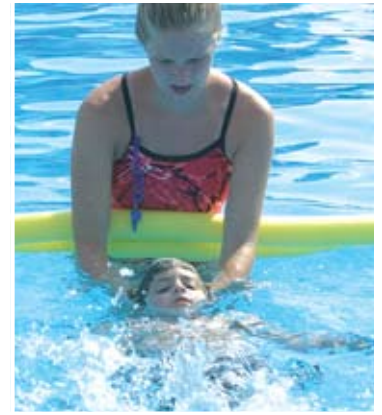
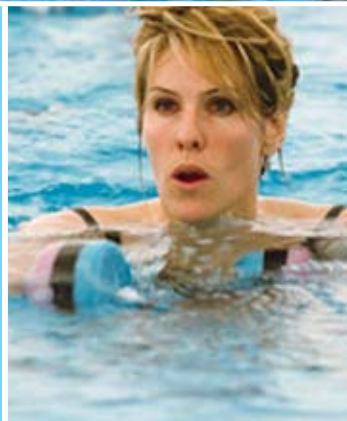




613-733-5100 • www.racentre.com



RA Outdoor POOL



Summer 2009

Adult Swim • Family Swim • Open Swim • AquaFIT • Group Rentals • Aqua Camp
Red Cross Swim Programs • Advanced Programs • National Lifeguard • Private Lessons



Registration

In Person

Members and non members can register for aquatic programs or purchase season passes at the East Wing Member Service Desk, open 7 days per week from 8 am to 9:30 pm

By Phone - 613-736-6224

Telephone registration, with a credit card payment, is accepted Monday to Thursday from 9:30 am to 7:00 pm, and Fridays 9:30 am to 5:00 pm by calling 613-736-6224.



RA Pool Admission Policy

Welcome to the RA Pool! In order to ensure a safe and enjoyable experience for all our patrons we have based our admission criteria upon current provincial guidelines.

Children between the ages of 6 to 9 who cannot comfortably swim 1 uninterrupted length of the large pool must be supervised (in the water, able to render assistance) by a guardian 12 years of age or older. Maximum of 4 children per guardian.

The above maximum may be increased to 8 children per guardian if all of the children are wearing approved personal flotation devices.

Children 5 years of age and under must be directly supervised (within arms reach), regardless of swimming ability, by a guardian 12 years or older. Maximum of 2 children per guardian.

Family Swim

The purpose of a family swim is to provide a play time for families. Therefore, children 15 years of age and under must be accompanied in the water by a participating adult 18 years or older. Maximum of 4 children per participating adult.

Adult Swim

The purpose of an adult swim is to provide an opportunity for leisure and lap swimming. Adult swims are open to patrons 16 years of age and older.

Lesson Cancellations

Cancellation of lesson packages require written notice 7 days in advance of the session. There will be NO refund, credit or makeup class for individual classes missed, unless cancelled by the Association.



RA Campers!

Enquire about taking swim lessons while at camp.
Camp staff escort campers to and from pool for their lesson.



Group Rentals

Ask about our special group and pool rental rates for **birthday parties, clubs, camps and other special events.**

The RA's outdoor aquatic facility includes a large, heated, L-shaped pool with a diving section and a small, heated teaching pool with a depth of approximately four feet. The spacious pool deck with its shady awnings, picnic tables and lounge chairs make it a welcoming place to spend a sunny afternoon.

Swim Schedule

Pool opens June 20th

*Pool will close July 1st & August 3rd at 5:00 pm

Monday to Friday		
12:30 pm - 1:30 pm	Adult	
1:30 pm - 5:00 pm	Open	
5:00 pm - 6:00 pm	Adult/Family*	
6:00 pm - 7:15 pm	Open	
Saturday & Sunday		
12:30 pm - 1:30 pm	Adult/Family*	
1:30 pm - 5:00 pm	Open	
5:00 pm - 6:00 pm	Adult/Family*	
6:00 pm - 7:15 pm	Open	

* Family swim in the small pool

Family Swim

The purpose of a family swim is to provide a play time for families. Therefore, children 15 years of age and under must be accompanied in the water by a participating adult 18 years or older. Maximum of 4 children per participating adult.

Adult Swim

The purpose of an adult swim is to provide an opportunity for leisure and lap swimming. Adult swims are open to patrons 16 years of age and older.

Pool Day Passes - GST included		
	RA Member	Non-RA
Child/Teen	\$2.50	\$ 3.50
Seniors	\$3.00	\$ 4.00
Adult	\$4.25	\$ 5.25
Family	\$9.00	\$13.00

Season Pool Passes - GST not included		
	RA Member	Non-RA
Child/Teen	\$ 45.00	\$ 55.00
Seniors	\$ 50.00	\$ 60.00
Seniors Couple	\$ 90.00	\$100.00
Adult	\$ 70.00	\$ 80.00
Family	\$135.00	\$145.00



FREE
to LifeFIT
& GroupFIT
Members.

