

REGISTRATION

Payment must be made at time of registration. Payment for registration will be accepted by phone via Master Card or Visa. We also accept cash, interac or cheques at the Olds Aquatic Centre. Post dated cheques are not accepted.

For current information about schedules, lessons or courses offered at the Olds Aquatic Centre visit us on the Town of Olds website: www.olds.ca/aquatics.html or check us out on face book under groups: "The OAC Information Centre."

"Pre-register for Red Cross Swim lessons two weeks early and receive one Free Family Swim pass per family."

SWIM DESCRIPTIONS

- ✦ **Aquafit (Shallow):** This class will focus on functional movements, stretching and strength exercises. After class on Friday join us in the lobby for refreshments. The hot tub, tot pool and waterslide are available for use during these times. **No children under 8 years will be allowed in the Tot Pool during Aquafit unless accompanied by someone 13 years or older.**
- ✦ **Aquafit (Deep):** This class is low-impact, in the deep end of the pool with a flotation belt. Cardiovascular, strength and stretching are all included. The hot tub, tot pool and water slide are available for use during these times. **No children under 8 years will be allowed in the Tot Pool during Aquafit unless accompanied by someone 13 years or older.**
- ✦ **Family Swim:** This swim is dedicated to families. All minor children must be accompanied in the water by an adult 18 years or older. The Royal Canadian Legion sponsors the Free Family Swim every Sunday.
- ✦ **Lane Swim:** All ages welcome. Lane lines are in the pool for your convenience. One lane is designated as an activity lane. It is up to the lifeguard's discretion when conflicting activities take place in this lane to manage towards including all activities. Faster swimmers may be asked to move into a designated moderate or fast lane. The tot pool, hot tub and water slide are available for use during these times. **However, no children under 8 years will be allowed in the Tot Pool unless accompanied by someone 13 years or older.**
- ✦ **Public Swim:** All ages welcome, **children under the age of 8 must be accompanied by a responsible person (minimum 13 years old).**
- ✦ **Tot Swim:** This time is available for parents and small children to use the tot pool, hot tub and water slide. **No children under 8 years will be allowed in the Tot Pool unless accompanied by someone 13 years or older.**
- ✦ **Private & Semi Private Lessons:** For \$20.00 per person you can request a 30 minute private lesson. For \$15.00 per person (up to 3 people) you can request a 30 minute semi-private lesson. Lessons are booked based on Instructor and pool availability. 24 hour notice must be given for cancellation of these lessons.
- ✦ **Toonie Tot Swim:** Parents and tots are welcome to join us on Monday, Wednesday and Friday mornings where we will play fun music and bring out all the toys, and it only costs a toonie!

