

How To Register in Aquatics & Wellness Programs

PHONE	IN PERSON
<p align="center">Phone our "REGISTRATION HOTLINE" 625-TIME (8463) Or Toll Free 1-844-288-4700</p> <p align="center">Monday to Friday 8:30 am to 4:30 pm</p> <p>After hours or when a registration agent is not available to take your call, you will be forwarded to voice mail or you can call the facility directly. Phone numbers are listed. We will need:</p> <ul style="list-style-type: none"> • the course name and code • participant name • address and postal code • date of birth • phone numbers <p>When we call back please have your VISA or Mastercard number and expiry date ready. Do not leave credit card information on the voicemail.</p> <p>Payment is required at time of registration.</p>	<p align="center">Register at the following locations. Please call the facility for hours of operation.</p> <p align="center">Canada Games Complex 420 Winnipeg Avenue</p> <p align="center">Victoriaville Civic Centre Victoriaville Mall 111 Syndicate Avenue South</p> <p align="center">Thunder Bay 55 Plus Centre 700 River Street</p> <p align="center">Sir Winston Churchill Community Pool 130 Churchill Drive</p> <p align="center">Volunteer Pool 180 Martha Street</p> <p align="center">Payment can be made by cash, cheque, money order or Visa/Mastercard</p>

Satisfaction Guaranteed

We sincerely hope that you enjoy our programs. If not completely satisfied with your program, please speak to a registration agent at the CGC, before the SECOND class to receive a full refund. Refunds granted after the second class are prorated. No refunds after the mid-point of any program. When a program is cancelled by the Complex or changed after registration in such a manner that it is no longer acceptable to the registrant, a full refund will be processed in accordance with Canada Games Complex administrative procedures.

Registration

For Winter 2019 programs, registration begins December 4, 2018

Registration Hours:

Monday- Friday 9:00 am - 8:00 pm
Saturday 9:00 am - 3:00 pm

General Registration Information

The majority of programs have limited registration and all registrations are accepted on a first come first serve basis. Ensure the correct program code, program name, and location when registering. Payment in full must accompany registration. HST must be added where applicable. Receipts may be picked up at the facility. If you need a copy of a receipt please call 625-2351 or 625-2696

For Inquires call...

Canada Games Complex:

Aquatics: Tiffany Vis at 684-3339

Fitness: Darrik Smith at 684-3338

Children & Youth: Alexa Fares at 684-3351

Community Wellness:

Karen Gorst-Vigliarolo at 684-3324

Services: Mary Frankow at 684-3323

Sup. Aquatics & Wellness: Donna Perrault at 684-3314

Churchill Pool: 577-2538

Volunteer Pool: 625-3524

All programs and schedules are subject to change or cancellation. You will be contacted by telephone of these changes.

Inclusion Services

Inclusion Services is dedicated to making recreation programming more accessible to people with disabilities. If you have a disability and require support, we can help! Contact one of our Inclusion Facilitators and they will be happy to assist you in setting up the supports that you need to participate successfully with Aquatics & Wellness. Inclusion Facilitators can be contacted at 684-2273.



Winter 2019

Visit us @ www.gamescomplex.com



Full Year General Membership:

Adults...only \$49.16/month plus HST

1/2 Price Spousal Rates on Adult Membership!!

No Initiation Fees - Free Drop-In Fitness Classes

Adults (60 & over) only \$34.16/month plus HST

Other Membership Options Available, Including 1 Month & 8 Month!



Find us on
Facebook



Twoonie Week

Come join us for Twoonie Week. **January 2 to 6**

Admission fee: **\$2** per person

Fill out a ballot to win a **FREE 3 MONTH MEMBERSHIP!**



Full Year Memberships

We have other Membership options to meet your needs!

No Enrollment Fee

General Membership Prices (HST to be added)

Adult Rate	\$590 or \$49.16/month
Corporate Rate	\$565 or \$47.08/month
Spousal Rate*	\$295 or \$24.58/month
Child* (3 - 14 yrs)	\$109 or \$9.08/month
Youth* (15 - 18 yrs)	\$160 or \$13.34/month
Student (15 & over in Full Attendance with card)	\$380 or \$31.66/month
Adult 60+	\$410 or \$34.16/month
Swim and Slide	\$217 or \$18.08/month

(Pool only 7-12 years Must pass height and swimming requirements)

*MUST BE purchased with Adult as part of a family membership.
Cannot be added to Student or Adult 60+.

*Non-Resident add \$10 to membership cost. *30 day money back guarantee on FULL YEAR MEMBERSHIPS.

General Admission

(HST to be added)

Adult

Daytime Rate Mon. - Fri. 5:45 am - 3 pm**\$7.08**

After 3 pm & Weekends**\$8.41**

Family (max 5).....**\$19.47**

Child (3 - 14 yrs)**\$3.27**

Student

(15 & over in Full Attendance with card).....**\$5.22**

Adult 60+**\$5.75**

Thunderslide**\$2.30**

Rate for People with Disabilities

Adult**\$4.30**

Student**\$3.25**

Child**\$2.40**

Support Persons - No fee if accompanied by a person with a PAL (Personal Attendant for Leisure) Card

COUPON BOOKLETS AVAILABLE 12 VISITS FOR THE PRICE OF 10

Operating Hours

Monday - Thursday5:45 am - 10:00 pm

Friday5:45 am - 9:00 pm

Saturday & Sunday8:00 am - 9:00 pm

Holiday Hours

Christmas Eve8:00 am - 2:00 pm

Christmas DayCLOSED

Boxing Day12 Noon - 5:00 pm

New Years Eve8:00 am - 2:00 pm

New Years DayCLOSED

Family Day (February 18)12 Noon - 5:00 pm

"Families are at the ♥ of the "

We have other Membership Options to meet your needs

- 1 month and 8 month options
- Mid-day: Monday to Friday 9:00 am - 3:00 pm



For all your telephone needs: Call 684-3311 Fax 345-4520

Emergency Only 684-3333 Registration Hotline 625-TIME (8463)





Canada Games
Complex

GIVE THE GIFT OF
HEALTH & WELLNESS

ONE MONTH
**CHRISTMAS
MEMBERSHIP**

On sale until Dec 31/18 and must be activated by Jan 31/19

SPECIAL
\$60
+TAX

12 admission coupons for price of 10
Gift certificates starting at \$5

FOR MORE INFORMATION CALL 684-3311 OR VISIT GAMESCOMPLEX.COM

CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

Birthday Parties

at the Canada Games Complex

Celebrate your birthday at the Complex – swim in our Olympic size pool, ride down the Thunderslide and party in our Poolside Party Place with pizza and refreshments.

Parties are 2.5 hours long and we provide 2 pizzas,
10 pop and party essentials – you bring the cake and the kids!

Price for your party of 10: \$166.00 • Additional kids: \$3.00

Additional pizza, pop and space may be purchased.
All parties must be paid for at the time of booking.

To book call 684-3311
Monday to Friday from 5pm-8pm,
Saturday from 10am-8pm,
and Sunday from 4pm-8pm
or email sattendant@thunderbay.ca

AQUATICS & FITNESS

CITY OF
Thunder Bay
Superior by Nature

89

Program Staff:

Supervisor of Aquatics:
Tiffany Vis, 684-3339
Senior Instructor:
Lindsay Grzelewski, 684-3335

Note: Some classes are subject to time change or cancellation due to insufficient registration. Parents with children in lessons may swim for a reduced rate of \$7.08 (plus applicable taxes).

Pool Admission Policy

During a Family swim:

Anyone under the age of 18 must be accompanied by a guardian, 18 years + who is in the pool in proper swim attire. This includes all pools.

During a public swim:

Children 6 year & under: Must be accompanied, regardless of swimming ability, by a guardian who is in the pool.

Children 7-9 years: Non-swimmers, unable to pass the facility swim test, must be accompanied by a guardian who is in the pool. Swimmers, who are able to pass the facility swim test, may swim unaccompanied during the public swim.

Note: Guardians may be 13years + (ratio 1:2children) or 18years + (ratio 1:4 children). Guardians must be in the pool and are responsible for the direct supervision of the children.

Children 10 years & older: May swim unaccompanied during the public swim. Must be able to swim comfortably to enter the deep end, they may be required to perform a swim test if the lifeguards see fit.

Those who do not meet the admission policy will be asked to leave if they cannot adhere to the policy at that time, no exceptions.

Facility Swim Test:

Swimmers must be able to swim 25m, non-stop, comfortably on their front with face in the water for a portion of the time

Recreational Swim Schedule

Effective January 6 - March 9, 2019

The following schedule is subject to unforeseen changes.

Please contact the pool office at 684-3331 for the latest lane availability

There will be limited lane availability during swim club practices:
Thunderbolts Swim practice **times are as follows:**

Day	AM	PM
Mon.	6-7:30am • Lanes 1-4	4-7:15pm • Lanes 3-8
Tues.	6-7:30am • Lanes 1-4	4-5:30pm • Lane 7 4-7pm • Lane 8 & 6-7:15pm • Lanes 3-7
Wed.	6-7:30am • Lanes 1-4	4-7:15pm • Lanes 3-8
Thurs.	6-7:30am • Lanes 1-4	4-7pm • Lanes 7-8 & 6-7:15pm • Lanes 3-6
Fri.	6-7:30am • Lanes 1-4	4-6pm • Lanes 3-8 & 6-7:15pm • Lanes 4-8
Sat.	8-8:15am • Lanes 1-8	

■ Masters Swim Club practice: Tuesday & Thursday

5:00 - 6:00pm and Saturday 9:00 - 10:00am (lanes 2-6)

■ The diving boards and towers are closed Monday - Friday

5:00-7:00pm and Saturday 10:00am-12:00pm during the Dive Club practices.

■ Groups of 20 or more must pre-book. Group rates are

available. Please contact the Facility Programmer at 684-3724.

■ Twoonie Swim Fridays from 6:00-9:00pm.

