

ANGUS GLEN POOL

3990 Major MacKenzie Drive
(between Warden Avenue & Kennedy Road, north side)
Phone: 905-944-3777 ext. 7111
Aquatic Coordinator: Janice Carroll ext. 7110
Pool Supervisor: Kerry Wakefield ext. 7117

CENTENNIAL POOL

8600 McCowan Road (just north of Highway 7)
Phone: 905-294-6111 ext. 233
Aquatic Coordinator: Lisa Young ext. 223
Pool Supervisor: Robin Matharu ext. 232

MILLIKEN MILLS POOL

7600 Kennedy Road (south of 14th Avenue)
Phone: 905-477-6410 ext. 3328
Aquatic Coordinator: Karen Carlin ext. 3330
Pool Supervisor: Adrian Wong ext. 3329

THORNHILL THERAPEUTIC POOL

7755 Bayview Avenue
Phone: 905-944-3800 ext. 6603
Aquatic Coordinator: Sheri Krauss ext. 6194
Pool Supervisor: Jennifer Evans ext. 6586

THORNLEA POOL

8075 Bayview Avenue (behind Thornlea Secondary School)
Phone: 905-889-0766
Aquatic Coordinator: Sheri Krauss 905-944-3800 ext. 6194
Pool Supervisor: Jennifer Evans 905-944-3800 ext. 6586

Help Prevent Pool Fouling in 4 Simple Steps

- Please do not feed children 2 hours prior to their swimming lesson,
- Please be sure to take your children to the bathroom just prior to their swimming lesson,
- Please ensure that all children who are not toilet trained are in appropriate attire. Suitable items can be purchased at the pool counter,
- Please take into consideration how your children are feeling on the day of their lesson.

*Pool foulings will result in delays in programming and pool shut downs.
We appreciate all of your help in keeping Markham pools clean and safe.*

NOTE: It is preferable that participants attend all lessons in their level. However, candidates will be accepted even if it is not possible. It should be noted, however, that participants attending all lessons will progress faster than those unable to do so. (Sorry, there are no make up classes). **Sorry, we are unable to accommodate unattended children on the pool deck. Please remove all outdoor footwear when accompanying your child to their lesson.**

Change Room Age Requirements

Children 7 years of age or older are required to use the change room of their own gender. If this is not suitable, please see facility staff so that appropriate accommodation can be arranged. Family Change Rooms are available at Angus Glen Pool, Centennial Pool, Thornhill Therapeutic Pool. Sorry, there are no family change rooms at Milliken Mills Pool.

Screening For Aquatic Levels

Unsure of the appropriate level? If your child has learned to swim without instruction or has been out of lessons for a year or more - request a screening from the supervisor at the start of any scheduled recreational swim.

Pool Rental

For more information regarding pool rentals, birthday parties and other events, please call the Customer Service Representative of your local pool.

Admission Policy

- **Children age 6 and under:** maximum 2 children per caregiver. Caregiver must be in the water and within arms reach.
- **Children age 7 to 9:** can swim alone provided they meet the minimum height requirement (4'3") and can swim 2 widths of the pool.
- For non-swimmers (those unable to pass the facility swim test) the ratio of non-swimmers to caregivers may be increased to a maximum of 6 bathers to one caregiver if PFDs are worn by all non-swimmers in their charge.
- **Children age 10 and over:** can swim alone.
- A **caregiver** is a person 15 years of age or older; a **senior** is a person 65 years of age or older (ID may be requested).
- A **family** is defined as adults, plus children 15 years of age and under. (maximum 6 people, up to 2 adults per family)

Recreation Swim Fees

prices include H.S.T.

	Per Swim	10 Tickets	3 Month	6 Month	Yearly
Child (4-15 yrs.)	\$2.20	\$19.21	\$57.63	\$115.26	\$211.31
Adult (16 yrs. +)	\$3.85	\$36.73	\$109.05	\$217.81	\$398.89
Seniors (65 yrs. +)	\$2.30	\$22.04	\$65.82	\$130.52	\$239.00
Family	\$9.35	\$88.71	\$264.70	\$528.84	\$970.11
Aquafit	\$5.50	\$54.81	—	—	—
Aquafit (Seniors, 65 yrs. +)	\$3.85	\$34.75	—	—	—
Specialty Aquafit	\$7.70	\$79.38	—	—	—
Specialty Aquafit Senior (Seniors, 65 yrs. +)	\$5.50	\$54.81	—	—	—

Tickets are available individually or in quantities of 10. Tickets may be used at any Town of Markham pool.

