

DISCOVER THE EXPERIENCE!

JOIN OUR TEAM

The Caledon Centre provides employment opportunities for all ages. Aquatics, Customer Service, Operations, Programming, Childminding and more. Submit your resumé at Customer Service.

PERSONAL TRAINING

Set and meet your unique fitness goals with a personal training professional. Any one of our experienced, certified Fitness and Lifestyle team can customize a program that's just right for you, then motivate you to reach your goals safely. Group training and team dry-land training are also popular.

CHILDMINDING AVAILABLE

Childminding services are offered throughout the week. One-way glass is featured on our specially designed children's program room. This allows parents to see first-hand that their little one is happy and safe.

HOURS *subject to change

Monday - Friday	8:45 a.m. - 12:00 p.m.
Monday - Thursday	6:00 p.m. - 9:00 p.m.
Saturday	8:30 a.m. - 12:00 p.m.
Sunday	8:30 a.m. - 12:00 p.m.

Changes are effective as of December 1

*Be sure to pick up a
Group Fitness
Schedule at
Customer Service.*

ADDED VALUE FOR MEMBERS

REFER A FRIEND - EARN REWARDS

For every new member you refer to the Caledon Centre you will be rewarded.

- 1st referral = CCRW T-shirt
 - 2nd referral = 1 personal training session or 10 childminding sessions or 2 squash lessons
 - 3rd referral = CCRW gym bag
 - 4th referral = 3 personal training sessions
- Ask for details at Customer Service.

LIFESTYLE REWARDS PROGRAM

Show your card and save! A Caledon Centre membership card offers benefits which reach beyond our facility and its programs. Your membership card is recognized throughout Caledon by participating businesses who are dedicated to promoting a healthy lifestyle.

For a complete list ask at Customer Service.

VISIT OUR WEBSITE

www.caledoncentre.ca

LOCATION

14111 Regional Road 50 N Bolton, ON L7E 2V2

POOL HOURS OF OPERATION*

Monday – Friday	6:00 a.m. - 10:00 p.m.
Saturday	7:00 a.m. - 8:00 p.m.
Sunday	9:00 a.m. - 8:00 p.m.

*Subject to change. Closed all Statutory Holidays.

FOR MORE INFORMATION CALL

Caledon Centre
for Recreation & Wellness
905-857-3313 or 800-621-1287

Discover the Experience!

Recreational Swim

Winter 2012





RECREATIONAL SWIM SCHEDULE

Winter 2012
Effective January 9



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PUBLIC SWIM (Children must be 8 years or older to swim unaccompanied in the water. Children under 8 must be accompanied in the water by an adult, 16 years of age or older, within arms reach. 2 children per adult.)		7:30 - 8:30 p.m.		7:30 - 8:30 p.m.* 2nd Thursday of each month Public Swim is cancelled due to staff training & development	7:45 - 9:00 p.m.	2:30 - 4:30 p.m. 7:15 - 8:00 p.m.	3:45 - 5:00 p.m. 6:30 - 8:00 p.m.
FAMILY SWIM (A great opportunity for the family to splash together! Children (regardless of age) must be accompanied in the pool by an adult.)					6:30 - 7:30 p.m.	5:30 - 7:00 p.m.	2:00 - 3:30 p.m.
KINDERSWIM (Children 7 & younger must be accompanied in the water by an adult, 16 years of age or older, within arms reach. 2 children per adult.)	9:30 - 10:30 a.m.	9:30 - 10:30 a.m.	9:30 - 10:30 a.m.	9:30 - 10:30 a.m. 2:00 - 3:00 p.m.	9:30 - 10:30 a.m. 2:00 - 3:00 p.m.	10:30 - 11:30 a.m.	
AQUAFIT (Limit of 26 Participants)	6:45 - 7:45 a.m. 9:00 - 10:00 a.m. 8:00 - 9:00 p.m.	6:45 - 7:45 a.m. 9:00 - 10:00 a.m. 11:30 - 12:30 p.m. 8:30 - 9:30 p.m.	9:00 - 10:00 a.m. 8:00 - 9:00 p.m.	6:45 - 7:45 a.m. 9:00 - 10:00 a.m. 11:30 - 12:30 p.m. 8:30 - 9:30 p.m.	9:00 - 10:00 a.m. 11:30 - 12:30 p.m. - deep water	1:30 - 2:30 p.m.	1:00 - 2:00 p.m.
FITNESS SWIM (11 & up)	6:00 - 6:45 a.m. 7:45 - 9:00 a.m. 10:00 - 10:30 a.m. **10:30 - 12:30 p.m. *12:30 - 2:30 p.m. 2:30 - 3:30 p.m. 9:00 - 10:00 p.m.	6:00 - 6:45 a.m. 7:45 - 9:00 a.m. **10:00 - 11:30 a.m. **12:30 - 4:00 p.m. 9:30 - 10:00 p.m.	6:00 - 9:00 a.m. **10:00 - 11:30 a.m. 12:30 - 1:00 p.m. **1:00 - 3:30 p.m. 9:00 - 10:00 p.m.	6:00 - 6:45 a.m. 7:45 - 9:00 a.m. **10:00 - 11:30 a.m. **12:30 - 2:00 p.m. 2:00 - 4:00 p.m. 9:30 - 10:00 p.m.	6:00 - 9:00 a.m. **10:00 - 11:30 a.m. *2:00 - 3:30 p.m. 9:00 - 10:00 p.m.	7:00 - 8:30 a.m. Only 2 lanes available from 8:15 - 8:30 a.m.	9:00 - 11:00 a.m.
SENIOR'S SWIM					2:00 - 3:00 p.m.		
H2O FOREVER FIT	1:00 - 2:00 p.m.		11:30 - 12:30p.m.				

Please Note: Pool schedule subject to change

* 1 Fit Lane Only

** 2 Fit lanes Only

Attention: New admission standards are in effect for recreational swims. Please see customer service for details.

RECREATIONAL SWIM ACTIVITIES

PUBLIC SWIM Wet n' Wild, and lots of fun for all ages. Children must be 8 years or older to swim unaccompanied in the water. Children under 8 must be accompanied in the water by an adult, 16 years of age or older, within arms reach. 2 children per adult. Check out our water features!	FAMILY SWIM A great opportunity for a family to splash together! Children (regardless of age) Must be accompanied in the water by an adult.	KINDERSWIM This shallow water swim time is for children aged 7 and under and their caregiver. Adults must accompany children in the water.	AQUAFIT A fun, energetic 1 hour workout including warm up, cardiovascular conditioning, muscular strength, endurance and stretching. Participants are encouraged to workout at their own pace. Swimmers and non-swimmers welcome.	H2O FOREVER FIT(H2O FF) Low impact Aquafit! For all ages, work at your own pace and enjoy a low impact cardio workout followed by muscle conditioning in the pool.	FITNESS SWIM For adults and youth (11 years and older) who wish to utilize the pool for fitness (i.e: laps, water jogging etc). Revised 11/28/11
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