

# HARBOUR POOL

## HARBOUR POOL EVENTS

### FAMILY DAY SWIM

**Feb 18**

1:30 - 4:30 pm

Sponsor: MEGlobal

### DIVE IN MOVIE

**Mar 9**

2:00 - 8:00 pm

Movie starts at 6:00 pm

Sponsors: WireWorks Electric, Fort Sask Rotary Club, Robertson's Plumbing, Jeff and Sandy of Realty Executives Focus & North Central Co-Op

### COMMUNITY LOONIE SWIM

**Mar 16**

2:00 - 4:00 pm

Sponsor: Twice But Nice

## RENTALS

### Party Package

**\$215.00 (GST included)**

- 2 hours in the Party Room
- 1 hour in the Pool
- Party hats and balloons
- Inflatables

### POOL ONLY

Based on numbers of patrons, GST included

1 - 74	\$140.00
75 - 124	\$175.00
125 - 199	\$210.00
200 - 300	\$255.00

### Multi-purpose room (MPR)

(GST included)

\$26.00/hour

## Rental Guide:

- Harbour Pool will be open 15 minutes prior to your rental time
- All rental contracts must be signed and returned to Harbour Pool PRIOR to your rental
- The MPR clean-up is the responsibility of the renter
- Changes or cancellations must be done 72 hours in advance of your rental. All cancellations have a \$5.00 administrative fee
- Children 7 years and younger must be accompanied into the water by a responsible person 14 years of age or older and must be within arm's reach at ALL times
- Personal Flotation Devices (PFD/Lifejacket) are available for use. PLEASE NOTE, sizes are subject to availability
- A sink, microwave and fridge are available in the MPR for your convenience
- Please refrain from any kind of sparkles and glitter during your MPR rental
- No alcohol is permitted on the premises
- All Harbour Pool rules apply to rentals
- Full payment is required at time booking
- MPR space is available for a maximum of 34 people.

# LEADERSHIP COURSES



## LIFESAVING SOCIETY JUNIOR LIFEGUARD CLUB (JLC)

Fri, Feb 22 - Mar 22  
4:30 - 6:30pm  
6341 | \$65

**Prerequisite:** Ability to swim 25m, tread water for 2 minutes and are comfortable in deep water.

The Junior Lifeguard Club offers a unique aquatic alternative for those special kids who love the water and who want more than 'lessons'. The JLC keeps kids interested and active in aquatics especially quick learners and those caught between levels or programs. It is perfect for youth who thrive in an energetic learning environment and has been designed by the Lifesaving Society for a serious purpose, but the process is pure FUN!

## LIFESAVING SOCIETY BRONZE MEDALLION

Tue & Thu, Feb 12 - Mar 7      Under 15: \$160 | 6193  
4:00 - 6:30 pm                      Over 15: \$168 | 6194

**Prerequisite:** Successful completion of the Lifesaving Society's Bronze Star Award or 13+ years.

The Lifesaving Society's Bronze Medallion course teaches an understanding of the lifesaving embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Endurance items include a timed swim for 500m in 15 minutes or better using any combination of strokes of the candidate's choice.

## LIFESAVING SOCIETY NATIONAL LIFEGUARD (NL) / AQUATIC EMERGENCY CARE (AEC) RECERTIFICATION

Sun, Mar 3  
8:00 am - 3:00 pm  
6342 | \$89.50

**Prerequisite:** Bronze Cross & current standard first-aid or AEC National Lifeguard (NL).

Builds on the skills and knowledge taught in the prerequisite certifications to develop a sound understanding of lifeguard principles, good judgement, and a mature, responsible attitude towards the role of a lifeguard.