■ Adult/Teen Twoonie Swim Monday - Thursday 9:00-10:00pm

Day(s) and Times Type of Swim

Monday - Thursday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family
1:00pm - 4:00pm	Public
4:00pm - 7:00pm	Family / Adult
7:00pm - 9:00pm	Public **Slide**
9:00pm - 10:00pm	Adult / Teen

Friday

5:45am - 9:00am	Public
9:00am - 1:00pm	Family
1:00pm - 4:00pm	Public
4:00pm - 6:00pm	Family / Adult
6:00pm - 9:00pm	Public **Slide**

Saturday

8:00am - 1:00pm	Family / Adult
1:00pm - 5:30pm	Public **Slide**
5:30pm - 7:00pm	Public
7:00pm - 9:00pm	Public **Slide**

Sunday

8:00am - 12:00pm	Family / Adult
12:00pm - 5:30pm	Public **Slide** 1-5:30
5:30pm - 7:00pm	Public
7:00pm - 9:00pm	Public **Slide**

Swimming Levels are Based on Ability and Prerequisites & Not necessarily age



Fitness Swimmer



Fitness Swimmer is geared toward swimmers that are waiting to be of age for the next Lifesaving levels. This class will work on a combination of fitness swimming and lifesaving skills. This class is designed to keep up your physical fitness and first aid skill level while having fun and making friends. Try out this level to stay in shape and stay on top of your first aid skills!

For swimmers age 9-15 who have completed swimmer 4.

Wednesday, January 9 (9 weeks)	Saturday, January 12 (9 weeks)
6:30pm - 7:00pm	10:00am - 10:30am
Barcode: 403589	Barcode: 403590
\$65.78	\$65.78

Child & Youth Aquatic Programs

To Determine which Level your Child Should be In Please read the course descriptions below.

PARENT & TOT 1

Max Ratio 1:12

PARENT & TOT 1 4 to 12-month-old

PARENT & TOT 2/3

12-month to 3-year-old

Designed for tots to learn to enjoy the water with the parent. This program will create a comfort level for both child and parent and an orientation to the pool and being safe around water.

PRESCHOOL: AGES 3-5

PRESCHOOL A

Max Ratio 1:4

Beginner

- Getting comfortable in and around the water
- Blowing bubbles & putting face in the water
- Assisted Floats, Jumps & Glides

PRESCHOOL B

Max Ratio 1:4

Prerequisite:

Completed Preschool A.

- Jumping in to chest deep water
- Submerging under water & blowing bubbles
- Floats, Glides & kicking with a buoyant aid

PRESCHOOL C

Max Ratio 1:4

Prerequisite:

Completed Preschool B.

- Jumping into deeper water
- Submerge & exhale 5 times underwater
- Unassisted Floats & Glide, Kicking 5m

PRESCHOOL D

Max Ratio 1:4

Prerequisite:

Completed Preschool C.

- Recover object from bottom of chest deep water
- Kicking on front & back 7m
- Front crawl with aid 5m
- Tread water 10 seconds with an aid

PRESCHOOL E

Max Ratio 1:4

Prerequisite:

Completed Preschool D.

- Recover object from bottom of chest deep water
- Front & back crawl 5m unassisted
- Vertical whip kick 20sec. with aid

SWIMMER: Ages 6+

SWIMMER 1

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Beginner/non-swimmer/A,B or C

- Jumping in to deeper water with aid
- Submerge & exhale 5 times underwater
- Unassisted Floats & Glide, Kicking 5m

SWIMMER 2

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite:

Swimmer 1 or Preschool D/ E

- Recover object from bottom of chest deep water
- Front & back crawl 10m unassisted
- Vertical whip kick 30sec. with aid

SWIMMER 3

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 2.

- Kneeling Dive, Tread water 30sec.
- Front & Back Crawl 15m
- Whip Kick 10m

SWIMMER 4

Low Ratio 1:3 • Max Ratio 1:6

Prerequisite: Swimmer 3.

- Standing Dives, Tread water 1min
- Front & Back Crawl 25m
- Breast Stroke 15m

SWIMMER 5

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite: Swimmer 4.

- Shallow Dive, Tread Water 2min & Eggbeater
- Front & Back Crawl 50m
- Breast Stroke 25m

SWIMMER 6

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite: Swimmer 5.

- Stride Entry & Compact Jump into deep water
- Front & Back Crawl 100m
- Breast Stroke 50m & 300m workout

SWIMMER 7/8

(Rookie/ Ranger Patrol)

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite: Swimmer 6.

- Stroke work, lifesaving fitness & intro to first aid

SWIMMER 9 (Star Patrol)

Low Ratio 1:4 • Max Ratio 1:8

Prerequisite: Ranger Patrol.

- Stroke work, lifesaving fitness & first aid

BRONZE STAR

Max Ratio 1:12

Prerequisite: Recommended 10 to 12 years old and Star Patrol.

- Intro. to Lifesaving & Bronze Medallion

Learn to Swim Programs



To Register call 625-TIME

Check out our 'NEW' Swimming Lesson Option at the Complex!

Low-Ratio Group Lessons

Check out the Max. Class Size! Lower Number of children to Instructor, 1:3 or 1:4

9 Week Session: \$99 • 8 Week Session: \$88 **No Classes: Monday February 18 (Family Day)

LEVEL	Monday Jan. 7 - Mar. 4 8 Weeks		Tuesday Jan. 8 - Mar. 5 9 Weeks		Wednesday Jan. 9 - Mar. 6 9 Weeks		Thursday Jan. 10 - Mar. 7 9 Weeks		Friday Jan. 11 - Mar. 8 9 Weeks		Saturday Jan. 12 - Mar. 9 9 Weeks			
	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Max Size	Length
Youth (5 to 12 Years)														
Swimmer 1	5:30pm	403689	5:30pm 6:30pm	403690 403691	6:00pm	403692	4:30pm	403693	5:30pm	403694	11:00am	403695	3	30 min
Swimmer 2	4:30pm	403712	6:00pm 6:30pm	403713 403714	5:30pm	403715	6:30pm	403716	6:00pm	403717	11:30am	403718	3	30 min
Swimmer 3	5:00pm	403725	5:00pm	403726					5:30pm	403728	9:00am	403729	3	30 min
Swimmer 4	5:00pm	403736	5:00pm	403737	6:00pm	403738			5:00pm	403739	11:30am	403740	4	30 min
Swimmer 5	5:30pm	403746	5:30pm	403747	6:30pm	403748	6:30pm	403749	6:00pm	403750	9:30am	403751	4	30 min
Swimmer 6	5:30pm	403746	5:30pm	403747	6:30pm	403748	6:30pm	403749	6:00pm	403750	9:30am	403751	4	30 min
Swimmer 7							5:30pm	403757					4	30 min
Swimmer 8									6:30pm	403763			4	30 min
Swimmer 9			6:30pm	403768									4	30 min

Standard Group Lessons

9 Week Session: \$65.78 • 8 Week Session: \$58.47 **No Classes: Monday February 18 (Family Day)

LEVEL	Monday Jan. 7 - Mar. 4 8 Weeks		Tuesday Jan. 8 - Mar. 5 9 Weeks		Wednesday Jan. 9 - Mar. 6 9 Weeks		Thursday Jan. 10 - Mar. 7 9 Weeks		Friday Jan. 11 - Mar. 8 9 Weeks		Saturday Jan. 12 - Mar. 9 9 Weeks			
	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Time	Code	Max Size	Length
Parent & Tot (4 months - 3 years)														
Parent & Tot 1			5:30pm	403605			5:00pm	403606			9:30am	403607	12	30 min
Parent & Tot 2/3	5:30pm	403610			6:00pm	403611	6:00pm	403612			10:00am	403613	12	30 min
Preschool (3 - 5 years)														
Preschool A	5:00pm 6:00pm	403615 403616	5:00pm 6:00pm	403617 403618	4:30pm	403619	5:00pm 5:30pm	403620 403621	5:00pm	403622	9:30am 11:00am	403623 403624	4	30 min
Preschool B	6:00pm	403635	5:30pm 6:00pm	403636 403637	5:30pm	403638	4:30pm 6:00pm	403639 403640	5:30pm	403641	10:00am 11:00am	403642 403643	4	30 min
Preschool C	5:30pm	403655	6:00pm	403656	5:00pm	403657	5:00pm	403658	5:00pm	403659	10:00am 10:30am	403660 403661	4	30 min
Preschool D/E	5:30pm	403664	5:00pm	403665	6:00pm	403666	6:00pm	406667	5:30pm	403668	11:30am	403669	4	30 min
Youth (5+ years)														
Swimmer 1	5:00pm 6:30pm	403671 403672	5:00pm	403673	5:30pm	403674	5:30pm	403675			10:00am	403676	6	30 min
Swimmer 2	6:00pm	403696	5:30pm	403697	6:30pm	403698	5:00pm	403699			9:30am	403700	6	30 min
Swimmer 3	5:30pm	403719	6:00pm	403720	5:00pm	403721	6:00pm	403722			10:30am	403723	6	45 min
Swimmer 4	6:00pm	403730	6:30pm	403731	6:00pm	403732	6:30pm	403733			9:30am	403734	6	45 min
Swimmer 5	6:15pm	403741					5:00pm	403742			10:30am	403743	8	45 min
Swimmer 6	6:30pm	403752					5:00pm	403753			11:00am	403754	8	45 min
Swimmer 7/8 Rookie/Ranger			5:30pm	403758	5:00pm	403759					10:30am	403760	8	45 min
Swimmer 9 Star							6:00pm	403764			9:30am	403765	8	45 min
(See Course Descriptions)														
Fitness Swimmer					6:30pm	403589					10:00am	403590	8	30 min

Private Learn to Swim Programs



To Register call 625-TIME



CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

Please note that the purpose of private lessons is to provide specific instruction to the student in one or two areas which need improvement in order to complete a level. The student should not be expected to complete a level per session. *Important: Missed lessons due to illness or other circumstances will not be made up. Missed lessons will not be refunded.*

NOTE: No Lessons Monday February 18 - Family Day

Private Lesson Fees: 8 Half hour lessons: \$179.94 • 5 Half hour lessons: \$112.46 • 4 Half hour Lessons: \$89.97

Monday	Jan. 7 to Mar. 4 (8 weeks) Code
4:30pm	403771
4:30pm	403772
4:30pm	403773
4:30pm	403774
5:00pm	403775
5:00pm	403776
6:30pm	403777
7:00pm	403778
7:00pm	403779
7:00pm	403780