ID may be requested to purchase or use senior admission.

Recreational Swim Schedule

Spring 2011

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Splash Only	Older Adult AquaFit	AquaFit	Diaper Fit
Angus Glen Pool Mar. 26 - Jun. 12 Pool closed on Fri. Apr. 22 Wed. Jun. 8	Mon.	6:30 - 8:00 a.m. 11:30 a.m.-1:00 p.m.	11:30 a.m.-1:00 p.m. 7:00 - 8:30 p.m.		4:30 - 7:00 p.m.	9:00 - 10:00 a.m.	10:00 - 10:45 a.m. 8:30 - 9:15 p.m.	10:45-11:30 a.m.
	Tue.	7:30 - 9:00 a.m. 11:30 a.m.-1:00 p.m. 8:30 - 10:00 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-1:00 p.m. 8:30 - 10:00 p.m.		5:00 - 8:30 p.m.			
	Wed.	6:30 - 8:00 a.m. 12:30 p.m.-2:30 p.m. 8:45 - 10:00 p.m.	12:30 p.m.-2:30 p.m. 4:30 - 6:00 p.m. 8:45 - 10:00 p.m.		6:00 - 8:00 p.m.	9:15 - 10:15 a.m.	10:15 - 11:00 a.m. 8:00 - 8:45 p.m.	
	Thu.	7:30 - 9:00 a.m. 11:30 a.m.-1:00 p.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-1:00 p.m. 8:00 - 9:30 p.m.		5:00 - 8:00 p.m.			
	Fri.	6:30 - 8:00 a.m. 10:00 - 11:30 a.m.	10:00-11:30 a.m.	7:00 - 9:00 p.m.	4:30 - 7:00 p.m.	9:00 - 10:00 a.m.		11:30 a.m.-12:15 p.m.
	Sat.	12:00 - 1:30 p.m.	7:30 - 9:00 a.m. 12:00 - 1:30 p.m.	7:30 - 9:30 p.m.	9:00 a.m. - 12:00 p.m.			
	Sun.	7:30 - 9:00 a.m.	7:30 - 9:00 a.m.	1:00 - 3:00 p.m.	9:00 a.m. - 1:00 p.m.			
Note:	March Break (Mar. 14-18) additional Rec Swims: Mon.-Fri., 1:00 - 2:30 p.m. Holiday Schedule (Mon. Apr. 25, Mon. May 23): Lane Swim and Parent & Tot: 1:00 - 2:30 p.m. Rec Swim: 2:30-4:00 p.m.							

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit**	AquaFit**	Note
Centennial Pool Mar. 19 - Jun. 24 Pool closed on Fri. Apr. 22	Mon.	6:30-8:30 a.m.* 11:30-2:30 p.m. 9:00-10:30 p.m.	10:30-2:30 p.m. 4:00 - 8:00 p.m.		10:30-11:30 a.m.	8:45-9:30 a.m. 8:00-8:45 p.m.*	* Shared use ** Aquafit is a registered program with drop-in permitted where space allows No Swim on May 28, 29 due to Swim Meet. Holiday Schedule: Mon. Apr. 25 Lane Swim and Parent & Tot: 1:00 - 2:00 p.m. Rec Swim: 2:00-4:00 p.m.
	Tue.	6:00-8:30 a.m.* 11:30-2:30 p.m.	11:30-2:30 p.m.			8:45-9:30 a.m.	
	Wed.	6:30-10:30 a.m.* 11:30-1:00 p.m. 9:00-10:30 p.m.	10:30-1:00 p.m.		10:30-11:30 a.m.	8:00-8:45 p.m.*	
	Thu.	6:30-8:30 a.m.* 11:30-2:30 p.m.	11:30-2:30 p.m.			8:45-9:30 a.m.	
	Fri.	6:30-10:30 a.m.* 11:30-1:00 p.m.	10:30-1:00 p.m. 4:00-7:00 p.m.	7:00-9:00 p.m.	10:30-11:30 a.m.		
	Sat.	12:00-1:30 p.m.	12:00-1:30 p.m.	1:30-3:30 p.m.			
	Sun.	7:00 - 9:00 a.m. 12:00 - 1:30 p.m.	7:00 - 9:00 a.m. 12:00-1:30 p.m.	1:30-3:30 p.m.			