## RED CROSS INSTRUCTOR DEVELOPMENT PROGRAM

### WSI RECERTIFICATION

Sun, Mar 10  
7:00 am - 12:00 pm  
6343 | \$70.25



## WATER SAFETY TIP

**CHILDREN UNDER 5 YEARS OF AGE ARE THE LEAST CAPABLE OF SELF-RESCUE OUT OF ANY AGE GROUP. IF YOU ARE NOT "WITHIN ARMS' REACH" OF YOUR CHILD ANYTIME THEY ARE AROUND WATER, YOU HAVE GONE TOO FAR.**

# SWIMPROGRAMS

## BABYSIZE

Babysize is a water exercise program designed to promote parent and tot bonding with fun and fitness. Maximum 1 baby per adult, approved swim diaper required. Baby must be able to hold up their own head.

Tue & Thu  
Feb 12 - Mar 21  
9:45 - 10:30 am  
6344 | \$96



## PRESCHOOL PLUNGE & PLAY

This un-parented class combines physical activity, art, music, stories, snack, and of course, swimming. Each class includes a minimum half hour pool session.

**CHILDREN MUST BE COMPLETELY TOILET TRAINED PRIOR TO CLASS REGISTRATION**

\*No lesson on February 18

Monday	*Feb 11 - Mar 18	9:00 - 11:30 am	6163	\$92.50
Monday	*Feb 11 - Mar 18	1:00 - 3:30 pm	6164	\$92.50
Tuesday	Feb 12 - Mar 19	9:00 - 11:30 am	6165	\$111.00
Wednesday	Feb 13 - Mar 20	9:00 - 11:30 am	6166	\$111.00
Wednesday	Feb 13 - Mar 20	1:00 - 3:30 pm	6167	\$111.00
Thursday	Feb 14 - Mar 21	9:00 - 11:30 am	6168	\$111.00
Friday	Feb 15 - Mar 22	9:00 - 11:30 am	6169	\$111.00
Friday	Feb 15 - Mar 22	1:00 - 3:30 pm	6170	\$111.00

## RED CROSS SWIM ADAPTED

### ONE ON ONE SESSIONS

\*No Lesson on February 18

Harbour Pool is delighted to offer a registered program for kids requiring special adaptations to the Red Cross program. This program is for those who have special needs and function best with smaller ratios between instructor and participants.

Monday	*Feb 11 - Mar 18	4:30 - 5:00 pm	6172	\$31.25
Wednesday	Feb 13 - Mar 20	4:30 - 5:00 pm	6173	\$37.50
Thursday	Feb 14 - Mar 7	4:15 - 4:45 pm	6171	\$25.00
Saturday	Feb 23 - Mar 23	12:00 - 12:30 pm	6174	\$31.25
Saturday	Feb 23 - Mar 23	12:15 - 12:45 pm	6175	\$31.25
Saturday	Feb 23 - Mar 23	12:30 - 1:00 pm	6176	\$31.25

# PRIVATE LESSONS

\*BEGINNER | \*\* ADVANCED

Participants receive one-on-one individualized instruction. Lessons are geared for swimmers in Red Cross Swim Kids 1-10. **Beginner lessons are for those participants in Sea Otter to Swim Kids 2. Advanced Lessons are for those swimmers in Swim Kids 5 and up.**

