



SWIMMING SPRING 2024

ARCHIE DILLON SPORTSPLEX POOL

REGISTRATION STARTS MARCH 5



IN-PERSON OR BY TELEPHONE

Monday to Friday

8:30am-4:30pm

CITY HALL - 220 ALGONQUIN BLVD E.

SERVICE TIMMINS - 705-264-1331

NEW!

ONLINE REGISTRATION

To create your account and to register online visit:

<https://app.univerusrec.com/timminspub/index.asp>

POLICIES

Release, Waiver and Indemnity

The participant (or Parent/Guardian if the Participant is under the age of 18) voluntarily assumes any risk of injury or damage in connection with the use of services or facilities, and releases, discharges and agrees to indemnify and save harmless the City of Timmins and its employees, agents and volunteers from any liability, claim, demand, or costs whatsoever incurred arising out of the participation of the Participant in the program at the facility.

Cell Phone / Camera Policy

The use of cameras and/or cell phones is prohibited in all change rooms and washrooms, as well as the upstairs viewing gallery. Photos can be taken on Parents day, which is the 4th lesson of every community session.

Lost & Found

The Archie Dillon Sportsplex Pool is not responsible for any lost or stolen items. Personal items that are left at the pool are placed in the lost and found box for a period of one week. Items not retrieved will be donated to a charitable organization.

Subsidies

The City of Timmins helps make subsidies available for children of City residents unable to afford the cost of programs in this guide. To see if you qualify for subsidy or to make an appointment, call the Sports for Kids office at 705-268-1112. Email: sportsforkids@gmail.com.

Payment Options

Payment in full must accompany all registrations. In person, pay cash, VISA, MasterCard or Interac. On the phone or on-line, use VISA, MasterCard, VISA Debit.

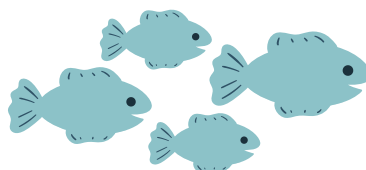
Waitlist Policy

If a program is full, you may request to be added to the waitlist. You will only be contacted if a spot becomes available. Please note we may only call once and will not leave a message. Feel free to leave additional phone number(s) to ensure you can be reached easily when on a waitlist.

Program Cancellations

A minimum number of participants is required for all programs. Pool staff reserve the right to cancel programs when necessary. Full refunds, or program transfers will be provided. Should it be necessary to cancel a swimming class due to unforeseen circumstances, we will make every effort to schedule a makeup class. If this is not possible, a credit will be given to participants.

Credit vouchers are redeemable for up to one year from date of issue



FOR MORE INFORMATION CALL 705-360-2655

LESSON REGISTRATION

IMPORTANT INFORMATION

Refunds

Program refund requests are accepted prior to the program start date and charged an administration fee of \$25.00. Cash payments are refundable by cheque only. Program refunds are not accepted after the program starts unless accompanied with a medical certificate and will be subject to the administration levy and be pro-rated accordingly.

Incorrect Level

For participants registered in the WRONG level by the parent/guardian; an attempt to be moved to the correct level will be made. Should there not be availability to move the participant, it is the option of the manager to remove the participant from lessons and issue a refund according to policy.

Lesson Screening

If you are unsure as to the level in which your child should enter, please contact the Pool Office and arrange for an in water screening session. This is a FREE service.



FOR MORE INFORMATION CALL 705-360-2655

PRICING

PARENT & TOT	\$106.00
PRESCHOOL 1-5 (max 4 per class)	\$132.50
SWIMMER 1-4 (30 min class)	\$106.00
SWIMMER 5-6 (45 min class)	\$112.50
ROOKIE PATROL (1 hour class)	\$128.75
PRIVATE (5 LESSONS)	\$182.25
SEMI-PRIVATE (max 4 per class)	\$132.50
ADULT LESSONS (45 min)	\$151.96
BRONZE MEDALLION/CROSS	\$160.75-\$223.52
NATIONAL LIFEGUARD COURSE	\$256.14
LIFESAVING SWIM INSTRUCTOR COURSE	\$201.04