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit	AquaFit	Note
Milliken Mills Pool Apr.1 - Jun. 13 Pool closed on Tue. Jun. 7	Mon.	6:30-8:00 a.m. 10:30-1:00 p.m. 8:45-10:00 p.m.	10:30-1:00 p.m.			8:00-8:45 p.m.	Holiday Schedule: Lane Swim: 1:00-2:00 p.m. Rec Swim: 2:00-4:00 p.m. March Break: Rec Swim: 2:00-4:00 p.m. (Mon. - Fri.) Rec Swim cancelled on Tue. Mar. 22 Fri. Apr. 1 Lane Swim 8:30-10:00 p.m. on Tue. Mar. 22 cancelled * Ladies Only
	Tue.	6:30-8:00 a.m. 11:00-1:00 p.m. 2:30-4:00 p.m. 8:30-10:00 p.m.	10:00-1:00 p.m. 2:30-4:00 p.m.	7:00-8:30 p.m.	10:00-11:00 a.m.	9:15-10:00 a.m.	
	Wed.	6:30-8:00 a.m. 10:30-1:00 p.m. 8:45-10:00 p.m.	10:30-1:00 p.m.			8:00-8:45 p.m.*	
	Thu.	6:30-8:00 a.m. 11:00-1:00 p.m. 8:30-10:00 p.m.	10:00-1:00 p.m.	7:00-8:30 p.m.	10:00-11:00 a.m.	9:15-10:00 a.m.	
	Fri.	6:30-8:00 a.m. 10:30-1:00 p.m. 2:30-4:00 p.m. 8:30-10:00 p.m.	10:30-1:00 p.m. 2:30-4:00 p.m.	7:00-8:30 p.m.			
	Sat.	7:30-9:00 a.m.	7:30-9:00 a.m.	2:00-4:00 p.m.			
	Sun.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	7:30-9:00 a.m. 8:00-9:30 p.m.	2:00-4:00 p.m. 6:30-8:00 p.m.*			

AquatICS

Pool	Day	Lane Swim	Rec Swim	Note
Thornlea Pool Mar. 21 - Jun. 24 Pool closed: April 22, 24, 25 and May 23.	Mon.	7:00 - 8:00 a.m.* 9:30 - 10:30 p.m.		* Shared Use
	Tue.	7:00 - 8:00 a.m.*		
	Wed.	7:00 - 8:00 a.m.* & 9:00 - 10:00 p.m.	9:00 - 10:00 p.m.*	
	Thu.	7:00 - 8:00 a.m.*		
	Fri.	7:00 - 8:00 a.m.*		
	Sat.	12:00 - 1:30 p.m.*	12:00 - 1:30 p.m.*	
	Sun.	12:00 - 1:30 p.m.*	12:00 - 1:30 p.m.*	