Day	Date	Time	Code	Price
Monday	Feb 11 - Mar 18	6:00 - 6:30 pm	6177	\$140.00
Monday	Feb 11 - Mar 18	6:00 - 6:30 pm	6178	\$140.00
Tuesday	Feb 12 - Mar 5	4:15 - 4:45 pm	6179	\$112.00
Wednesday	Feb 13 - Mar 27	6:00 - 6:30 pm	6180	\$84.00
Wednesday	Feb 13 - Mar 27	6:00 - 6:30 pm	6181	\$84.00
Friday **	Feb 22 - Mar 22	5:45 - 6:30 pm	6182	\$210.00
Saturday	Feb 23 - Mar 23	12:30 - 1:00 pm	6183	\$140.00
Saturday	Feb 23 - Mar 23	12:30 - 1:00 pm	6184	\$140.00
Sunday	Feb 24 - Mar 24	12:00 - 12:30 pm	6185	\$140.00
Sunday	Feb 24 - Mar 24	1:30 - 2:00 pm	6186	\$140.00
Wednesday	Mar 6 - 20	6:00 - 6:30 pm	6187	\$84.00
Wednesday	Mar 6 - 20	6:00 - 6:30 pm	6188	\$84.00
Tue / Thu *	Mar 12 - 21	9:00 - 9:30 am	6189	\$112.00
Tue / Thu *	Mar 12 - 21	9:00 - 9:30 am	6190	\$112.00
Tue / Thu *	Mar 12 - 21	9:00 - 9:30 am	6191	\$112.00
Tue / Thu *	Mar 12 - 21	9:35 - 10:05 am	6192	\$112.00
Tue / Thu *	Mar 12 - 21	9:35 - 10:05 am	6195	\$112.00
Tue / Thu *	Mar 12 - 21	10:10 - 10:40 am	6196	\$112.00
Tue / Thu *	Mar 12 - 21	10:10 - 10:40 am	6197	\$112.00
Tue / Thu	Mar 12 - 21	4:00 - 4:30 pm	6198	\$112.00
Tue / Thu	Mar 12 - 21	4:00 - 4:30 pm	6199	\$112.00
Tue / Thu	Mar 12 - 21	4:00 - 4:30 pm	6200	\$112.00
Tue / Thu	Mar 12 - 21	4:00 - 4:30 pm	6201	\$112.00
Tue / Thu	Mar 12 - 21	4:35 - 5:05 pm	6202	\$112.00
Tue / Thu	Mar 12 - 21	4:35 - 5:05 pm	6203	\$112.00
Tue / Thu	Mar 12 - 21	4:35 - 5:05 pm	6204	\$112.00
Tue / Thu	Mar 12 - 21	4:35 - 5:05 pm	6205	\$112.00
Tue / Thu	Mar 12 - 21	5:10 - 5:40 pm	6206	\$112.00
Tue / Thu	Mar 12 - 21	5:10 - 5:40 pm	6207	\$112.00

## TIPS FOR ICE SAFETY

- 1) CHECK THE ICE THICKNESS.
- 2) ALWAYS WEAR A LIFE JACKET - IT BUYS YOU TIME.
- 3) IF YOU ARE GOING OUT ONTO ICE, KNOW WHAT TO DO IF YOU BREAK THROUGH.
- 4) NEVER GO ON THE ICE ALONE; A BUDDY MAY BE ABLE TO RESCUE YOU OR GO FOR HELP IF YOU GET INTO TROUBLE.