Tuesday	Jan. 8 to Feb. 5 (5 weeks) Code	Feb. 12 to Mar. 5 (4 weeks) Code
4:30pm	403791	403806
4:30pm	403792	403807
4:30pm	403793	403808
4:30pm	403794	403809
4:30pm	403795	403810
5:00pm	403796	403811
5:00pm	403797	403812
6:00pm	403798	403813
6:15pm	403799	403814
6:30pm	403800	403815
6:45pm	403801	403816
7:00pm	403802	403817
7:00pm	403803	403818
7:00pm	403804	403819
7:00pm	403805	403820

Wednesday	Jan. 9 to Feb. 6 (5 weeks) Code	Feb. 13 to Mar. 6 (4 weeks) Code
4:30pm	403821	403832
4:30pm	403822	403833
4:30pm	403823	403834
4:30pm	403824	403835
5:00pm	403825	403836
5:00pm	403826	403837
5:00pm	403827	403838
6:00pm	403828	403839
7:00pm	403829	403840
7:00pm	403830	403841
7:00pm	403831	403842

Thursday	Jan. 10 to Feb. 7 (5 weeks) Code	Feb. 14 to Mar. 7 (4 weeks) Code
4:30pm	403843	403855
4:30pm	403844	403856
4:30pm	403845	403857
4:30pm	403846	403858
5:00pm	403847	403859
5:30pm	403848	403860
5:30pm	403849	403861
6:00pm	403850	403862
6:30pm	403851	403863
6:45pm	403852	403864
7:00pm	403853	403865
7:00pm	403854	403866

Friday	Jan. 11 to Feb. 8 (5 weeks) Code	Feb. 15 to Mar. 8 (4 weeks) Code
4:30pm	403867	403881
5:00pm	403868	403882
5:00pm	403869	403883
5:30pm	403870	403884
6:00pm	403871	403885
6:00pm	403872	403886
6:30pm	403873	403887
6:30pm	403874	403888
6:30pm	403875	403889
7:00pm	403876	403890
7:00pm	403877	403891
7:00pm	403878	403892
7:00pm	403879	403893
7:00pm	403880	403894

Saturday	Jan. 12 to Feb. 9 (5 weeks) Code	Feb. 16 to Mar. 9 (4 weeks) Code
9:00am	403895	403908
9:00am	403896	403909
9:00am	403897	403910
9:00am	403898	403911
9:00am	403899	403912
9:00am	403900	403913
9:30am	403901	403914
10:00am	403902	403915
10:30am	403903	403916
10:30am	403904	403917
10:30am	403905	403918
11:30am	403906	403919
11:30am	403907	403920

Sunday	Jan. 6 to Feb. 3 (5 weeks) Code	Feb. 10 to Mar. 3 (4 weeks) Code
10:00am	403921	403939
10:00am	403922	403940
10:00am	403923	403941
10:30am	403924	403942
10:30am	403925	403943
10:30am	403926	403944
11:00am	403927	403945
11:00am	403928	403946
11:00am	403929	403947
11:30am	403930	403948
11:30am	403931	403949
11:30am	403932	403950
12:00pm	403933	403951
12:00pm	403934	403952
12:00pm	403935	403953
12:30pm	403936	403954
12:30pm	403937	403955
12:30pm	403938	403956

Unscheduled Private or Semi Private Lessons

Individuals interested in private or semi private lessons at times other than those listed above, may contact the Senior Instructor at 684-3335.

Scheduling of unadvertised lessons is done after regular programs have begun and are dependent on instructor availability.

Privates:
5 Half Hour Classes \$112.46

Semi-Privates:
5 Half Hour Classes \$82.14

Daytime Swimming Lessons

Privates - 9 Half Hours Lessons: \$202.43
Classes - 9 Half Hour Lessons: \$65.78

LEVEL	Tuesday Jan. 8 - Mar. 5	Wednesday Jan. 9 - Mar. 6
Private	9:30am - 10:00am 403957	9:30am - 10:00am 403959
Private	11:30am - 12:00pm 403958	10:30am - 11:00am 403960
Parent & Tot	10:30am - 11:00am 403596	11:30am - 12:00pm 403597
Preschool A	10:00am - 10:30am 403625	11:00am - 11:30am 403626
Preschool B	11:00am - 11:30am 403644	10:00am - 10:30am 403645

Adult/Teen - Learn to Swim at Any Age!

*Adults & teens may also register for any of the Private lessons available

Beginner - 101: 30 min (Max. 3) \$65.78 (9 weeks)

Adult	Mon. @ 6:45pm	403591	Thurs. @ 7:00pm	403592
Teen	Thurs. @ 6:30pm	403769	Sat. @ 11:00am	403770

NEW! Adult Fitness Workout (45 minutes with coach, 2 Lanes available) Register or Drop-In. *Free with Membership.

Wed. Jan. 9 @ 6:30pm (9 weeks) Pay admission at front desk

SWIM GYM

Combines the dryland skills and fun of Thunder Bay Diving Club's Learn to Dive program with the aquatic skills needed to excel in the pool; Swim-Gym is a new program for young children age 4+. Lessons will consist of 30 minutes of diving dryland training (tumbling, motor skill development, games) with a certified TBDC coach, followed by the 30 minute Swimming lesson with the Canada Games Complex.

Tuesday, January 8 to March 5

Diving Dryland Training 5:00 - 5:30pm

Preschool D/E 5:30 - 6:00pm

Barcode: 404781

Wednesday, January 9 to March 6

Diving Dryland Training 5:30 - 6:00pm

Swimmer 2 6:00 - 6:30pm

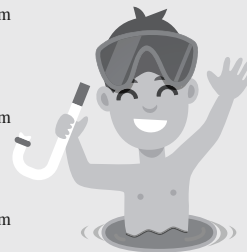
Barcode: 404783

Friday, January 11 to March 8

Diving Dryland Training 5:30 - 6:00pm

Swimmer 2 6:00 - 6:30pm

Barcode: 404782



AQUATICS & FITNESS

CITY OF
Thunder Bay
Superior by Nature

Lifesaving Programs

Aquatic Lifesaving, Lifeguarding and Leadership



To Register call 625-TIME

Note: 100% attendance is mandatory for all the courses listed below (continuous evaluation) HST to be added where applicable
All programs are subject to cancellation based on registration. Cancellations, if necessary will take place the week prior to the start date. If cancelled you will be contacted.
No lessons Monday February 18 (Family Day)

Course	Prerequisites	Date, Time & Barcode	Fee	Required Literature
Bronze Star	Children 10 to 12 years old who have completed Star Patrol and are waiting to take their Bronze Medallion.	Mondays Jan. 7 - Mar. 4 6:00 - 7:15pm (8 weeks) No Lesson Feb. 18 403595	\$74.13	
Bronze Medallion & Emergency First Aid	Bronze Star or 13 years of age	Tuesdays Jan. 8 - Mar. 5 6:00 - 8:30pm (9 weeks) 404278	\$102.80	Canadian Lifesaving Manual \$41.15
Bronze Medallion Recert with classes	Bronze Medallion	See Instructor on the first day (Tuesday, Jan. 8) for specific dates to attend Exam: Mar. 5 at 6:00pm 404811	\$69.35	Canadian Lifesaving Manual \$41.15
Bronze Medallion Recert	Bronze Medallion	Contact Senior Instructor of Aquatics for more information. 684-3335.	\$28.93	
Bronze Cross	Bronze Medallion & Emergency First Aid	Thursdays Jan. 10 - Mar. 7 6:00 - 8:30pm (9 weeks) 404279	\$99.13	Canadian Lifesaving Manual from Bronze Medallion course
Bronze Cross Recert with Classes	Bronze Medallion & Emergency First Aid	See instructor on the first day (Thursday Jan. 10) for specific dates to attend Exam: Mar. 7 at 6:00pm 404812	\$69.68	Canadian Lifesaving Manual from Bronze Medallion course
Bronze Cross Recert	Bronze Medallion & Emergency First Aid	Contact Senior Instructor of Aquatics for more information. 684-3335.	\$26.29	
Assistant Instructor Course	14 years by the last day of the course and current Bronze Cross or higher	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$69.66	Bring your Canadian Lifesaving manual
Swim Instructor & Lifesaving Instructors	16 years of age, current Bronze Cross, and LSS Assistant Instructors. Please bring proof of prerequisites to first class. *Must have 10 instructional volunteer hours* Contact CCG, Churchill Pool or VP to set up a volunteer time.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$305.00	Literature included. Bring your Canadian Lifesaving manual
National Lifeguard Service - Pool Option	16 years of age, Bronze Cross, and Standard First Aid certification with CPR-C. Please bring proof of prerequisites to first class.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$168.00	Alert Manual \$39.75
National Lifeguard Service - Pool Option Recert	Bring your NLS & CPR cards to class.	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$57.34	
LSS Standard First Aid with CPR-C	N/A	To be announced. Contact Senior Instructor of Aquatics for more information. 684-3335.	\$90.00	First Aid Manual (included in price)

For more information on specialized advanced leadership courses please contact Tiffany Vis, Program Supervisor of Aquatics at (807) 684-3339 or tvis@thunderbay.ca

Aquatic Fitness Programs



To Register call 625-TIME

HST will be added where applicable.

2 - 5 week sessions starting the week January 7, 2019 and February 11, 2019

No classes Monday, February 18, 2019 (Family Day) – CGC Open 12 to 5 PM

No classes 9 AM to 4 PM March 11 to 15 – March Break

Fees will be prorated if you start late ...so sign up anytime.

All programs are free for members but registration is strongly encouraged, especially in high demand programs.

