

# General Aquatic Information

## 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

## Morgan Park Pool (outdoor)

11 Parkway Avenue and St. George St. Markham  
**Phone:** 905-294-6111 ext. 232  
**Pool Supervisor:** Robin Matharu  
**Pool Office:** (open seasonally) 905-294-6731

## Rouge River Outdoor Pool (outdoor)

120 Rougebank Drive (9th Line & 14th Avenue), Markham  
**Phone:** 905-477-6410 ext. 3329  
**Pool Supervisor:** Adrian Wong  
**Pool Office:** (open seasonally) 905-472-6044

## 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. There is NO family change area 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. (see page 33)

## 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)

## RECREATIONAL SWIM FEES

Prices valid until June 30, 2010  
(GST included)

	Per Swim	10 Tickets	3 Month	6 Month	Yearly
<b>Child</b> (4-15 yrs. )	\$2.00	\$17.00	\$51.00	\$102.00	\$187.00
<b>Adult</b> (16 yrs. +)	\$3.50	\$30.00	\$89.50	\$178.50	\$327.00
<b>Seniors</b> (65 yrs. +)	\$2.10	\$18.00	\$54.00	\$107.00	\$196.00
<b>Family</b>	\$8.50	\$72.50	\$217.00	\$433.50	\$795.00
<b>Aquafit</b>	\$5.00	\$45.00	—	—	—
<b>Aquafit</b> (Seniors, 65 yrs. +)	\$3.50	\$28.50	—	—	—
<b>Specialty Aquafit</b>	\$7.00	\$65.00	—	—	—
<b>Specialty Aquafit Senior</b> (Seniors, 65 yrs. +)	\$5.00	\$45.00	—	—	—

## RECREATIONAL SWIM FEES

Prices valid as of July 1, 2010  
(HST included)

	Per Swim	10 Tickets	3 Month	6 Month	Yearly
<b>Child</b> (4-15 yrs. )	\$2.00	\$17.00	\$51.00	\$102.00	\$187.00
<b>Adult</b> (16 yrs. +)	\$3.75	\$32.50	\$96.50	\$192.75	\$353.00
<b>Seniors</b> (65 yrs. +)	\$2.25	\$19.50	\$58.25	\$115.50	\$211.50
<b>Family</b>	\$9.15	\$78.50	\$234.25	\$468.00	\$858.50
<b>Aquafit</b>	\$5.40	\$48.45	—	—	—
<b>Aquafit</b> (Seniors, 65 yrs. +)	\$3.75	\$30.75	—	—	—
<b>Specialty Aquafit</b>	\$7.50	\$70.25	—	—	—
<b>Specialty Aquafit Senior</b> (Seniors, 65 yrs. +)	\$5.50	\$48.50	—	—	—

## 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](http://www.markham.ca), then click on "Employment Opportunities".


## Help Prevent Pool Foulings in 4 Simple Steps

- Do not feed children for at least one hour before their swimming lesson.
- Take your child to the washroom before their swimming lesson.
- Children who are not toilet trained must wear swim diapers. These may be purchased at the pool counter.
- If your child is not feeling well, please keep them at home.


**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, that participants attending all lessons will progress faster than those unable to do so. We do not offer make up lessons for any missed classes including private lessons. **Sorry, we are unable to accommodate unattended children on the pool deck. Please remove all outdoor footwear when accompanying your child to their lesson.**


# Recreation Swim Schedule - Indoor Pools


Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Splash Only	Older Adult AquaFit	AquaFit	Diaper Fit
<b>Angus Glen Pool</b> June 14 - Sept. 5 *Pool Closed June 9 	Mon.	6:30 - 8:00 a.m. 8:45 - 10:15 p.m.	8:45 p.m. - 10:15 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.	11:30 a.m.-12:30 p.m.	8:00 - 8:45 a.m. 8:00 - 8:45 p.m.	
	Tue.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.			
	Wed.	6:30 - 8:00 a.m. 8:45 - 10:00 p.m.	8:45 - 10:15 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.	11:30 a.m.-12:30 p.m.	8:00 - 8:45 a.m. 8:00 - 8:45 p.m.	
	Thu.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.			
	Fri.	6:30 - 8:00 a.m. 11:30 - 12:45 p.m.	11:30 - 12:45 p.m.	1:30 - 3:00 p.m. 8:00 - 9:30 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.		8:00 - 8:45 a.m.	12:45-1:30 p.m.
	Sat.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	12:00 - 2:00 p.m.	9:00 a.m. - 12:00 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.	3:00 - 5:00 p.m.	9:00 a.m. - 12:00 p.m.			