# PRIVATE LESSONS CONTINUED

\*BEGINNER | \*\* ADVANCED

Tue / Thu **	Mar 12 - 21	5:10 - 5:55 pm	6208	\$168.00
Tue / Thu **	Mar 12 - 21	5:10 - 5:55 pm	6209	\$168.00
Tue / Thu	Mar 12 - 21	5:45 - 6:15 pm	6210	\$112.00
Tue / Thu	Mar 12 - 21	5:45 - 6:15 pm	6211	\$112.00
Tue / Thu	Mar 12 - 21	6:00 - 6:30 pm	6212	\$112.00
Tue / Thu	Mar 12 - 21	6:00 - 6:30 pm	6213	\$112.00
Mon / Wed *	Mar 13 - 20	1:15 - 1:45 pm	6214	\$84.00
Mon / Wed *	Mar 13 - 20	1:15 - 1:45 pm	6215	\$84.00
Mon / Wed *	Mar 13 - 20	1:15 - 1:45 pm	6216	\$84.00
Mon / Wed *	Mar 13 - 20	1:15 - 1:45 pm	6217	\$84.00
Mon / Wed *	Mar 13 - 20	1:50 - 2:20 pm	6218	\$84.00
Mon / Wed *	Mar 13 - 20	1:50 - 2:20 pm	6219	\$84.00
Mon / Wed *	Mar 13 - 20	1:50 - 2:20 pm	6220	\$84.00
Mon / Wed *	Mar 13 - 20	1:50 - 2:20 pm	6221	\$84.00
Mon / Wed *	Mar 13 - 20	2:25 - 2:55 pm	6222	\$84.00
Mon / Wed *	Mar 13 - 20	2:25 - 2:55 pm	6223	\$84.00
Mon - Fri	Mar 25 - 29	4:00 - 4:30 pm	6224	\$140.00
Mon - Fri	Mar 25 - 29	4:00 - 4:30 pm	6225	\$140.00
Mon - Fri	Mar 25 - 29	4:00 - 4:30 pm	6226	\$140.00
Mon - Fri	Mar 25 - 29	4:00 - 4:30 pm	6227	\$140.00
Mon - Fri	Mar 25 - 29	4:35 - 5:05 pm	6228	\$140.00
Mon - Fri	Mar 25 - 29	4:35 - 5:05 pm	6229	\$140.00
Mon - Fri	Mar 25 - 29	4:35 - 5:05 pm	6230	\$140.00
Mon - Fri	Mar 25 - 29	4:35 - 5:05 pm	6231	\$140.00
Mon - Fri	Mar 25 - 29	5:10 - 5:40 pm	6232	\$140.00
Mon - Fri	Mar 25 - 29	5:10 - 5:40 pm	6233	\$140.00
Mon - Fri **	Mar 25 - 29	5:10 - 5:55 pm	6234	\$210.00
Mon - Fri **	Mar 25 - 29	5:10 - 5:55 pm	6235	\$210.00
Mon - Fri	Mar 25 - 29	5:45 - 6:15 pm	6236	\$140.00
Mon - Fri	Mar 25 - 29	5:45 - 6:15 pm	6237	\$140.00
Mon - Fri	Mar 25 - 29	6:00 - 6:30 pm	6238	\$140.00
Mon - Fri	Mar 25 - 29	6:00 - 6:30 pm	6239	\$140.00

## WATER SAFETY FACTS

**DROWNING DOESN'T JUST HAPPEN IN THE SUMMER. APPROXIMATELY 35% OF DROWNINGS IN CANADA OCCUR FROM OCTOBER TO APRIL WHEN MOST PEOPLE HAVE NO INTENTION OF GOING INTO THE WATER.**

**DROWNING IS A FAST AND SILENT KILLER. A CHILD CAN DROWN IN AS LITTLE AS 10 SECONDS. VICTIMS RARELY CALL, WAVE OR SIGNAL FOR HELP BECAUSE THEY CAN'T KEEP THEIR HEADS ABOVE WATER.**

## RED CROSS PARENTED PRESCHOOL PROGRAMS



### STARFISH/DUCK (4 - 24 MONTHS)

Instructors guide parents as they introduce their babies and toddlers to water through games, songs and active water play.



### SEA TURTLE (24 - 36 MONTHS)

Toddlers and parents continue to learn, how to combine skills, kick with buoyant objects and learn basic floats, glides and kicks, through fun games and songs.

## RED CROSS UN-PARENTED PRESCHOOL PROGRAMS (3 - 5 YRS)

### 1. SEA OTTER

A transitional level in which preschoolers are transferred to the care of the instructor. Preschoolers learn water safety skills, how to open their eyes under water, further develop their basic floats and glides and swim 1 metre with the assistance of the instructor. These are taught through games and activities.



### 3. SUNFISH

Using games and activities, swimmers learn to swim 5 metres and continue to develop their front glides, roll-over and side glides and their front swim. Swimmers are also introduced to deep water activities, safe entries and exits and asking permission.



### 2. SALAMANDER

Preschoolers use games and activities to further develop their floats and glides and learn to swim 2 metres. Front swim and roll-over glides are introduced and swimmers learn how to jump into chest deep water and use a Personal Flotation Device (PFD).



### 4. CROCODILE

Preschoolers continue to develop their front swim and are introduced to swimming on their back for 5 metres. Swimmers are also introduced to rhythmic breathing, treading water and progress their distance swim to 10 metres.



### 5. WHALE

Preschoolers continue to develop their flutter kick, front and back swims and distance. Swimmers are introduced to deep water safety skills including throwing assists.