Pool	Day	Leisure Swim (16 yrs+ ONLY)	Parent & Tot	Aqua Stretch*	Water Yoga*	Water Pilates*	AquaFit
Thornhill Therapeutic Pool Mar. 21 - Jun. 24 Pool closed: April 22, 24, 25 and May 23.	Mon.	12:00 - 1:30 p.m. 6:00 - 8:00 p.m.	11:00 a.m. - 12:00 p.m.	10:00 - 10:45 a.m.	8:00 - 9:00 p.m.		
	Tue.	1:00 - 2:30 p.m. 7:30 - 9:00 p.m.		11:00 - 11:45 a.m.	9:00 - 10:00 a.m.		6:30 - 7:15 p.m.
	Wed.	12:00 - 1:30 p.m.	11:00 a.m. - 12:00 p.m.	1:30 - 2:15 p.m. 7:00 - 7:45 p.m.		8:00 - 9:00 p.m.	6:00 - 6:45 p.m. (Ladies Only)
	Thu.	1:00 - 2:30 p.m. 6:30 - 8:00 p.m.		12:00 - 12:45 p.m.	10:00 - 11:00 a.m.		8:00 - 8:45 p.m.
	Fri.	12:00 - 1:30 p.m. 7:00 - 9:00 p.m.	11:00 a.m. - 12:00 p.m.			10:00 - 11:00 a.m.	
	Sat.	12:30 - 3:30 p.m.**	12:30 - 3:30 p.m. **				
	Sun.	3:30 - 5:00 p.m.**	12:30 - 2:30 p.m.				
	* available for advanced registration. Class sizes are limited. Drop-in are permitted only if there is availability pending the participant attendance. If space permits, participants will be taken on a first come first serve basis. Older Adult AquaFit classes are available by advanced registration only. ** Shared Use						

Recreational Swimming

Aqua Stretch* — A program designed for gentle water stretching, range of motion exercises, muscle strengthening and relaxation techniques. Takes place in a warm pool with a water temperature over 90°F.

AquaFit — is a water exercise class set to music and open to all individuals 16 years of age or older. Those under 16 years of age who display behaviour appropriate to the class may participate.

Diaper Fit — A fitness program designed for parents with babies. Flotation seats are provided so that parents can participate in a shallow water aquafit class and have babies within arms' reach. Babies must be able to sit upright on their own. This is a great way to get fit, have fun, and enjoy time with your child. For children who are not toilet trained, they must wear swimmer pull ups (e.g. Huggies, Gabby's.) These may be purchased at the pool. No diapers, disposable or cloth, are permitted.

Lane Swim — is open to all individuals 7 years of age and older. The pool is set up for length swimming. Children 7-15 years of age must be able to swim at least one full length of the pool to participate and must meet the height requirements.

Leisure Swim — This swim time allows for adults and older adults to use the Therapeutic Pool to do light water exercise or stretching in a warm water environment. (NOTE* - this is a small shallow water Therapeutic Pool not a "Lane Swim" pool)

Older Adult AquaFit — the pool is available to those 55 years of age or older to participate in a low intensity water exercise class. Deep end available for swimming. Those 65 years of age or older receive a seniors discount on admission.

Parent & Tot — the wading pool is available to pre-schoolers and their parents or caregivers who are 15 years of age or older. Please see Admission Policy.

Rec Swim — is a time for children and adults of all ages to come swimming. Children 7 years or older who have met the facility swim test and are a minimum of 4'3" tall in height may enter the pool unaccompanied. Children not meeting the age and swim requirements, must be accompanied in the water and directly supervised by someone 15 years of age or older.

Splash Only — The splash play area at Angus Glen C.C. is open to pre-schoolers and their parents or caregivers who are 15 years of age or older. The splash pad is open during recreational swims, parent and tot swims, and splash only swims.

Water Pilates* — This program offers participants the opportunity to strengthen abdominal and back muscles and work on flexibility while exercising in a shallow warm water environment. This aquatic exercise program improves pelvic stability and abdominal control while encouraging participants to work on harmonizing mind and body.

Water Yoga* — Learn basic moves to create the whole new aquatic experience that enables you to 'understand' the water. Focuses on techniques to improve posture, breathing, flexibility, core stabilization, coordination and muscular endurance using the soothing properties of the water.

* Specialty AquaFit. Please refer to admission policy for supervision requirement.

What You Should Know Serious Medical Conditions

Those with seizure disorders or other serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision.

What to wear?

Proper bathing attire means clothing used for swimming only. Sorry, no street clothes, shoes or undergarments.

For children who are not toilet trained, they must wear swimmer pull ups (e.g. Huggies, Gabby's.) These may be purchased at the pool. No diapers, disposable or cloth, are permitted.

Employment Opportunities...

Working in aquatics is a great job with lots of opportunity and flexible hours. Your skills and qualifications can be used anywhere and can lead to all sorts of career opportunities. Pick up the Aquatic Leadership Guide at your local pool. Please apply online at www.markham.ca, then click on "Employment Opportunities".