**Note:** **Note: Splash Only** - Only open during lesson times. Refer to session dates page for details.  
**\*\*Open June 28-Aug 19 only**  
**Holiday Hours: Thurs. July 1, Mon. Aug 2 & Mon. Sept 6:** Lane Swim with Parent and Tot: 1:00 - 2:00 p.m., Rec Swim: 2:00 - 4:00 p.m.,

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit**	AquaFit**	Note
<b>Centennial Pool</b> June 26 - Sept 5, 2010 	Mon.	6:00-8:30 a.m.* 11:30-1:00 p.m. 9:00-10:30 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m. 7:00-8:00 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. Annual Shutdown Sep 6 - Oct 1 Holiday Schedule in effect July 1, Aug 2 (1-2 Lane Swim / P&T, 2-4 Rec)
	Tue.	6:00-8:30 a.m.* 10:30 am-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m.		8:45-9:30 a.m.	
	Wed.	6:00-8:30 a.m.* 11:30-1:00 p.m. 9:00-10:30 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m. 7:00-8:00 p.m.	10:30-11:30 a.m.	8:00-8:45 p.m.*	
	Thu.	6:00-8:30 a.m.* 10:30-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m.		8:45-9:30 a.m.	
	Fri.	6:00-8:30 a.m.* 11:30-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 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.	1:30-4:00 p.m.			
	Sun.	12:00 - 1:30 p.m.	12:00-1:30 p.m.	1:30-4:00 p.m.			

# Recreation Swim Schedule - Indoor Pools


Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit	AquaFit	Note
<b>Milliken Mills Pool</b> June 15 - Sept. 6, 2010 	Mon.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins June 28th)	* Ladies only ** Rec Swim Begins June 30th <b>Older Adult AquaFit:</b> Older Adults (55 and older)
	Tue.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30-12:30 p.m.	7:30-8:15 p.m.	
	Wed.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins June 30th)	
	Thu.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30-12:30 p.m.	7:30-8:15 p.m.*	
	Fri.	6:30-8:00 a.m. 11:30-1:00 p.m. 9:00-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:00-9:00 p.m.	<b>Holiday Hours:</b> Thur., Jul. 1, Mon., Aug. 2, & Sep. 6 Lane Swim: 1:00 - 2:00 p.m. Rec Swim: 2:00 - 4:00 p.m.		
	Sat.	7:30-9:00 a.m.	7:30-9:00 a.m.	1:00-4:00 p.m. 7:00 - 8:30 p.m.			
	Sun.	7:30 - 9:00 a.m. 7:00 - 8:30 p.m.	7:30-9:00 a.m. 7:00 - 8:30 p.m.	2:00-4:30 p.m.			


Pool	Day	Lane Swim	Rec Swim	AquaFit	Note
<b>Thornlea Pool</b> Jun. 28-Aug. 20 	Mon.	7:30 - 8:30 a.m.* 12:00 - 1:30 p.m. 9:30 - 10:30 p.m.	1:30 - 3:00 p.m.	7:30 - 8:15 p.m.	* Shared use ** Ladies only Annual Shutdown Aug 21-Sept 20 2010 Pool closed July 1st and Aug 3rd
	Tue.	7:30 - 8:30 a.m.* 12:00 - 1:30 p.m.		7:30 - 8:15 p.m.	
	Wed.	7:30 - 8:30 a.m. 12:00 - 1:30 p.m.	1:30 - 3:00 p.m. 8:30 - 9:30 p.m.**	7:30 - 8:15 p.m. 9:30 - 10:30 p.m.**	
	Thu.	7:30 - 8:30 a.m.* 12:00 - 1:30 p.m.		7:30 - 8:15 p.m.	
	Fri.	7:30 - 8:30 a.m.* 12:00 - 1:30 p.m. 8:30 - 10:30 p.m.	1:30 - 3:00 p.m.		
	Sat.	12:00 - 1:30 p.m. 7:30 - 9:00 p.m.	1:30 - 3:00 p.m. 6:00 - 7:30 p.m.		
	Sun.	7:00 - 8:00 p.m.	12:00 - 1:30 p.m. 4:00 - 5:00 p.m.		