FOR MORE INFORMATION CALL 705-360-2655

LESSONS

Preschool & Community

LEVEL	SATURDAY April 6—June 8 (no lessons May 11 & 18)		SUNDAY April 7–June 9 (no lessons May 12 & 19)	
	TIME	CODE	TIME	CODE
Parent & Tot 1	10:30A	SPR24-PT1-1	3:00P	SPR24-PT1-2
Parent & Tot 2	9:15A	SPR24-PT2-1	4:00P	SPR24-PT2-2
Parent & Tot 3	11:30A	SPR24-PT3-1	5:15P	SPR24-PT3-2
Preschool 1	8:45A 9:15A 9:45A 11:00A	SPR24-PS1-8 SPR24-PS1-9 SPR24-PS1-10 SPR24-PS1-11	3:00P 3:30P 4:00P 4:45P 5:15P	SPR24-PS1-12 SPR24-PS1-13 SPR24-PS1-14 SPR24-PS1-15 SPR24-PS1-16
Preschool 2	8:45A 9:15A 9:45A 11:30A	SPR24-PS2-8 SPR24-PS2-9 SPR24-PS2-10 SPR24-PS2-11	3:00P 3:30P 4:45P 5:15P	SPR24-PS2-12 SPR24-PS2-13 SPR24-PS2-14 SPR24-PS2-15
Preschool 3	8:45A 11:00A	SPR24-PS3-4 SPR24-PS3-5	3:30P 4:00P 5:15P	SPR24-PS3-6 SPR24-PS3-7 SPR24-PS3-8
Preschool 4	10:30A 11:30A	SPR24-PS4-2 SPR24-PS4-6	3:30P 5:45P	SPR24-PS4-3 SPR24-PS4-4
Preschool 5	9:15A	SPR24-PS5-2	3:00P 5:45P	SPR24-PS5-3 SPR24-PS5-4
Swimmer 1	8:45A 9:15A 10:30A 11:00A	SPR24-S1-1 SPR24-S1-2 SPR24-S1-3 SPR24-S1-4	3:00P 3:30P 4:45P 5:45P	SPR24-S1-5 SPR24-S1-6 SPR24-S1-7 SPR24-S1-8
Swimmer 2	9:45A 11:00A 11:30A	SPR24-S2-1 SPR24-S2-7 SPR24-S2-2	4:00P 4:45P 5:15P 5:45P	SPR24-S2-3 SPR24-S2-4 SPR24-S2-5 SPR24-S2-6
Swimmer 3	8:45A 9:45A	SPR24-S3-1 SPR24-S3-2	3:00P 4:00P 4:45P 5:45P	SPR24-S3-3 SPR24-S3-4 SPR24-S3-5 SPR24-S3-6
Swimmer 4	10:30A	SPR24-S4-1	3:30P 5:45P	SPR24-S4-3 SPR24-S4-2
Swimmer 5	11:00A	SPR24-S5/6-1	4:15P	SPR24-S5-1
Swimmer 6	11:00A	SPR24-S5/6-1	5:00P	SPR24-S6-1
Rookie/Ranger Patrol	9:45A	SPR24-RK/RG-2		