## RED CROSS SWIM KIDS PROGRAMS (6 YRS+)

### SWIM KIDS 1

An orientation to the water and the pool area. Swimmers will be introduced to floats, glides and kicking while improving their endurance.

### SWIM KIDS 2

Swimmers work on front swim and propulsion skills while building their endurance to 10 metres. Swimmers are introduced to deep water activities and proper use of a Personal Flotation Device (PFD).

### SWIM KIDS 3

While continuing to work on front swim, flutter kick and building endurance to 15 metres, swimmers are also introduced to diving and how to make wise choices on when and where to swim.

### SWIM KIDS 4

Swimmers are introduced to front crawl and back swim with shoulder roll. Deep water activities continue with work on kneeling dives, surface support and developing a sense of self safety. Endurance is built to 25 metres.

### SWIM KIDS 5

Swimmers continue to work on front crawl progressions and endurance is built to 50 metres. Swimmers are also introduced to back crawl, whip kick, stride dives and treading water.

### SWIM KIDS 6

Front and back crawl skills are refined with a focus on breathing, hand positions and body roll while endurance is built to 75 metres. Swimmers will be introduced to elementary back stroke, ice safety and throwing assists.

### SWIM KIDS 7

Swimmers continue to develop and build endurance for front crawl, back crawl and elementary back stroke. Skills that are introduced include breathing obstructions, reaching assists and stride entries. Endurance is built to 150 meters.

### SWIM KIDS 8

All strokes are refined and endurance is built to 300 meters. Swimmers are introduced to breast stroke, feet-first surface dives, dangers of open water.

### SWIM KIDS 9

This level continues to refine all strokes while building endurance to 400 meters and encouraging fitness. Swimmers also work on head first surface dives and they learn about wise choices, peer influences and self rescues.

### SWIM KIDS 10

This level is a final assessment of the strokes for technique and distance. Endurance is built to 500 metres. Swimmers learn about sun safety, rescue of others and further develop surface dives.

# RED CROSS SWIM PROGRAMS

## 5 LESSONS

Preschool	\$38.75
SK 1 - 4	\$38.75
SK 5 - 10	\$41.25
Adult / Teen	\$46.25

## 6 LESSONS

Preschool	\$46.50
SK 1 - 4	\$46.50
SK 5 - 10	\$49.50
Adult / Teen	\$55.50

## 7 LESSONS

Preschool	\$54.25
SK 1 - 4	\$54.25
SK 5 - 10	\$57.75
Adult / Teen	\$64.75

## 8 LESSONS

Preschool	\$62.00
SK 1 - 4	\$62.00
SK 5 - 10	\$66.00
Adult / Teen	\$74.00

### MONDAY & WEDNESDAY PM

SESSION 1: FEB 11 - MAR 11 (8 LESSONS - No lesson Feb 18)

Course	Time	Code
Starfish / Duck	1:15 - 1:55 pm	6240
Sea Otter	1:15 - 1:55 pm	6241
Sea Otter / Salamander	1:15 - 1:55 pm	6242
Crocodile / Whale	1:15 - 1:55 pm	6243
Sea Turtle	2:00 - 2:40 pm	6244
Sea Otter	2:00 - 2:40 pm	6245
Salamander	2:00 - 2:40 pm	6246
Sunfish	2:00 - 2:40 pm	6247

### TUESDAY & THURSDAY AM

SESSION 1: FEB 12 - MAR 7 (8 LESSONS)

Course	Time	Code
Starfish / Duck	9:00 - 9:40 am	6258
Sea Otter / Salamander	9:00 - 9:40 am	6259
Sunfish	9:00 - 9:40 am	6260
Sea Otter	9:45 - 10:25 am	6261
Crocodile / Whale	9:45 - 10:25 am	6262

## WATER SAFETY FACT

**73% OF ICE-RELATED INCIDENTS  
OCCUR ON LAKES.  
THE REST OCCUR IN RIVERS.**

### MONDAY PM

SESSION 1: FEB 11 - MAR 18 (5 LESSONS - No lesson Feb 18)