Non Member fee is \$36 per session for 60 minute classes (5 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
Aquabics	Monday	9:00 - 10:00 AM	404491	404492	(9) Shallow Water
	Tuesday	9:00 - 10:00 AM	404495	404496	(9) Deep water with floatation belts
	Thursday	9:00 - 10:00 AM	404507	404508	(9) Deep water with floatation belts
	Friday	9:00 - 10:00 AM	404497	404498	(9) Deep water with floatation belts
Aqua Energizer - Deep H2O	Monday	10:15 - 11:15 AM	404489	404490	(9) Deep water with floatation belts
	Wednesday	10:15 - 11:15 AM	404503	404504	(9) Deep water with floatation belts
Aquabics (Shallow)	Tuesday	10:15 - 11:00 AM	404499	404500	(7&8) Shallow water
	Thursday	10:15 - 11:00 AM	404509	404510	(7&8) Shallow water
Aqua Zumba	Friday	10:45 - 11:30 AM	404511	404512	(9) Shallow Combined
Aqua Jog	Monday	7:30 - 8:30 PM	404493	404494	(9) Deep water with floatation belts
	Wednesday	7:30 - 8:30 PM	404505	404506	(9-10) Deep water with floatation belts


CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

Join Thunder Ray's Master Swim Club

Tuesday & Thursday 5:00 - 6:00pm • Lanes 2 - 6 reserved Saturday 9:00 - 10:30am • Lanes 2 - 6 reserved

Masters Swimming Canada is designed to promote the health and fitness of adults aged 18-90+ years. It provides both recreational and competitive swimmers with an opportunity to improve their physical fitness through regularly coached practices that provide guidance and stroke improvement tips. Million Metre Challenge, 1 km Challenges and competitions are also available. Thunder Ray's Masters Swimming combines fitness with fun and friendship.

Contact: thunderraymastersswimming@gmail.com

THUNDERBOLTS SWIMMING

THUNDER BAY'S LEADING SWIMMING PROGRAM SINCE 1972

FUNDAMENTAL PROGRAM

SPARKS (AGES 5-8)

MONDAY- FRIDAY

1 X WEEK 45 MIN / SESSION

2 X WEEK 45 MIN / SESSION

LIGHTNING (AGES 8-12)

MONDAY-THURSDAY

1 X WEEK 60 MIN / SESSION

2 X WEEK 60 MIN / SESSION

COMPETITIVE

REGISTRATION FOR THE COMPETITIVE PROGRAM IS ONGOING FROM SEPTEMBER TO JUNE. INTERESTED ATHLETES WILL BE ASKED TO DO A SWIMMING ASSESSMENT.



REGISTER ONLINE AT WWW.THUNDERBOLTS.CA

AQUATICS & FITNESS


CITY OF Thunder Bay
Superior by Nature



THUNDER BAY DIVING CLUB

Learn to Dive Programs

LITTLE DIPPER (5-9 YEARS OLD)

Designed to introduce aspiring young divers to the sport in a safe, fun and positive atmosphere. The focus of this program is to improve motor skills and build confidence through the sport of diving. *Must have basic swimming skills.*

<i>Tuesday Group - January 8 to March 5</i>	9 Weeks	5:30 - 7:00pm • Barcode 404944	\$180.00
<i>Thursday Group - January 10 to March 7</i>	9 Weeks	5:30 - 7:00pm • Barcode 404945	\$180.00
<i>Tuesday & Thursday Group - January 8 to March 7</i>	9 Weeks	5:30 - 7:00pm • Barcode 404947	\$345.00
<i>Saturday Group - January 12 to March 2</i>	7 Weeks • No lesson February 2	9:00 - 10:30am • Barcode 404946	\$140.00

BIG DIPPER (10-14 YEARS OLD)

This is a recreational diving program that introduces children to the sport of diving. The fundamentals of diving are taught while divers work at their own pace. The focus of this program is fitness, flexibility, and fun through diving. *Must have basic swimming skills.*

<i>Monday Group - January 7 to March 4</i>	8 Weeks • No lesson February 19	5:30 - 7:00pm • Barcode 404939	\$160.00
<i>Wednesday Group - January 9 to March 6</i>	9 Weeks	5:30 - 7:00pm • Barcode 404940	\$180.00
<i>Friday Group - January 11 to March 8</i>	8 Weeks • No lesson February 1	5:30 - 7:00pm • Barcode 404941	\$160.00
<i>Monday & Wednesday Group - January 7 to March 6</i>	9 Weeks • No lesson February 19	5:30 - 7:00pm • Barcode 404943	\$325.00
<i>Saturday Group - January 12 to March 2</i>	7 Weeks • No lesson February 2	10:30am - Noon • Barcode 404942	\$140.00

MARCH BREAK DIVING CAMP!

March 11-15. 8:30am drop off to 5pm pickup
Beginners and current Recreational divers welcome! No experience necessary. Ages 7-12. Warm up, dryland training and water time each morning with a NCCP certified coach. Afternoons include games and enhanced development through dryland training. Learn technical movements on trampoline and dryboard too! Bring t-shirt, shorts, lunch and your best effort! Barcode 404948 **\$250.00**

REGISTRATION

Call the Canada Games Complex at 684-3333. For more information, call the TBDC office, 684-3341, or email tbdc@tbaytel.net. Our website is thunderbaydivingclub.ca



CHILDREN & YOUTH PROGRAMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**GIRL
POWER
6-8PM**

**CREATIVE
KIDS
6-8PM**

**ACTIVE
KIDS
6-8PM**

**NRP
COMPLEX
STYLE
6-8PM**

**YOUTH
DROP-INS
*SEE
BELOW***

PROGRAMS WILL BE STARTING THE WEEK OF JANUARY 14. ALL PROGRAMS ARE FREE BUT REGISTRATION IS REQUIRED FOR ALL PROGRAMS. SPOTS ARE LIMITED. FOR MORE INFORMATION CALL 684-3351 OR VISIT WWW.GAMESCOMPLEX.COM

YOUTH "HOW TO" DROP-IN PROGRAMS EVERY FRIDAY!

Jan 18- Circuits 6:30-7:30 - Learn how to incorporate and create circuits for your daily workout routine. **Ages 12 to 17.**

Feb 8- HIIT 6:30-7:30 - ...or high intensity interval training. Get your heart rate up in this intense workout style! **Ages 12 to 17.**

Jan 25 Free Weights 6:30-7:30 Use free weights for a total body workout to help tone and strengthen muscles! **Ages 13 to 17.**

Feb 15 - Core Workout 6:30-7:30 Come down and learn some new ideas to make a great core workout! **Ages 12 to 18.**

Feb 1- Lower Body Workout 6:30-7:30 - Learn how to use bands, weights etc. during your own workout! **Ages 13 to 17**

Feb 22-Using Machines for Cardio 6:30-7:30 - Learn how to use treadmills, stationary bikes, ellipticals and more! **Ages 13 to 17**

Attention Parents & Guardians! You can now purchase a pass synced up with your child's program or lesson that gives you access to the facility to workout or swim while your child is at their activity!

***Not valid during other times.**

\$80 - for the winter session. For more information call 684-3333!

Barcodes - Mon: 404339 Tues: 404340 Wed: 404341 Thurs: 404342



March Break Madness PREVIEW

March 11 to 15, 2019

Registration begins **February 4th!**

Fees:

Full Week - \$173.99, additional children \$144.28

Individual Days - \$38.19, additional children \$31.83



P.A. DAY CAMPS

Join us at the Canada Games Complex for a variety of recreational and sporting activities for children 5 to 12 years old.

Here are the upcoming PA Days!

Public P.A. Days - January 25 & March 1

Separate P.A. Days - January 25 & March 1

Fees: &38.19, additional children \$31.83





KARATE (ISSHIN RYU)

**FOR MORE
INFO ON
ANY
CHILDREN
& YOUTH
PROGRAM
CALL
684-3351!**

**KARATE
TOTS
4-6 YRS
OLD**

Start Date: January 12
Time: 9:45am to 10:30am
Barcode: 404289 **Fee:** \$64

**BEGINNERS
& YELLOW
STRIPES
7 & UP**

Start Date: January 12
Time: 10:30am to 11:30am
Barcode: 404290 **Fee:** \$72

**ADVANCED
(MUST HAVE
YELLOW BELT)
7 & UP**

Start Date: January 12
Time: 11:30am to 1pm
Barcode: 404291 **Fee:** \$100

JUNIOR SQUASH

BEGINNERS

Start Date: January 12
Time: 9:45am to 10:30am
Barcode: 404292 **Fee:** \$42.84

ADVANCED

Start Date: January 12
Time: 10:30am to 11:30am
Barcode: 404293 **Fee:** \$42.84



ADULT SQUASH PROGRAMS

HST will be added where applicable.

Lessons

Private & Semi-Private Lessons are available upon request. Please contact Alexa at 684-3351 if you are interested.

Court Time Tuesday Night Squash League

All abilities are welcome and is limited to the first 18 people registered.

This league runs for 10 weeks.

Court Time Tuesday Night League play will begin January 15.

C.S.A. protective eyewear strongly recommended. For more information on Squash programs call 684-3351.





HEALTH AND WELLNESS PROGRAMMING



CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

TRY IT NOW!

Senior Spin

- A funky spin class for older adults to keep in shape!
- Wednesday 1:15-2:00PM

Morning Bootcamps

- Get up and go for those early birds who want to get a work out in the morning
- Tuesday/Thursday 6:00AM ONT

Muscle Conditioning

- Target your muscles, large and small to get your heart going!
- Monday & Friday 12:15 to 1:00PM QUE

Zumba

- Party on at the CGC 3 nights a week!
- Monday 8PM, Tuesday 7PM & Thursday 7:30PM

Keep Moving Series:

Classes for people who have mixed neurological conditions or have had a stroke.

Entry requires screening by SJCG.

For more information please contact Kyla at 346-2334

- Mixed Neuro – Mon/Wed 10:45AM
- Stroke – Tue/Thu 10:45AM

WE-Can Program

A wellness & exercise program for people living with cancer.

10 week program led by qualified instructors in a supportive environment
For more information contact Kelly-Jo Gillis at gillisk@tbh.net or 684-7221

WE-Did

The graduate program for WE-Can so you can keep developing your healthy, active lifestyle.

If interested contact Andrew Koscielniak at akosciel@lakeheadu.ca or 632-1222

Intensity Key - You will see this number in brackets by the type of class

- (6) - Appropriate for participants with symptoms that may limit activity (fatigue) may need referral
- (7) - Appropriate for people with well controlled medical conditions
- (8) - Low/light and appropriate for beginners.
- (9) - Moderate level of intensity. You should be able to work continuously for 20min at a comfortable pace
- (10) - Not appropriate for beginners. Aerobic portion will exceed 20min. Must be accustomed to vigorous exercise.
- (11) - Very vigorous class. Participants should be athletic and participate in regular higher intensity exercise



AQUATICS & FITNESS

CITY OF
Thunder Bay
Superior by Nature

Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

2 - 5 week sessions starting the weeks of January 7 and February 11, 2019

No classes Feb. 18 (Family Day) CGC Open 12 to 5 PM

No daytime classes (9 AM to 4 PM) during March Break (March 11 to 15)

Fees will be prorated if you start late ...so sign up anytime.