AquaFIT

Season: June 29 to August 21

(no class Wednesday, July 1st, 2009)

Try out our amazing Aqua Fitness classes. A great way to improve your fitness while you cool off and enjoy the fresh air.

Mondays & Wednesdays & Fridays

12:45 pm - 1:30 pm

Fees: LifeFIT & Group Fitness members: no charge
(gst extra) RA member: \$5/class
Non-member: \$7/class

Aqua Camp

**Aqua Camp is a dream come true
for youth who love the water.**

9 to 12 years old

Campers will enjoy a wide variety of aquatic games and sports including sessions on **competitive swimming, waterpolo, diving, scuba, competitive lifesaving, synchronized swimming and underwater hockey.**

Come prepared for a very wet and active program that also offers a daily afternoon free swim and "dry" activities such as bowling, volleyball, softball and crafts. All Aqua Camp counsellors are experienced and fully qualified lifeguards and instructors chosen from the staff of the RA Centre's outdoor pool.

Note: RA Camps are nut free.

Prerequisites:

Must be able to swim 100 meters (4 lengths) 2 lengths on front and 2 lengths on back non-stop.

Must be comfortable in deep (over your head) water.

Born in 2000 or earlier.

Red Cross Swim Programs

Lesson Session Dates

1. Monday, June 29 to Friday, July 10
(no class July 1st)
2. Monday, July 13 to Thursday, July 23
3. Monday, July 27 to Friday, August 7
(no class Monday, August 3)
4. Monday, August 10 to Thursday, August 20

"Conversion chart" from the previous Red Cross Aquaquest program to the New Red Cross Swim Programs is available at www.redcross.ca.

Red Cross Swim Pre-School Program

Children 3 to 5 years of age

Sessions : 1, 2, 3 & 4 Weekdays

Sea Turtle:	10:00 am (30 minutes)
Salamander:	9:30 am or 10:30 am (30 minutes)
Sunfish:	10:00 am (30 minutes)
Crocodile:	10:00 am (30 minutes)
Whale:	10:00 am (30 minutes)

Red Cross Swim Kids Program

Children 6 years of age and older

Sessions : 1, 2, 3 & 4 Weekdays

Level 1:	9:30 am or 11:00 am (30 minutes)
Level 2:	9:00 am or 10:30 am (30 minutes)
Level 3:	9:00 am or 9:30 am or 11:00 am (30 minutes)
Level 4:	9:00 a.m. or 10:30 am (30 minutes)
Level 5:	9:00 am or 10:30 a.m. (45 minutes)
Level 6:	10:30 am (45 minutes)
Level 7:	9:45 am (45 minutes)
Level 8:	9:00 am (60 minutes)
Level 9:	9:00 am (60 minutes)
Level 10:	9:00 am (60 minutes)

Fees:

Red Cross Swim Pre-School & Kids Program

\$65 RA Member
\$70 Non-RA Member



Advanced Programs

Bronze Star

Prerequisites:

Recommend 12 years of age and able to swim 400 metres continuously.

*Excellent pre-training for those interested in the Bronze Medallion Program.

Session 1: June 29 to July 10

Session 2: July 13 to July 23

Weekdays, 10:00 am - 11:30 am

Fees: \$65 RA Member
\$75 Non-RA Member

Bronze Medallion/ Emergency First Aid and CPR B

Prerequisites:

minimum 13 years of age or Bronze Star

Session 1: June 29 to July 10

Session 2: July 13 to July 23

Weekdays, 8:00 am - 11:30 am

Fees: \$85 RA Member
\$95 Non-RA Member

Bronze Cross

Prerequisites:

Bronze Medallion/Emergency First Aid

Session 1: June 29 to July 10

Session 2: July 13 to July 23

Weekdays, 8:00 am - 10:00 am

Fees: \$85 RA Member
\$95 Non-RA Member

National Lifeguard (NLS)

Prerequisites:

minimum 16 years of age Bronze Cross and Standard First Aid (NEW)

Session 3: July 27 - August 7

Weekdays, 8:00 am - noon

Fees: \$ 99 RA Member
\$109 Non-RA Member

Private & Semi Private Lesson Packages

Private and semi private lessons are offered in one week packages of 4 or 5 lessons (1/2 hour per lesson).

Register at the East Wing Desk.

Private and semi private lessons are offered weekday mornings at the following times:

8:00 am - 8:30 am
8:30 am - 9:00 am
9:00 am - 9:30 am
9:30 am - 10:00 am
10:00 am - 10:30 am
10:30 am - 11:00 am
11:00 am - 11:30 am

Cost

Private Lessons

4 day packages

Member	\$ 76.00
Non-member	\$ 84.00

5 day packages

Member	\$ 95.00
Non-member	\$105.00

Semi Private Lessons (2 people)

4 day packages

Member	\$104.00
Non-member	\$112.00

5 day packages

Member	\$130.00
Non-member	\$140.00