Course	Time	Code
SK 1 / 2	4:30 - 5:10 pm	6248
SK 3 / 4	4:30 - 5:10 pm	6249
SK 5 / 6	4:30 - 5:25 pm	6250
Sea Otter	4:45 - 5:25 pm	6251
Salamander	5:00 - 5:40 pm	6252
Sunfish	5:15 - 5:55 pm	6253
SK 1 / 2	5:15 - 5:55 pm	6254
Sea Turtle	5:30 - 6:10 pm	6255
Adult / Teen	5:30 - 6:25 pm	6256
SK 3 / 4	5:45 - 6:25 pm	6257



**TUESDAY & THURSDAY PM**  
SESSION 1: FEB 12 - MAR 7 (8 LESSONS)

Course	Time	Code
Starfish / Duck	4:00 - 4:40 pm	6264
Sea Otter	4:00 - 4:40 pm	6263
SK 2	4:00 - 4:40 pm	6265
SK 3 / 4	4:00 - 4:40 pm	6266
Sea Otter / Salamander	4:45 - 5:25 pm	6267
Salamander	4:45 - 5:25 pm	6268
Sunfish	4:45 - 5:25 pm	6269
SK 3 / 4	4:45 - 5:25 pm	6270
SK 5 / 6	4:45 - 5:40 pm	6271
Crocodile / Whale	5:30 - 6:10 pm	6272
SK 1	5:30 - 6:10 pm	6273
SK 7 / 8	5:30 - 6:25 pm	6274
SK 9 / 10	5:30 - 6:25 pm	6275
Sea Turtle	5:45 - 6:25 pm	6276

**WEDNESDAY PM**  
SESSION 1: FEB 13 - MAR 20 (6 LESSONS)

Course	Time	Code
SK 1 / 2	4:30 - 5:10 pm	6277
SK 3	4:30 - 5:10 pm	6278
SK 4	4:30 - 5:10 pm	6279
SK 5 / 6	4:45 - 5:40 pm	6280
SK 1	5:00 - 5:40 pm	6281
Sea Otter / Salamander	5:15 - 5:55 pm	6282
SK 2	5:15 - 5:55 pm	6283
SK 7 / 8	5:15 - 6:10 pm	6284
Sea Otter / Salamander	5:45 - 6:25 pm	6285
Crocodile / Whale	5:45 - 6:25 pm	6286



**FRIDAY PM**  
SESSION 1: FEB 22 - MAR 22 (5 LESSONS)

Course	Time	Code
Sea Otter	4:00 - 4:40 pm	6287
Salamander	4:00 - 4:40 pm	6288
SK 2	4:00 - 4:40 pm	6289
SK 3 / 4	4:15 - 4:55 pm	6290
Sunfish	4:45 - 5:25 pm	6291
SK 1	4:45 - 5:25 pm	6292
SK 5 / 6	4:45 - 5:40 pm	6293
Sea Otter	5:00 - 5:40 pm	6294
Starfish / Duck	5:30 - 6:10 pm	6295
SK 7 - 10	5:30 - 6:25 pm	6296
Crocodile / Whale	5:45 - 6:25 pm	6297



**WATER SAFETY TIP**

**ALWAYS CHECK ICE THICKNESS BEFORE VENTURING OUT. SNOWMOBILES REQUIRE AT LEAST 5 INCHES OF CLEAR SOLID ICE AND AUTOMOBILES REQUIRE AT LEAST 8 INCHES TO 1 FOOT OF CLEAR, SOLID ICE.**



## SATURDAY

SESSION 1: FEB 23 - MAR 23 (5 LESSONS)