All programs are free for members but registration is strongly encouraged, especially in high demand programs.

Non Member fee is \$36 per session for 60 minute classes (5 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
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Morning Programs

Morning Bootcamp	Tuesday	6:00 - 7:00 AM	404554	404555	(10) Combined
Morning Bootcamp	Thursday	6:00 - 7:00 AM	404552	404553	(10) Combined
Spin	Monday	6:30 - 7:15 AM	404763	404764	(9) Cycling
Spin Circuit	Tuesday	6:30 - 7:15 AM	404765	404766	(9) Cycling
BoxFit	Wednesday	6:00 - 7:00 AM	404539	404540	(10) Boxing
Total Body BenderBall	Monday	9:00 - 10:00 AM	404517	404549	(9) Combined
Everybody Yoga	Saturday	9:00 - 10:30 AM	404801	404802	(7) Stretch
Strong Seniors	Tuesday	9:00 - 10:00 AM	404524	404525	(8) Wts/Core
Step Skip Sculpt	Wednesday	9:00 - 10:00 AM	404518	404519	(9) Combined
Strong Seniors	Friday	9:00 - 10:00 AM	404543	404544	(8) Wts/Core
Aquabics	Monday	9:00 - 10:00 AM	404491	404492	(9) Shallow Water
Aquabics	Tuesday	9:00 - 10:00 AM	404495	404496	(9) Deep water w/ floatation belts
Aquabics	Thursday	9:00 - 10:00 AM	404507	404508	(9) Deep water w/ floatation belts
Aquabics	Friday	9:00 - 10:00 AM	404497	404498	(9) Deep water w/ floatation belts
Strong Seniors Variety	Thursday	9:00 - 10:00 AM	404528	404529	(8) Wts/Core
Spin Drop In	Sunday	10:00 - 10:45 AM	404771	404772	(9) Cycle
Yoga	Thursday	10:10 - 11:10 AM	404803	404808	(7) Stretch
Aqua Energizer Deep H2O	Monday	10:15 - 11:15 AM	404489	404490	(9) Deep water w/ floatation belts
Aquabics (Shallow)	Tuesday	10:15 - 11:00 AM	404499	404500	(7&8) Shallow Water
Aqua Energizer Deep H2O	Wednesday	10:15 - 11:15 AM	404503	404504	(9) Deep water w/ floatation belts
Aquabics Shallow	Thursday	10:15 - 11:00 AM	404509	404510	(7&8) Shallow Water
Aqua Zumba	Friday	10:15 - 11:00 AM	404511	404512	(9) Shallow Combined

Afternoon Programs

HIIT*	Sunday	12:00 - 12:45 PM	404547	404548	(11) Combined
Muscle Conditioning	Monday	12:15 - 1:00 PM	404536	404556	(9) Combined
Step Circuit	Wednesday	12:15 - 1:00 PM	404532	404533	(9) Step Aerobic
Yoga	Thursday	12:15 - 1:00 PM	404804	404805	(7&8) Stretch
Muscle Conditioning	Friday	12:15 - 1:00 PM	404550	404551	(9) Combined
Senior Spin	Wednesday	1:15 - 2:00 PM	404779	404780	(8) Spinning
Sit and be Fit	Tuesday	1:15 - 2:00 PM	404520	404521	(6) Seated fitness
Core & More	Monday	2:00 - 3:00 PM	404534	404535	(8) Combination

For a schedule of Drop-Ins Only go to gamescomplex.com or pick up a copy at the front desk.

Check us out on Facebook at [facebook.com/canadagamescomplex](https://www.facebook.com/canadagamescomplex).

This schedule may have been updated since the time of printing.

Adult Health, Wellness and Fitness Programs

HST will be added where applicable.

2 - 5 week sessions starting the weeks of January 7 and February 11, 2019

No classes Feb. 18 (Family Day) CGC Open 12 to 5 PM

No daytime classes (9 AM to 4 PM) during March Break (March 11 to 15)

Fees will be prorated if you start late ...so sign up anytime.

All programs are free for members but registration is strongly encouraged, especially in high demand programs.

Non Member fee is \$36 per session for 60 minute classes (5 weeks)

Name	Day	Time	Barcode Session 1	Barcode Session 2	Type
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Evening Programs

Balls, Bars & Weights	Monday	5:00 - 6:00 PM	404522	404523	(10) Combined
Bootcamp	Wednesday	5:00 - 6:00 PM	404515	404516	(11) Combined
Yoga	Tuesday	5:00 - 6:30 PM	404796	404809	(7&8) Stretch
Yoga	Thursday	5:00 - 6:30 PM	404797	404798	(7&8) Stretch
Ultimate Core	Tuesday	5:30 - 6:30 PM	404530	404531	(11) Core
Spin Bootcamp	Friday	5:30 - 6:30 PM	404776	404777	(9) Cycle/Wts
Athletic Spin	Wednesday	6:05 - 7:00 PM	404773	404778	(11) Cycle/Core
Kettlebell Advanced	Monday	6:15 - 7:00 PM	404751	404752	(10) Core & Cardio
TRX Advanced	Thursday	6:30 - 7:00 PM	404787	404788	(11) Combined
Yoga Conditioning	Friday	6:30 - 7:30 PM	404799	404800	(7&8) Mobility
Spin	Monday	7:00 - 8:00 PM	404774	404775	(9) Cycling
Core and More	Wednesday	7:00 - 8:00 PM	404526	404527	(8) Wts/Core
Zumba	Tuesday	7:00 - 8:00 PM	404741	404742	(9) Dance Fit
Aqua Jog	Monday	7:30 - 8:30 PM	404493	404494	(9) Deep water w/floatation belts
Aqua Jog	Wednesday	7:30 - 8:30 PM	404505	404506	(9-10) Deep water w/floatation belts
Zumba	Thursday	7:30 - 8:30 PM	404745	404746	(9) Dance Fit
Zumba Toning	Monday	8:00 - 9:00 PM	404743	404744	(9) Dance Fit
Kettlebell	Wednesday	8:00 - 9:00 PM	404759	404760	(10) Core & Cardio



CANADA GAMES COMPLEX FITNESS COACHING

Are you looking to make a change??

If so, the Canada Games Complex Fitness Coaching is for you! Whether you are new to exercise and want to learn the ropes, change body composition, improve at a sport, or just feel great! Our top-quality coaches:

Possess strong educational backgrounds in Exercise Science.

Have the passion to help motivate you on your path to a healthier, more active lifestyle.

Provide individualized programming based on your personal needs or the needs of your group! There is something for everybody at the Canada Games Complex!

Below is a list packages, ranging from privates to small group, competitively priced to be accessible.

Fitness Coaching Costs			
(Prices subject to HST – Savings based on each session)			
Number of Sessions/Package	Private	Semi-Private (Each)	Small Group (3 to 4 people, each)
	Only \$55/h or less!	Only \$40/h ea. or less!	Only \$30/h ea. or less!
6	\$330	\$240 ea.	\$180 ea.
12	\$600 (Save 9%)	\$432 (Save 10%)	\$312 (Save 13%)
24	\$1080 (Save 18%)	\$768 (Save 20%)	\$528 (Save 27%)
48	\$1920 (Save 27%)	\$1440 (Save 25%)	\$960 (Save 33%)

Once a session package is purchased it is up to you and the Coach to determine the frequency of attendance based on your goals (2 days/wk, 3 days/wk, etc.). You are purchasing the time of the Coach, 1 Session = 1 Hour.

Please phone 684-3338 to book your free consultation and take the first step toward change.



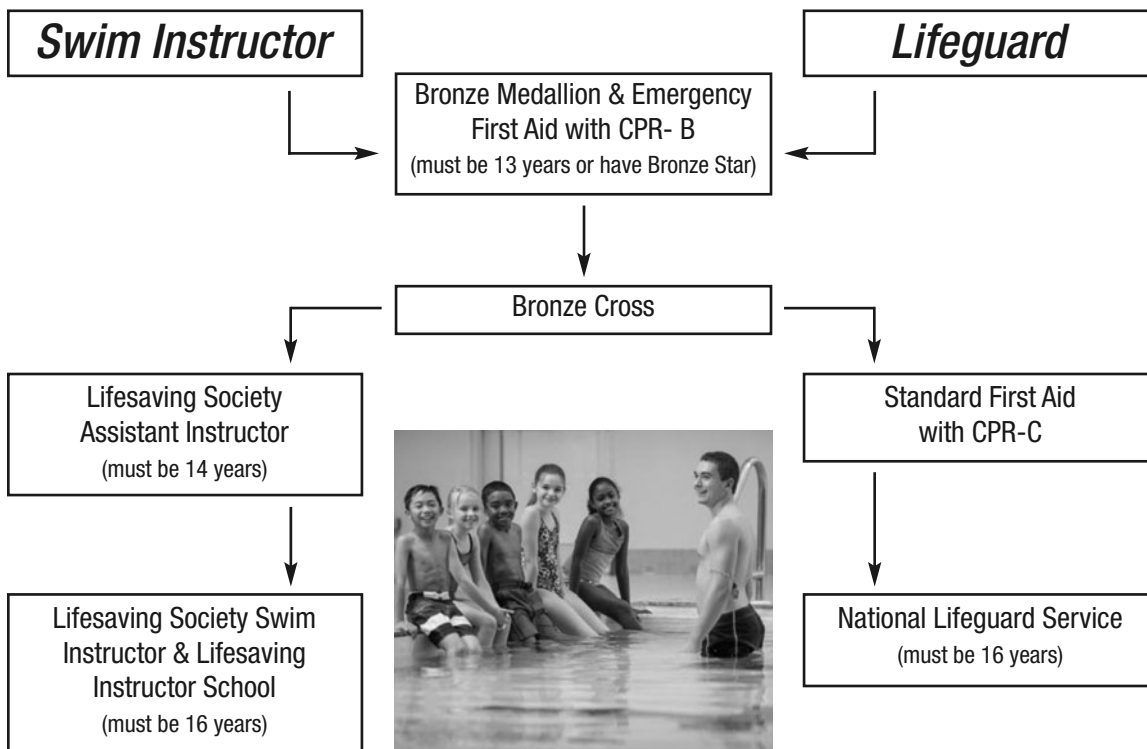
Have you always enjoyed being in an aquatic environment and you think you might like to make it your workplace?