Pool	Day	Aqua Stretch	Water Yoga	Leisure Swim	Parent & Tot	Water Pilates	Note
<b>Thornhill Therapeutic Pool</b> June 28-Sept 3 	Mon.	10:00 - 10:45 a.m.* 7:00 - 7:45 p.m.*	8:00 - 9:00 p.m.*	12:00 - 1:30 p.m.	3:30 - 4:30 p.m.		Thornhill Therapeutic Pool closed July 1st and Aug 3rd
	Tue.	10:00 - 10:45 a.m.	9:00 - 10:00 a.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Wed.	1:30 - 2:15 p.m. 7:00 - 7:45 p.m.		12:00 - 1:30 p.m.	10:00 - 11 a.m. 3:30 - 4:30 p.m.	8:00 - 9:00 p.m.	
	Thu.	10:00 - 10:45 a.m.	2:30 - 3:30 p.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Fri.	10:00 - 10:45 a.m.		12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.	10:00 - 11:00 a.m.	
	Sat.			2:00 - 3:30 p.m.	12:30 - 2:00 p.m.		
	Sun.			2:00 - 3:30 p.m.	12:30 - 2:00 p.m.		


\* Program is available for advanced registration. Class sizes are limited, participants will be taken on a first come first serve basis. Due to popular demand, all Older Adult Aquafit classes at Thornhill C.C. are available by advanced registration only. See Pages 183 for course barcodes.

# Recreation Swim Schedule - Outdoor Pools

Pool	Day	Lane Swim	Parent & Tot *Shared Use	Rec Swim	Note
<b>Morgan Pool (Outdoor)</b> Jun 7-Jun 27 	Mon.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Tue.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Wed.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Thu.		4:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Fri.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Sat.		11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	
	Sun.	10:00 - 11:00 a.m.	11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	

Pool	Day	Lane Swim	Parent & Tot *Shared Use	Rec Swim	OAAF** **AquaFit is a registered program with drop-in permitted where available	Deep AquaFit**	AquaFit**
<b>Morgan Pool (Outdoor)</b> Jun 28-Sep 6 	Mon.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			11:45 a.m. - 12:30 p.m.
	Tue.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			
	Wed.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			
	Thu.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.		10:00 - 10:45 a.m.	
	Fri.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.	11:45 a.m. - 12:30 p.m.		
	Sat.		11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	<b>Holiday Hours:</b> Jul 1, Aug 2, Sep 6 Rec Swim 1:00 - 4:00 p.m.		
	Sun.	10:00 - 11:00 a.m.	10:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.			

Pool	Day	Lane Swim	Rec Swim	Older Adult AquaFit	AquaFit	Note
<b>Rouge River Pool (Outdoor)</b> June 7 - June 25 	Mon.-Fri.		4:00 - 7:00 p.m.			
	Sat.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			
	Sun.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			

Pool	Day	Lane Swim	Rec Swim	Parent & Tot	AquaFit/DiaperFit	Note
<b>Rouge River Pool (Outdoor)</b> June 28 - Sep 6 	Mon.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m.-11:30 a.m.		<b>Holiday Hours:</b> (Jul. 1, Aug 2, Sep 6)  <b>Rec Swim:</b> 1:00 - 4:00 p.m.
	Tue.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.		10:30 a.m.-11:15 a.m.	
	Wed.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m.-11:30 a.m.		
	Thu.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.		10:30 a.m.-11:15 a.m.	
	Fri.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m.-11:30 a.m.		
	Sat.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			
	Sun.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			