Course	Time	Code
Starfish / Duck	9:00 - 9:40 am	6298
Sea Otter	9:00 - 9:40 am	6299
Crocodile / Whale	9:00 - 9:40 am	6300
SK 1 / 2	9:00 - 9:40 am	6301
Adult / Teen	9:00 - 9:55 am	6302
Salamander	9:45 - 10:25 am	6303
SK 2	9:45 - 10:25 am	6304
SK 3 / 4	9:45 - 10:25 am	6305
SK 5 / 6	9:45 - 10:40 am	6306
Sunfish	10:00 - 10:40 am	6307
Sea Turtle	10:30 - 11:10 am	6308
Sea Otter / Salamander	10:30 - 11:10 am	6309
SK 1	10:30 - 11:10 am	6310
Sea Otter / Salamander	10:45 - 11:25 am	6311
SK 3	10:45 - 11:25 am	6312
Sea Otter / Salamander	11:15 - 11:55 am	6314
SK 1 / 2	11:15 - 11:55 am	6313
Stroke Improvement	11:15 am - 12:10 pm	6315
SK 5 / 6	11:30 am - 12:25 pm	6316
SK 7 / 8	11:30 am - 12:25 pm	6317
SK 4	12:00 - 12:40 pm	6318

## SUNDAY

SESSION 1: FEB 24 - MAR 24 (5 LESSONS)

Course	Time	Code
Salamander	12:00 - 12:40 pm	6319
Sunfish	12:00 - 12:40 pm	6320
Starfish / Duck / Sea Turtle	12:15 - 12:55 pm	6321
SK 1 / 2	12:30 - 1:10 pm	6322
Sea Otter / Salamander	12:45 - 1:25 pm	6323
SK 7 / 8	12:45 - 1:40 pm	6324
SK 5 / 6	1:00 - 1:55 pm	6325
SK 3 / 4	1:15 - 1:55 pm	6326

## WATER SAFETY TIP

**SWIM WITH A BUDDY - DON'T SWIM ALONE. OVER ONE THIRD OF DROWNING VICTIMS WERE SWIMMING ALONE WHEN THEY DROWNED.**

## SPRING BREAK LESSONS

MON - FRI | MAR 25 - 29 (5 LESSONS)

Course	Time	Code
Sea Otter	9:00 - 9:40 am	6327
SK 1 / 2	9:00 - 9:40 am	6328
SK 3	9:00 - 9:40 am	6329
SK 4	9:00 - 9:40 am	6330
Starfish / Duck / Sea Turtle	9:45 - 10:25 am	6331
Sea Otter	9:45 - 10:25 am	6332
SK 2	9:45 - 10:25 am	6333
SK 5 / 6	9:45 - 10:40 am	6334
Sunfish	10:30 - 11:10 am	6335
Crocodile / Whale	10:30 - 11:10 am	6336
SK 7 / 8	10:30 - 11:25 am	6337
Salamander	10:45 - 11:25 am	6338
SK 1 / 2	11:15 - 11:55 am	6339
SK 3 / 4	11:15 - 11:55 am	6340



# HARBOUR POOL

Construction **STARTED** August 7th!

**WE ARE  
IMPROVING!**

## IMPROVEMENTS INCLUDE:

- Facility cleaning
- Lifecycle maintenance and replacement projects
- Preventative maintenance on all mechanical equipment
- Re-tiling of women's and men's change rooms
- Universal change room

**POOL  
CLOSED**  
Dec 1/18 to  
Jan 31/19  
to finalize  
the project.

The new  
improved  
**POOL  
REOPENS**  
February 1<sup>st</sup>  
with the  
regular  
winter  
schedule  
in effect.

## UNIVERSAL CHANGE ROOM OVERVIEW:

The universal change room addition is part of a two phase process to modernize the Harbour Pool. It is a unique and inclusive approach to create a gender neutral space. This short term modernization project at Harbour Pool identifies three key reasons why the change room is needed.

1. For residents who require assistance changing or have accessibility needs
2. For families who have older children who require assistance from a parent/caregiver
3. For residents who require a gender neutral change area

The City of Fort Saskatchewan always strives to meet the needs of as many residents as possible and to provide services to the ever changing population as we grow. Currently we are not able to do that within the Harbour Pool space. By adding a universal change room, residents will be able to use the facility without having to access staff change room and offices and create a positive experience for all patrons at the facility.