Become a certified Lifesaving Society Swim Instructor!

Thunder Bay Aquatics is looking to expand our staff to anyone 16 and older interested in becoming certified swim instructors. We are always looking for highly motivated individuals who enjoy working with children in an aquatic setting to teach swimming lessons at any of our three facilities.

The chart below indicates which courses you need to take to become certified!

THE ROAD TO BECOMING A...



As a swimming instructor you work directly with children teaching them valuable life skills. You will become an imperative part of their growth. The starting wage for this position is \$14.88/hour.

****We are especially interested in training and hiring adult instructors who are looking for a career change or trying something new.**

Used to be a swim instructor & miss those days in the pool?

We would love to have you join our team once again!
Contact one of the pools if you need assistance getting recertified.

For more information contact our facility supervisors and we would be happy to assist you.

Canada Games Complex, Tiffany Vis – 684-3339
Churchill Pool, Calli Graham – 625-2206
Volunteer Pool, Sean Bodkin – 625-3524



***THE BEST
PLACE TO LEARN
TO SWIM IS IN
THE WATER.***



LIFE'S BETTER WETTER

**Enroll Now In Swimming Lessons
At Volunteer & Churchill Pool.**



Community Aquatics

Churchill and Volunteer Pool – What's NEW

For additional information about our programs, services or facilities please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

Registering for Private Swim Lessons

Everyone must register or re-register at the beginning of every session on the private request list. Private lessons are placed in order of registration date. No dates and times are guaranteed. The more availability you include in your request the better chance you have at receiving a spot. Call as soon as registration opens for the best possible chance at receiving the day and time you prefer. Privates will be called on the Thursday or Friday the week before lessons start to be informed of their times.

New AquaFitness Class at Volunteer Pool

Volunteer Pool will now be offering an additional AquaFitness class on Fridays at 10:05 am.

Volunteer Pool Renovations

Volunteer Pool recently underwent extensive renovations. The women's changeroom was completely redone including new fixtures, lockers and flooring. The men's changeroom was also renovated with new flooring and fixtures and only the existing lockers remaining. The sauna was completely refurbished and a new water dispenser added.

Swim For A Twoonie

Churchill Pool and Volunteer Pool are continuing to offer twoonie swims on the third Friday of every month. Please join for a reduced rate during family and public swims. For further details, please call your neighbourhood pool.

Admission Standards

As part of our commitment to providing safe and enjoyable aquatic programs for swimmers of all ages, we are continuing to enforce the admission standards provided to us by the Ministry of Health. To help us in this maintain this standard please keep the following in mind when visiting our pools:

- 1) There must be one supervising caregiver for every 2 children under the age of 6.
- 2) There must be one supervising caregiver for every 4 non-swimming children aged 6 to 9.

In both cases the supervising caregiver must be able to give immediate assistance. If you have any questions please feel free to call Volunteer Pool at 345-5143 or Churchill Pool at 577-2538.

The Aquatic Family

Instructional Family Pass Have a child in lessons?

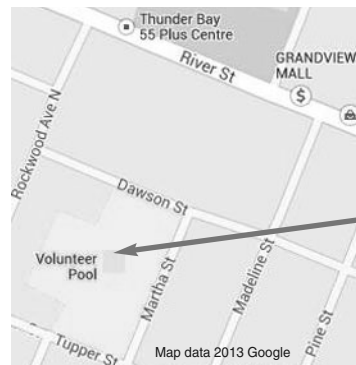
Volunteer and Churchill Pool offer an exceptional deal on Family Passes. It allows you and your family to swim during any of our recreation and family times. The pass is valid for the duration of lessons and is only **\$54.42** (HST included.)

Call the pool for more information.

*Thinking about getting in
shape this Winter?
Why not consider exercise
for the whole family!!*



**Need help
finding us?
Check out
these maps!**



COMPARE & SAVE!

Single Family Swim \$10.75
5 Swim Pass \$48.01
1 year membership
\$672.75

Parent and Tots!

*Churchill Pool has a special
swim just for you!*

Our warm pool and low stress environment is the perfect opportunity to introduce your child to the water.

Tuesday/Thursday 11:30 am-1:00 pm

Nostalgia Swim (\$2)

Churchill Pool

Sunday 10:00-11:30 am

*Remember,
for only \$2 you
can use the sauna
and spa during
your kids' lessons
at Volunteer Pool.*

City of Thunder Bay Children's Aquatics Program

To Determine which Level your Child Should be In Please read the course descriptions below

PARENT & TOT 1 Ratio 1:12
Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. Orientation to pool and being safe around water. This program will create a comfort level for both child and parent. Entries/exits, floats and movement.

PARENT & TOT 2 Ratio 1:12
Designed for the 12 to 24-month-old to learn to enjoy the water with the parent, Unassisted entries/exits. Floats with an aid, submersion in water, activities with instructor/other parents.

PARENT & TOT 3 Ratio 1:12
Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Your child will experience safety awareness and water skills through discovery, front and back floats, submersion and movement skills. Active parent participation is required.

PRESCHOOL A Ratio 1:4
We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). 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 try floats on their front and back, and glides on their back while wearing a personal flotation device (PFD). They'll learn to get their face wet and blow bubbles underwater.

PRESCHOOL B Ratio 1:4
These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a personal flotation device. They'll submerge and exhale underwater. While wearing a personal flotation device they'll glide on their front and back.
Prerequisite: Completed Preschool A.

PRESCHOOL C Ratio 1:4
These youngsters will try both jumping and a side roll into deep water while wearing a personal flotation device. 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.
Prerequisite: Completed Preschool B.

PRESCHOOL D Ratio 1:4
Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side roll entries and open their eyes underwater. They'll master a short (3-5 m) swim on their front and gliding and kicking on their side.
Prerequisite: Completed Preschool C.

PRESCHOOL E Ratio 1:4
These youngsters get more adventure-some with a forward roll entry wearing a PFD and holding their breath underwater for up to 10 sec. They'll work on longer front and back crawl swims, interval training and get a giggle out of whip kick.
Prerequisite: Completed Preschool D.

SWIMMER 1 Ratio 1:4
These beginners will become comfortable jumping into water with and without a personal flotation device. 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.
Prerequisite: Beginner, non-swimmer or Preschool A, B or C.

SWIMMER 2 Ratio 1:4
These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a personal flotation device. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10-15 m on their front and back, and be introduced to flutter kick interval training (4 x 9-12 m).
Prerequisite: Swimmer 1 or Preschool D or E.

SWIMMER 3 Ratio 1:5
These junior swimmers will dive and do in-water front somersaults. Their new bag of tricks includes handstands and completion of the Canadian Swim to Survive® Standard. They'll work on 10 15m of front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25 m.
Prerequisite: Swimmer 2.

SWIMMER 4 Ratio 1:5
These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Prerequisite: Swimmer 3.

SWIMMER 5 Ratio 1:6
These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Surface dives will take them down to underwater swims. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 15-25m. 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 10-15 m breaststroke.
Prerequisite: Swimmer 4.

SWIMMER 6 Ratio 1:6
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.
Prerequisite: Swimmer 5.

SWIMMER 7 (ROOKIE) Ratio 1:8
Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15m 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.
Prerequisite: Swimmer 6.

SWIMMER 8 (RANGER) Ratio 1:8
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 off unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. Prerequisite: Rookie Patrol.

SWIMMER 9 (STAR) Ratio 1:8
Swimmers are challenged with 600m workouts; 300m 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 defence methods, victim removals and rolling over and supporting a victim face up in shallow water.
Prerequisite: Range Patrol.

BRONZE STAR Ratio 1:12
Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.
Prerequisite: 10 to 12 years old and Star Patrol.



Community Aquatics Swimming Lessons

Swimming lessons begin the week of January 7th at Churchill Pool and Volunteer Pool. There will be no classes on Family Day (February 18th) or during March Break (March 11th to 16th). For specific program information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

All programs are subject to change and/or cancellation. Lesson cancellation will take place the week prior to the start of lessons. You will be contacted by telephone of any changes.

GROUP LESSONS – Ten lessons. Parent and Tot, Preschool and Swimmer 1 classes are 30 minutes in duration. All other classes are 45 minutes unless otherwise stated.

PRIVATE LESSONS/SEMI-PRIVATE LESSONS – Five, 30 minute Lessons

Private and Semi-Private Lessons: Indicate a phone number that you can be reached on the Thursday or Friday prior to the start of the session. PRIVATE LESSONS CANNOT BE RESCHEDULED.