LESSONS

Preschool & Semi-Private

LEVEL	TUESDAY April 16-June 4		THURSDAY April 18-June 6	
	TIME	CODE	TIME	CODE
Parent & Tot 1				
Parent & Tot 2	5:30P	SPR24-PT2/3-1		
Parent & Tot 3	5:30P	SPR24-PT2/3-1		
Preschool 1	5:30P 6:00P 6:30P	SPR24-PS1-1 SPR24-PS1-2 SPR24-PS1-3	5:30P 6:00P 6:00P 6:30P	SPR24-PS1-4 SPR24-PS1-5 SPR24-PS1-6 SPR24-PS1-7
Preschool 2	5:30P 5:30P 6:00P 6:30P	SPR24-PS2-1 SPR24-PS2-16 SPR24-PS2-2 SPR24-PS2-4	5:30P 5:30P 6:30P	SPR24-PS2-5 SPR24-PS2-6 SPR24-PS2-7
Preschool 3	5:30P	SPR24-PS3-1	5:30P 6:00P	SPR24-PS3-2 SPR24-PS3-3
Preschool 4	6:00P	SPR24-PS4-7	6:00P 6:30P	SPR24-PS4-1 SPR24-PS4-5
Preschool 5			6:30P	SPR24-PS5-4
Swimmer 1	5:30P 6:00P 6:30P 7:00P	SPR24-SP1-1 SPR24-SP1-2 SPR24-SP1-3 SPR24-SP1-4	5:30P 6:30P 7:00P	SPR24-SPS1-5 SPR24-SPS1-6 SPR24-SPS1-7
Swimmer 2	6:00P 6:30P 7:00P	SPR24-SP2-1 SPR24-SP2-2 SPR24-SP2-3	5:30P 6:00P 7:00P	SPR24-SPS2-4 SPR24-SPS2-5 SPR24-SPS2-6
Swimmer 3	6:00P 6:30P 7:00P	SPR24-SP3-1 SPR24-SP3-2 SPR24-SP3-3	6:00P 7:00P	SPR24-SPS3-4 SPR24-SPS3-5
Swimmer 4	7:00P	SPR24-SP4-1	7:00P	SPR24-SPS4-2
Swimmer 5	7:00P	SPR24-SP5/6-1	7:00P	SPR24-SPS5/6-2
Swimmer 6	7:00P	SPR24-SP5/6-1	7:00P	SPR24-SPS5/6-2
Rookie/Ranger Patrol	6:30P	SPR24-RK/RG-1		
Ranger/Star Patrol			6:30P	SPR24-RG/ST-1

FOR MORE INFORMATION CALL 705-360-2655

ADULT LESSONS

Adult/Teen Lessons

April 15-June 10

(No lesson May 20)

5:45-6:30pm

Adult & Teen 1: SPR₂₄-AT₁-1

Adult & Teen 2: SPR₂₄-AT₂-1

Adult Lessons

April 17-June 5

8:00-8:45pm

Adult Lesson: SPR₂₄-Adult-1



FOR MORE INFORMATION CALL 705-360-2655

SWIMMING LESSONS

Program Level Registration Guide

Parent & Tot 1 Prerequisite: 4 to 12 months

Parent & Tot 2 Prerequisite: 12 to 24 months

Parent & Tot 3 Prerequisite: 2 to 3 years

These levels are designed for babies and toddlers to learn to enjoy the water with their parent or guardian.

Preschool 1

Prerequisite: 3-5 years

We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Preschool 2

Prerequisite: 3-5 years, successful completion of the skills in Preschool 1

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.

Preschool 3

Prerequisite: 3-5 years, successful completion of the skills in Preschool 2

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Preschool 4

Prerequisite: 3-5 years, successful completion of the skills in Preschool 3

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

Preschool 5

Prerequisite: 3-5 years, successful completion of the skills in Preschool 4

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

FOR MORE INFORMATION CALL 705-360-2655

SWIMMING LESSONS

Program Level Registration Guide

Swimmer 1

Prerequisite: 6 years of age, no swimming experience required

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Swimmer 2

Prerequisite: 6 years of age, successful completion of the skills in Swimmer 1

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Swimmer 3

Prerequisite: 6 years of age, successful completion of the skills in Swimmer 2

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m

Swimmer 4

Prerequisite: 6 years of age, successful completion of the skills in Swimmer 3

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Swimmer 5

Prerequisite: 6 years of age, successful completion of the skills in Swimmer 4

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Swimmer 6

Prerequisite: 6 years of age, successful completion of the skills in Swimmer 5

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.

