recreational swim.
- **Family Swim:** Children must be accompanied by an **adult** of their **immediate family**. A great time for some family fun.

FALL SCHEDULE

EFFECTIVE SEPTEMBER 6, 2010

HOURS	SUN	MON	TUES	WED	THURS	FRI	SAT
9 - 10	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
10 - 11	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
11 - 12	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
12 - 1	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
1 - 2	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
2 - 3	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	CHILDREN SWIM
3 - 4	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
4 - 5	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
5 - 6	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
6 - 7	FAMILY SWIM	LESSONS	LESSONS	LESSONS	LESSONS	FAMILY SWIM	RENTAL
7 - 8	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
8 - 9	LAP SWIM	ADULT SWIM	PUBLIC /SWIM AEROBICS	PUBLIC SWIM	LAP SWIM	PUBLIC SWIM	PUBLIC SWIM

****LATER RENTAL AVAILABLE UPON REQUEST**

GRAND BANK
 SWIMMING POOL
 2010
 SWIMMING SCHEDULE

**SPRING SCHEDULE
 EFFECTIVE MAY 17, 2010**

Contact

Tom Burton

Recreation Director

(709) 832-2617

Juanita Rose

Chief Lifeguard/Instructor

(709) 832-2331

HRS	SUN	MON	TUES	WED	THURS	FRI	SAT
9 - 10	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
10 - 11	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
11 - 12	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
12 - 1	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
1 - 2	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
2 - 3	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	CHILDREN SWIM
3 - 4	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
4 - 5	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
5 - 6	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
6 - 7	FAMILY SWIM	LESSONS	LESSONS	LESSONS	LESSONS	FAMILY SWIM	RENTAL
7 - 8	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
8 - 9	LAP SWIM	ADULT SWIM	PUBLIC /SWIM AEROBICS	PUBLIC SWIM	LAP SWIM	PUBLIC SWIM	PUBLIC SWIM

****LATER RENTAL AVAILABLE UPON REQUEST**

**HST INCLUDED
SWIMMING LESSONS:**

Category	Cost	Description	Category	Cost	Description
Pre-school Level 1 - 4	\$30.00	8 - 1/2 Sessions	Children	\$24.00	Second Child in Family
Children Level 5 - 10	\$43.00	8 Sessions	Children	\$36.00	Second Child in Family
Adults	\$43.00	8 Sessions	Aerobics	\$3.00	Per Session
Bronze Star	Manual & Fees TO BE DETERMINED	10 - 12 hours	Bronze Medallion	Manuals & Fees TO BE DETERMINED	20 - 22 Hours
Bronze Cross	Manual & Fees TO BE DETERMINED	22 - 24 hours	Private Lessons	\$65.00	1 Hour Session

SUMMER SCHEDULE

EFFECTIVE JUNE 28, 2010

HRS	SUN	MON	TUES	WED	THURS	FRI	SAT
9 - 10	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
10 - 11	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
11 - 12	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
12 - 1	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
1 - 2	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL	RENTAL
2 - 3	RENTAL	RENTAL	CHILDREN SWIM	RENTAL	CHILDREN SWIM	RENTAL	CHILDREN SWIM
3 - 4	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL	RENTAL
4 - 5	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
5 - 6	RENTAL	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL
6 - 7	FAMILY SWIM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	FAMILY SWIM	RENTAL
7 - 8	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
8 - 9	LAP SWIM	ADULT SWIM	PUBLIC /SWIM AEROBICS	PUBLIC SWIM	LAP SWIM	PUBLIC SWIM	RENTAL

DAILY RATES:

Category	Cost	Category	Cost
Children & Teen Swim	\$2.50	Adults (18 years & older)	\$3.00
Parent & Toddler (under 3 years) swim	\$3.00	Family Swim	\$6.00 up to 4 people (Immediate Family Members Only). \$1.50 each addition person.
Sauna/Swim	\$4.50		
Ladies - Aerobics/Swim	\$3.00		

RENTAL AND PARTIES:

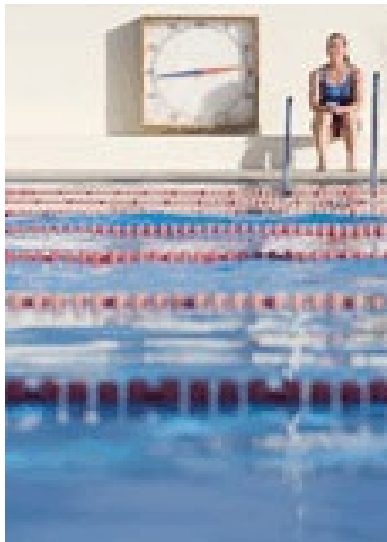
Description	Category	Fee	Description	Category	Fee
35 People or less	\$55.00	36-50 People	\$70.00	51 + People	\$85.00

POOL PASSES: (26 Sessions)

Description	Category	Fee	Description	Category	Fee
Swim	Teens	\$50.00	Swim	Adults	\$62.00
Swim	Family	\$55.00			

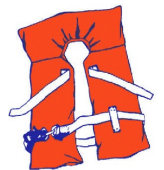
****LATER RENTAL AVAILABLE UPON REQUEST**

~~ ADULT SWIMMING LESSONS TUESDAY AND THURSDAY FROM 9:00P.M. TO 10:00P.M



Grand Bank Swimming Pool

TELEPHONE: (709) 832-2331



Program Schedule 2010