

Please use one application form per child.

Child's Name: \_\_\_\_\_ Male:  Female:   
 Birth Date (dd/mm/yy): \_\_\_\_\_ Age: \_\_\_\_\_  
 Method of Payment:  Member Acct. # \_\_\_\_\_  Cash/Cheque  Credit Card\*  
 \*Credit Card Type: \_\_\_\_\_ Number: \_\_\_\_\_ Exp: \_\_\_\_\_  
 Parents/Guardian's Name: \_\_\_\_\_ Session Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Res. Phone: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_ or \_\_\_\_\_  
 EMERGENCY INFO: Health Concerns: \_\_\_\_\_

ALTERNATE CONTACT PERSON: \_\_\_\_\_

Glenway operates in compliance with the Canadian Privacy Act. For a copy of Glenway's policy, visit [www.glenwaycountryclub.com](http://www.glenwaycountryclub.com)

Signature of Parent or Guardian: \_\_\_\_\_

Health Card #: \_\_\_\_\_

Phone: \_\_\_\_\_

**POOL REGISTRATION FORM**

Swim Kids Level: \_\_\_\_\_  AM  PM  
 Private  Semi-Private  Group

# Pool Schedule

**June Hours:** 11am - 8pm\*

**Early Summer Hours (July 6-August 14th)**

Weekdays: 8am - 8:45pm\*  
 Weekends: 11am - 8pm\*

**Late Summer Hours (August 15th-September)**

Weekdays: 9am - 8pm\*  
 Weekends: 11am - 7pm\*

- Pool is closed Monday through Friday from 11:15am - 12:15pm for "Sports Camps" in July & August
- Open Swim is available throughout the day. Half of the pool may be sectioned off for lessons if needed.
- Be advised that schedule revisions may be made throughout the summer without advance notice.

**\*Pool may open or close early due to weather conditions and/or attendance.**

Day → Time ↓	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat./Sun.
8:00	Lessons (Group/Private/Semi-Private) & Open Swim (8:15am - 11:15am)					Open Swim 11am-8pm*
11:15	Sports Camp (Pool closed: 11:15am - 12:15pm)					
12:15	Open Swim (12:15pm - 8:45pm)*					Stroke Improvement 11am-12pm
12:30	Lessons (Group/Private/Semi-Private) & Open Swim (8:15am - 11:15am)					
6:30	Lessons (Group/Private/Semi-Private) (12:30pm - 6:30pm)					
8:00 - close*	Adult Swim - Mon. & Wed.					

# Pool Rules

- Members and guests must check in at the Front Desk. All swimmers will be issued a mandatory wrist band to be worn while using the pool.
- Showering with soap is mandatory prior to entering the pool.
- Pool Age Restrictions: Open swim is for anyone 13 years or older. Children under 8 must be accompanied in the pool area and in the water at all times by a parent or guardian 17 years of age or older. Children 8 & 9 years old must be accompanied in the pool area by a parent or guardian 17 years of age or older. Children 10-12 may swim unaccompanied if they meet the following swim test criteria:  
 can put both feet flat on the bottom of the pool & can swim one continuous length of the pool  
 If they do not pass the swim test then they must be accompanied by someone 17 years or older.
- Hanging on the pool ropes or lane dividers is prohibited.
- Street shoes are not permitted in the roped-in area.
- A bathing suit is required. "Cut offs" and tennis shorts are not acceptable.
- Infants must wear diapers and plastic pants while in the pool.
- No one under the age of 17 is allowed in the Adult locker room at any time, even when accompanied by a parent.
- Diving is not permitted in the pool.
- No toys, gum, food, alcoholic beverages, or smoking is allowed on the pool deck.
- For the protection of all members, it is requested that those persons with contagious foot or skin diseases refrain from using the pool. In addition, those with fevers, inflamed eyes, or wearing bandages are not allowed in the pool.
- Open Swim is restricted to the specified area during swimming lessons.
- The pool limit is 50 persons within the roped-in area.
- Glenway aquatic staff have the authority and responsibility to impose and enforce from time to time additional rules regarding safety, health and deportment in the pool and pool area when necessary.