Rates: Group Lessons (Ten 30 or 45 minute lessons) - \$73.09
Private Lessons (Five 30 minute lessons) - \$112.46
Semi-Private Lessons (Five 30 minute lessons) – \$82.14 per child

Sir Winston Churchill Community Pool 577-2538

Monday Jan. 7		4:30 p.m.		5:15 p.m.		5:30 p.m.		Swimmer 1	
4:00 p.m.		Swimmer 2	404419	Swimmer 2	404422	Preschool C	404394	Swimmer 4	404440
Preschool A	404366	Swimmer 3	404429	5:30 p.m.		Swimmer 7/8/9	404457	Swimmer 7/8/9	404459
Preschool B	404377	5:00 p.m.		Preschool C	404393	6:00 p.m.		9:30 a.m.	
Swimmer 5	404442	Swimmer 1	404407	Preschool D/E	404401	Preschool A	404373	Preschool A	404375
Swimmer 6	404448	5:15 p.m.		6:00 p.m.		Preschool B	404384	Preschool B	404386
4:30 p.m.		Preschool A	404368	Parent & Tot 1/2	404358	6:30 p.m.		9:45 a.m.	
Swimmer 2	404417	Preschool B	404379	Swimmer 5	404444	Swimmer 2	404424	Swimmer 2	404426
4:45 p.m.		5:30 p.m.		Swimmer 6	404450	Swimmer 3	404431	Swimmer 3	404433
Preschool C	404388	Swimmer 2	404420	6:30 p.m.		7:15 p.m.		10:00 a.m.	
Swimmer 1	404405	5:45 p.m.		Preschool A	404371	Preschool C	404395	Swimmer 5	404447
5:15 p.m.		Parent & Tot 2/3	404363	Preschool B	404382	Friday Jan. 11		Swimmer 6	404453
Parent & Tot 1/2	404357	Preschool C	404391	6:45 p.m.		4:00 p.m.		10:30 a.m.	
Swimmer 3	404428	6:15 p.m.		Swimmer 3	404430	Parent & Tot 2/3	404365	Parent & Tot 1/2	404360
Swimmer 7/8/9	404454	Preschool A	404369	Swimmer 7/8/9	404456	Swimmer 1	404413	Preschool D/E	404404
5:45 p.m.		Preschool B	404380	7:00 p.m.		Swimmer 4	404439	10:45 a.m.	
Swimmer 1	404406	Swimmer 5	404443	Swimmer 1	404410	Swimmer 7/8/9	404458	Preschool C	404398
6:00 p.m.		Swimmer 6	404449	Thursday Jan. 10		4:30 p.m.		Swimmer 7/8/9	404460
Preschool A	404367	6:45 p.m.		4:00 p.m.		Preschool C	404396	11:00 a.m.	
Preschool B	404378	Swimmer 1	404408	Preschool A	404372	Preschool D/E	404403	Swimmer 1	404415
6:15 p.m.		7:00 p.m.		Preschool B	404383	4:45 p.m.		Swimmer 4	404441
Swimmer 4	404435	Swimmer 4	404436	Swimmer 1	404411	Swimmer 5	404446	11:15 a.m.	
6:30 p.m.		Wednesday Jan. 9		4:30 p.m.		Swimmer 6	404452	Swimmer 2	404427
Parent & Tot 2/3	404362	4:00 p.m.		Parent & Tot 1/2	404359	5:15 p.m.		11:30 a.m.	
Swimmer 2	404418	Preschool C	404392	Swimmer 2	404423	Swimmer 2	404425	Parent & Tot 2/3	404361
7:00 p.m.		Swimmer 2	404421	Swimmer 5	404445	Swimmer 3	404432	Bronze Star (90min)	404356
Preschool C	404389	Swimmer 4	404437	Swimmer 6	404451	5:30 p.m.		11:45 a.m.	
Preschool D/E	404399	4:30 p.m.		5:00 p.m.		Preschool A	404374	Swimmer 3	404434
4:00 p.m.		Parent & Tot 2/3	404364	Preschool D/E	404402	Preschool B	404385	12:00 p.m.	
Swimmer 7/8/9	404455	4:45 p.m.		5:15 p.m.		9:00 a.m.		Preschool A	404376
Tuesday Jan. 8		Swimmer 1	404409	Swimmer 1	404412	Preschool C	404397	Preschool B	404387
4:00 p.m.		5:00 p.m.		Swimmer 4	404438	Saturday Jan. 12		12:30 p.m.	
Preschool C	404390	Preschool A	404370	Swimmer 2	404438	9:00 a.m.		Swimmer 1	404416
Preschool D/E	404400	Preschool B	404381	Preschool C	404397				

CHURCHILL & VOLUNTEER POOL
www.thunderbay.ca/recandculture



AQUATICS & FITNESS

CITY OF Thunder Bay Superior by Nature

Community Aquatics Leadership Schedule

For specific program information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143

Course/Program	Day	Time	Barcode	Fee	Additional Materials
Bronze Medallion & Emergency First Aid - Churchill Pool	Sunday	5:00-7:00	404355	\$102.80	Lifesaving Manual \$41.15
Bronze Medallion & Emergency First Aid - Volunteer Pool	Sunday	10:00-12:00	404599	\$102.80	Lifesaving Manual \$41.15
Bronze Cross – Churchill Pool	Sunday	5:00-7:00	404354	\$99.13	Lifesaving Manual \$41.15
Bronze Cross – Volunteer Pool	Sunday	10:00-12:00	404598	\$99.13	Lifesaving Manual \$41.15
4 Strokes 4 Fun Level 1 – Churchill Pool	Tues./Thurs.	6:45-7:45	404343	\$77.27 (1 day)	Second Day \$31.52
4 Strokes 4 Fun Level 1 – Volunteer Pool	Wednesday/ Friday	6:30-7:30 5:00-6:00	404589	\$77.27 (1 day)	Second Day \$31.52
4 Strokes 4 Fun Level 2 – Churchill Pool	Tues./Thurs.	6:45-7:45	404344	\$77.27 (1 day)	Second Day \$31.52
4 Strokes 4 Fun Level 2 – Volunteer Pool	Wednesday/ Friday	6:30-7:30 5:00-6:00	404590	\$77.27 (1 day)	Second Day \$31.52

Community Aquatics – Volunteer Pool 345-5143

Monday Jan. 7	Tuesday Jan. 8	Wednesday Jan. 9	Thursday Jan. 10	Friday Jan. 11	Saturday Jan. 12
4:00 p.m.	4:00 p.m.	10:00 a.m.	4:00 p.m.		10:00 a.m.
Swimmer 5 404694	Preschool A 404615	Parent & Tot 404602	Parent & Tot 1/2 404604		Preschool A 404622
Swimmer 6 404701	Preschool B 404626	4:00 p.m.	Swimmer 2 404671		Preschool B 404633
4:30 p.m.	Swimmer 2 404666	Preschool A 404618	Swimmer 5 404698		Swimmer 1 404661
Swimmer 3 404678	Swimmer 7/8 404708	Preschool B 404629	Swimmer 6 404705		Swimmer 5 404693
Swimmer 4 404686	4:30 p.m.	Swimmer 5 404697	4:30 p.m.		Swimmer 6 404700
4:45 p.m.	Swimmer 1 404655	Swimmer 6 404704	Preschool D/E 404650		10:30 a.m.
Preschool C 404635	Swimmer 3 404680	4:30 p.m.	4:45 p.m.		Parent & Tot 1/2 404605
Swimmer 1 404653	4:45 p.m.	Swimmer 3 404682	Swimmer 3 404684		Preschool D/E 404652
Swimmer 2 404664	Parent & Tot 2/3 404607	Swimmer 4 404689	Swimmer 4 404691		Swimmer 2 404673
5:15 p.m.	Preschool C 404637	4:45 p.m.	Swimmer 7/8 404709		10:45 a.m.
Preschool A 404612	5:00 p.m.	Preschool D/E 404649	5:00 p.m.		Swimmer 3 404676
Preschool B 404624	Swimmer 2 404667	Swimmer 1 404657	Preschool C 404641		Swimmer 7/8 404710
Preschool D/E 404647	5:15 p.m.	5:15 p.m.	5:30 p.m.		11:00 a.m.
5:30 p.m.	Preschool A 405616	Parent & Tot 1/2 404603	Preschool A 404620		Preschool C 404643
Swimmer 5 404695	Preschool B 404627	Preschool C 404639	Preschool B 404631		Swimmer 1 404662
Swimmer 6 404702	5:30 p.m.	Swimmer 2 404669	Swimmer 1 404659		11:30 a.m.
5:45 p.m.	Swimmer 1 404656	Swimmer 8/9 404713	Friday Jan. 11		Preschool A 404611
Parent & Tot 2/3 404606	5:45 p.m.	5:45 p.m.	4:00 p.m.		Preschool B 404634
Preschool C 404636	Preschool C 404638	Swimmer 3 404683	Preschool C 404642		Swimmer 2 404674
6:00 p.m.	Preschool D/E 404648	Swimmer 4 404690	Preschool D/E 404651		Swimmer 8/9 404715
Swimmer 7/8 404707	Swimmer 8/9 404712	6:00 p.m.	Swimmer 3 404675		Bronze Star (1.5h) 404601
6:15 p.m.	Swimmer 4 404688	Preschool A 404619	Swimmer 4 404692		12:00 p.m.
Preschool A 404613	6:15 p.m.	Preschool B 404630	Swimmer 8/9 404714		Parent & Tot 2/3 404610
Preschool B 404625	Preschool A 404617	6:30 p.m.	4:30 p.m.		Preschool C 404644
Swimmer 2 404665	Preschool B 404628	Parent & Tot 2/3 404608	Preschool A 404621		12:15 p.m.
6:30 p.m.	6:45 p.m.	Swimmer 1 404658	Preschool B 404632		Swimmer 3 404677
Swimmer 1 404654	Swimmer 2 404668	6:45 p.m.	4:45 p.m.		Swimmer 4 404685
6:45 p.m.	Swimmer 3 404681	Swimmer 2 404670	Swimmer 1 404660		12:30 p.m.
Swimmer 3 404679	Swimmer 5 404696	7:00 p.m.	Swimmer 2 404672		Preschool D/E 404646
Swimmer 4 404687	Swimmer 6 404703	Preschool C 404640	Parent & Tot 2/3 404609		Swimmer 1 404663
Swimmer 8/9 404711					
7:00 p.m.					
Preschool A 404614					

Community Aquatics is always looking for enthusiastic Lifesaving Society certified swimming instructors to teach swimming lessons. Please call Churchill Pool at 577-2538 or Volunteer Pool at 345-5143 if you are interested!

Community Aquatics – Fitness Programs

Fitness Classes begin the week of January 7th at Churchill Pool & Volunteer Pool

For Specific Level Information
please call Churchill Pool 577-2538
or Volunteer Pool 345-5143



CHURCHILL & VOLUNTEER POOL
www.thunderbay.ca/recandculture

Churchill Pool Fitness Schedule

Aquabics	Barcode
Monday10:45 am – 11:30 am	404347
Wednesday10:45 am – 11:30 am	404349
Friday10:45 am – 11:30 am	404351
Tuesday7:45 pm – 8:30 pm	404348
Thursday7:45 pm – 8:30 pm	404350

Arthritis Management	Barcode
Tuesday9:30 am – 10:15 am	404345
Thursday9:30 am – 10:15 am	404346

Water Walk	Barcode
Monday2:00 pm – 2:45 pm	404465
Thursday2:00 pm – 2:45 pm	404466

Have an Aquabics Swipe Card?