SWIMMING LESSONS

Program Level Registration Guide

Rookie Patrol

Prerequisite: Successful completion of Swimmer 6

Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Ranger Patrol

Prerequisite: Successful completion of Rookie Patrol

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Star Patrol

Prerequisite: Successful completion of Star Patrol

Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.



FOR MORE INFORMATION CALL 705-360-2655

BECOME A LIFEGUARD OR SWIM INSTRUCTOR

Aquatic leadership programs can lead to recreation career opportunities as a lifeguard or swimming instructor. The City of Timmins aquatics team offers a progression of certification courses that provides you with the required qualifications to meet your goals.

BRONZE MEDALLION

PRE-COURSE REQUIREMENTS

- Minimum 13 years of age or Bronze Star Certification
- Ability to swim at a Swim Kids 10 level is encouraged

BRONZE CROSS

PRE-COURSE REQUIREMENTS

- Bronze Medallion (need not be current)
- Emergency or Standard First Aid



NATIONAL LIFEGUARD SOCIETY

PRE-COURSE REQUIREMENTS

- Minimum 15 years of age
- Bronze Cross
- Current Standard First Aid or equivalent

ASSISTANT INSTRUCTOR

PRE-COURSE REQUIREMENTS

- 14 years of age by the last day of the course
- Bronze Cross or higher certification (need not be current)

SWIM INSTRUCTOR

PRE-COURSE REQUIREMENTS

- 15 years of age by the last day of the course
- Bronze Cross (need not be current)

Should you want more information on these advance programs or would like to be added to the waitlist, contact the pool 705-360-2655.



MASTERS SWIMMING

MASTERS SWIMMING FUN, FITNESS & FRIENDSHIP

ABOUT OUR PROGRAM

Our dedicated coaches have an extensive background in competitive swimming and previous coaching experience. The coaches plan and provide workouts, as well as assist with individual swimming needs. Some swimming ability and knowledge of how to swim a workout, including pace times, is expected. Members of our club can become registered members of Masters Swimming Ontario (MSO), which enables them to participate in sanctioned Masters Swim Meets throughout the world.

For more information on MSO, please visit their website at www.mastersswimmingontario.ca

SKILLS & TECHNIQUE

Tuesdays 7:45-8:45pm

March 5-April 30

(no practice March 12)

The priority of the program will be helping swimmers learn efficient stroke techniques and provide tools to help build your endurance.

1 swim/week for 8 weeks

\$96.00

Course Code: SPR24-MST-1

ENDURANCE & COACHING

Thursdays 7:45-8:45pm

March 7-May 2

(no practice March 14)

The priority of the program will be helping swimmers reach their individual goals by creating a fun, motivating, supportive team atmosphere that caters to a wide variety of swimmers. Anyone who can swim 500m or more in a single workout is welcome to join.

1 swim/week for 8 weeks

\$96.00

Course Code: SPR24-ME-1



Contact the pool today for more
information 705-360-2655

SPECIALTY COURSE



City of Timmins
Hosts
BRONZE MEDALLION

Location:	Archie Dillon Sportsplex Pool
Price:	\$194.61
Date:	Every Tuesday and Thursday April 16 – June 6
Time:	5:30-7:00pm
Course:	Bronze Medallion with Emergency First Aid
Pre-requisites:	- Bronze Star or 13 years of age

Materials to bring: Paper, Pens, Swimsuit, Warm Clothes, Towels, Snacks, Goggles.

Course Code
SPR24-BRMED-1

REGISTRATION FORM

*PROOF OF PREREQUISITES MUST ACCOMPANY REGISTRATION FORM
YOU WILL NOT BE REGISTERED UNTIL PAYMENT HAS BEEN RECEIVED*

Name:	Phone:
Mailing Address:	
City / Town:	Postal Code
DOB:	Email:
Visa/MasterCard #:	
Expiry Date:	CVC#:
Cardholder Name:	

Registration Deadline: April 16, 2024

Phone: 705-360-2655



facilitiesrecreation@timmins.ca