# 2009 Pool Information

**Opens: Monday June 1<sup>st</sup>**  
**Closes: September 2009**

**905.853.5590**  
**Sari-Anne's ext. 254**  
**Pool ext. 243**



# Open Swim

Open swim will be available during the month of June, 11am - 8pm. In July and August at least one lane will be available for open swim upon request. On weekends, the pool is open from 11am - 8pm.\* **The pool is closed Monday to Friday 11:15am - 12:15pm in July and August, for the "Sports Campers".**

## Stroke Improvement

Anyone wanting to improve his/her swimming ability is welcome to attend Stroke Improvement classes. Classes will be held from 11am to 12 noon, Saturdays and Sundays. Our qualified swimming Instructors will focus on any skills that need improvement during class. Space is limited so please notify the pool staff prior to attending.

## Volunteers

Young teens interested in becoming Lifeguards and/or Water Safety Instructors will be given the chance to gain experience by volunteering at Glenway pool. Volunteers will be given the opportunity to assist during lessons, learn about basic pool operations and maintenance, and have exposure to all aquatic staff duties. We ask that anyone interested must have a valid Bronze Cross certificate and First Aid training. Those students completing the Assistant Water Safety Instructor program who require volunteer hours, please see the Pool Supervisor.



# Birthday Parties

## Available:

Weekends:

11am - 2pm, 4pm - 8pm

Weekdays:

12:30pm - 3pm

OR 6pm - Close

\*Call ext. 243 for more details

## Lessons

- Red Cross Swim Kids Program - Levels 1-10.
- All taught by certified Red Cross Instructors, Monday—Friday in one week sessions. Usually 5 Lessons.
- If requested, Staff will try to arrange group lessons

## Private/semi-private & Group lessons

PRIVATE = 1 instructor/student

SEMI-PRIVATE = 1 instructor/2 or 3 students

GROUP = 1 instructor/min 4 students and max 6 students

- All levels and ages are taught
- Lessons will be available during the week from 8:15 - 11:15am, and 12:30 - 6:30pm.
- Each lesson is 45 minutes



# Session Dates

Monday-Friday for one week sessions.

Lessons begin the week of June 9<sup>th</sup> and run through until August 28<sup>th</sup>. No lessons July 1<sup>st</sup>, or August 3<sup>rd</sup>. Short weeks will be prorated.

## Registration

### SIGN UP NOW!

Registration will be done on a first come, first serve basis. Registration forms accompanied by payment will guarantee spots. No refunds will be given. Registration forms and payment must accompany all requests. Camp participants may coordinate lessons with camp.

### LESSON RATES

	Junior Member**	Parent Member**	Non-Member
Group	\$50	\$55	\$60
Semi-Private	\$80	\$85	\$90
Private	\$120	\$130	\$140
Stroke Improvement	FREE	FREE	FREE

\*\* Member rates are not applicable to Summer Memberships



## What level should I register in?

If your child...	...register in:
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Swim Kids 1
Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously	Swim Kids 2
Can breathe rhythmically 10 times; is comfortable doing deep water activities; glides front/back with kick for 5m, and swim 10 metres continuously	Swim Kids 3
Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously	Swim Kids 4
Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously	Swim Kids 4
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Swim Kids 5
Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously	Swim Kids 6
Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously	Swim Kids 7
Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously	Swim Kids 8
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously	Swim Kids 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously	Swim Kids 10

**ADULT LESSONS AVAILABLE:** Designed to give adults the chance to learn to swim or simply improve their swimming ability. Lessons are based on goals the participants set to achieve.

**BRONZE MEDALLION & BRONZE CROSS PREP LESSONS AVAILABLE.**