Please call Churchill Pool at 577-2538 or Volunteer Pool at 345-5143 prior to the first class of a session in case of a cancellation

Volunteer Pool Fitness Schedule

Aquabics	Barcode
Monday10:05 am – 11:00 am	404592
Tuesday10:05 am – 11:00 am	404592
Tuesday8:00 pm – 8:45 pm	404594
Thursday10:05 am – 11:00 am	404595
Thursday8:00 pm – 8:45 pm	404596
Friday10:05 am – 11:00 am	404597

Aqua Extravaganza	Barcode
Monday1:15 pm – 2:00 pm	404591

Parent & Tot Fitness Class At Churchill Pool

This class is designed to be an exciting, social, and fun time for both parent and baby. Introduce your little one to the water while getting a mini workout for yourself at the same time. For children 3 months and older.

Wednesday 11:30 am – 12:00 pm
Barcode # 404352

Friday 11:30 – 12:00 pm
Barcode # 404353

Community Aquatics Fitness Deals!!!

- Enroll one of your children in swimming lessons and you may purchase an Instructional Family Pass for only \$54.42! Good for any Public or Family Swims at Churchill Pool and Volunteer Pool
- Can't attend every class? We also sell swipe cards that are valid for all of our fitness programs.
– \$60.50 for a book of 10 – \$90.34 for a book of 15

AQUA ADULTS!

Community Aquatics offers lessons to adults who are looking to learn how to swim or simply improve their existing skills. Call for more information.
Churchill Pool: 577-2538 or Volunteer Pool: 345-5143

Community Aquatics is always looking for highly motivated people to instruct our dynamic AquaFit classes.

Call Churchill Pool 577-2538 or Volunteer Pool 345-5143 if you are interested.

Volunteer Pool Community Centre Contacts

Shotokan School of Karate
Phone: Sensei John Charry 622-1151
or find them on Facebook

Operational Protective Strategies Self Defence
Phone: Sean Mulligan
807-628-2289

Toshikai Dojo
Website: senseisusan.com
Email: senseisusan@tbaytel.net
Phone/Text: 474-8886

Thunder Bay Judo Dojo
Website: thunderbayjudo.com
Facebook: Thunder Bay Judo Dojo
Phone: Sensei Pat 345-9669

AQUATICS & FITNESS

CITY OF
Thunder Bay
Superior by Nature

Community Aquatics Recreational Swims

For specific swim information please call Churchill Pool 577-2538 or Volunteer Pool 345-5143.

CHURCHILL POOL 577-2538

Lengths

Monday - Friday6:00 - 9:30 a.m.
Monday - Friday12:00 - 1:00 p.m.

Public Swims

Friday7:00 - 8:30 p.m.
Saturday2:00 - 5:00 p.m.
.....6:00 - 8:00 p.m.
Sunday1:30 - 5:00 p.m.

Family Swim/Lengths

Mon/Wed/Fri.....9:30 - 10:45 a.m.
Friday6:00 - 7:00 p.m.
Monday & Wednesday7:30 - 9:00 p.m.

Parent & Tot Swims

Tuesday & Thursday.....11:30 - 1:00 p.m.

Nostalgia Swim (\$2.00)

Sunday.....10:00 - 11:30 a.m.



VOLUNTEER POOL 345-5143

Lengths

Monday - Friday6:00 - 10:00 a.m.
Monday - Friday11:30 a.m. - 1:00 p.m.
Monday - Thursday7:30 - 9:00 p.m.
Saturday.....8:00 - 10:00 am

Public Swims

Friday7:00 - 8:30 p.m.
Saturday2:00 - 3:30 p.m.
Sunday1:30 - 3:30 p.m.

Family and Adult Swims

Wednesday10:30 - 11:30 a.m.
Wednesday1:00 - 2:30 p.m.
Friday6:00 - 7:00 p.m.
Saturday3:30 - 5:00 p.m.
.....6:00 - 8:00 p.m.
Sunday3:30 - 5:00 p.m.

Family and Community Swims

Thursday6:00 - 7:30 p.m.

Swimming Rates

	Single Swim	Book Pass	3 Month Membership	6 Month Membership	1 Year Membership
Children under 2 years	No Charge	No Charge	No Charge	No Charge	No Charge
Child (2-13 years)	\$3.11	\$24.75	N/A	N/A	N/A
Student (14 and over)	\$3.85	\$32.76	\$100.85	\$151.87	\$252.72
Adult	\$6.26	\$53.10	\$167.81	\$249.57	\$414.79
Older Adult (60+)	\$5.00	\$42.00	\$130.36	\$197.45	\$326.63
Family	\$10.75	\$48.01	\$271.71	\$401.04	\$672.75



BIRTHDAY PARTIES

Let us take the stress out of Birthday Parties. We provide exclusive use of the pools and sauna for one hour and then pizza and refreshments in our birthday room. Book ahead to ensure a spot!

Cost: \$154.31 (up to 12 children)

Come during our regular public swim and get all of the above for a reduced rate.

Cost: \$119.88 (up to 12 children)

Extra pizza can be ordered.

Call: Churchill Pool at 577-2538 Volunteer Pool at 345-5143

DAYTIME SCHOOL RENTALS

Location	Times	Cost	Contact
Volunteer Pool	Thurs./Fri. 1:30-2:30pm Friday 10:15-11:15am	\$71.55/hr	345-5143
Churchill Pool	Weekdays 1:00-3:30pm	\$71.55/hr	577-2538

Each time slot can accommodate up to 60 students or 2 classes and includes 2 lifeguards

Book Passes: A Great Deal

Both Churchill and Volunteer Pool offer 10-swim passes for seniors, adults, students and children. Buying one of these great passes allows you to save approximately the cost of two swims. They are perfect for someone planning on regularly attending adult lengths or one of our public or family swims. Also a great gift idea!!

5-swim passes are also available for families!

Child (10 swims) \$24.75
Student (10 swims) \$32.76
Adult (10 swims) \$53.10
Older Adult (10 swims) \$42.00
Family (5 swims) \$48.01

Support Persons –

No fee if accompanied by a person with a PAL (Personal Attendant for Leisure) Card.

Special Needs Swim: This time slot is available for individuals with special needs and their support workers. It is designed to ensure that people with exceptionalities can enjoy our facility without the commotion that is sometimes associated with public and family swims. Support workers are admitted free of charge. Tuesday & Thursday 10:30-11:30 am

Adult Community Fitness

Winter 2019 Fitness & Wellness Programs

Register at 625-TIME (8463) or 625-2351

For detailed information on Fitness & Wellness Programs call 684-3324

HST will be added to all Fees.

If your schedule does not allow for you to regularly partake in one of our fitness programs, feel free to purchase a Punch Card. This punch card offers maximum flexibility. This also includes drop in classes at the Canada Games Complex. Some restrictions may apply. Please check prior to attending to make sure the class is running.

Like us on



For more updates on Community Programs please like us on facebook under City of Thunder Bay Community Fitness.

Please register early! Classes need a minimum in order to run.



Zumba Toning* NEW!

Join Share on Mondays for the Zumba Fitness Party in your neighborhood! With the use of added resistance by using Zumba Toning Sticks you will enhance your sense of rhythm and coordination while toning arms, core and lower body.

Instructor: Share Smith-Baxter

Location: Kingsway School
(New Location)

Mondays (8 weeks)

No class February 18

Fee: \$50.00 & HST

January 7 to March 4

5:30 - 6:30 pm

Code: 403401

Adult Community Fitness & Wellness Programs

To register call 625-(TIME) or 625-2351

Senior Fitness*

Are you 55 or over? Join us and have fun moving to the music through a variety of exercises designed to increase muscular strength and range of movement. With the use of bands and weights and gentle cardio you will enjoy being challenged but also encouraged to work at your own pace.

Instructor: Evelyn Harrison

Location: Westmount School, 120 Begin St. W.

Mondays & Wednesdays

No class February 18

Fee: \$75.75 & HST

January 7 to February 27 • 7:00 - 8:00 pm

Code: 403389

20/20/20 Workout* Mondays

3 workouts in one! With 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core and stretching. This class is for all levels of fitness.

Instructor: Lee Vaillant

Location: C.D. Howe School, 30 Wishart Cres.

Mondays (8 weeks)

No class February 18

Fee: \$50.00 & HST

January 7 to March 4 • 6:45 - 7:45 pm

Code: 403391

Bender Ball Cardio Plus*

Join Candace for this great class that is easy to follow and focuses on all the components of fitness! With the use of small bender balls there will be a cardio plus toning and core exercise component. This class is a great addition to any fitness regime you already have. Please bring your own mat.

Instructor: Candace Litwinenko

Location: Bishop Gallagher School

Wednesdays (8 weeks)

Fee: \$50.00 & HST

January 9 to February 27 • 7:00 - 8:00 pm

Code: 403407

Yoga Fit

Flow into power with this Hybrid class of asana (poses) to strengthen the body and restore calm. With conditioning movements you will improve posture, balance, focus and flexibility while improving overall well-being.

Instructor: Taina Chahal

Location: Ecole de La Verendryre, 175 High St

Wednesdays (8 weeks)

Fee: \$50.00 & HST

January 9 to February 27 • 6:45 - 7:45 pm

Code: 403395

Functional Fitness*

Are you just getting back into fitness or do you want to improve your everyday real life activities? With the use of hand weights, real life functional movement patterns such as twisting, bending, push pull, lunging and, squats, you will be feeling better in no time! Balance, core training and flexibility will target weaknesses you may not realize you had.

Instructor: Stephanie Needham

Location: Westmount School, 120 Begin St. W.

Tuesdays (8 weeks)

Fee: \$50.00 & HST

January 8 to February 26 • 7:00 - 8:00 pm

Code: 403397

Fitness Punch Card

The Fitness Punch Card offers maximum flexibility and is perfect for those who need to accommodate a busy schedule. Your Fitness Punch Card is good for a one year period from the date of purchase which also includes drop in classes at the Canada Games Complex. Please call the Active Living Coordinator at 684-3324 prior to the first class in case of class cancellation. *Note: Support Person- No fee if supporting a person with a PAL (Personal Attendant for Leisure Card)*

9X Punch Card

Fee: \$65.00 & HST

Code: 403409

*Classes that allow punch card users

