Please take into consideration how your child is feeling before coming to their lesson.

DROP-IN PROGRAM AQUATIC ADMISSION STANDARD

Swim participants 5 years of age or younger:
- Regardless of swimming ability, MUST be directly supervised by a parent/guardian at least 14 years of age, who is in the water wearing bathing attire, within arm’s reach, and able to render immediate assistance.
- 1 parent/guardian who is at least 14 years of age may assume responsibility for up to 2 swimmers, requiring direct supervision.

Swim participants between the ages of 6 and 9 years:
- Those who are able to pass the Facility Swim Test, MUST be directly supervised by a parent/guardian at least 14 years of age that maintains visual contact and remains within the pool enclosure at all times.
- Those who are unable to pass the Facility Swim Test, MUST be directly supervised by a parent/guardian at least 14 years of age, who is in the water wearing bathing attire, within arm’s reach, and able to render immediate assistance.
- 1 parent/guardian who is at least 14 years of age may assume responsibility for up to 2 swimmers, requiring direct supervision.

Participants with serious medical conditions must be accompanied by individuals knowledgeable of their condition and responsible for their direct supervision.

FILMING AND PHOTOGRAPHY
To ensure the privacy of others, cell phone devices, filming or photography will not be permitted during swimming programs or recreational swims. Specified times during lessons may be available. Please speak with the aquatic staff at your pool.

BATHING/SWIMMING ATTIRE
Bathing/swimming attire is defined as clothing that is clean and used specifically for the purpose of swimming, at the facility’s discretion. Children who are not toilet trained must wear a waterproof pant (e.g.: Little Swimmers®) under their bathing suit.

CHANGE ROOM ADMITTANCE GUIDELINES
For the comfort of all customers, children 7 years of age and older must use the appropriate change room. Family change rooms are available for use at the following locations: South Fletcher’s Sportsplex, Chris Gibson Recreation Centre, Chinguacousy Wellness Centre, Century Gardens Recreation Centre, Earnscliffe Recreation Centre, Cassie Campbell Community Centre, Gore Meadows.

POOL FOULINGS
Pool fouling can result in delays in programming or pool shut down. Thank you for your support in keeping our pools clean and safe. Please note the following can help reduce pool fouling:
- Please do not feed children one (1) hour prior to their swimming lesson.
- Please be sure to take your children to the washroom just prior to their swimming program.
- Please ensure that all participants who are not toilet-trained are wearing a water proof pant (e.g. Little Swimmers®) under their bathing suit.

WRISTBAND POLICY

Orange Wristband:
Children 5 years of age and younger must be accompanied by a parent/guardian wearing bathing attire, in the water, and within arm’s reach. Participants are only allowed in the shallow end and a 2:1 ratio must be maintained.

Red Wristband:
Children between 6 and 9 years of age that are not accompanied by a parent/guardian in the water, requiring that a Facility Swim Test be performed. If the child does not pass the Facility Swim Test admission is denied.

Yellow Wristband:
Children between 6 and 9 years of age that are not able to pass or does not wish to participate in the Facility Swim Test, must be accompanied by a parent/guardian wearing bathing attire, in the water, and within arm’s reach. Participants are only allowed in the shallow end and a 2:1 ratio must be maintained (where all participants are wearing lifejackets, this ratio can be increased to 8:1).

Green Wristband:
Participant who is able to pass the Facility Swim Test may swim in the deep end. Wristband only administered by aquatic staff. All children under 14 years of age wishing to swim in the deep end must pass a Facility Swim Test.

Blue Wristband:
Children between 10 and 13 years of age, no matter what their swimming ability.

Participants 14 years of age and older will not be wrist-banded.
DROP-IN SWIMS

View drop-in swim details below. These swims are offered across City of Brampton Community Centres. For up-to-date drop-in program schedules and fees, please visit www.brampton.ca/dropinfilter.

LANE SWIM (ALL AGES)
Open to participants of all ages who are swimming continuous lengths. Aquatic admission standards apply.

LANE SWIM FEMALE ONLY (ALL AGES)
For female participants only. Open to females interested in swimming lengths. Aquatic admission standards apply.

THERAPEUTIC SWIM (AGES 14+)
Ideal for participants 14 years or older who are using the pool for self-directed therapeutic activities.

ADULT SWIM (AGES 18+)
Open to participants 18 years of age or older of all swimming abilities.

PUBLIC SWIM (ALL AGES)
Open to participants of all ages and swimming abilities. Aquatic admission standards apply.

AQUAFIT DEEP WATER (AGES 14+)
A challenging, non-impact program conducted in deep water.
Prerequisites: Participants should be comfortable in deep water. Buoyancy belts will be provided.

AQUAFIT SHALLOW WATER MODERATE INTENSITY (AGES 14+)
A moderate intensity fitness workout in shallow to chest-deep water.
Prerequisites: Participants should be comfortable in chest deep water.

AQUAFIT SHALLOW WATER LOW INTENSITY (AGES 14+)
This program is a low-impact, low intensity water fitness class. It is ideal for seniors, participants with medical conditions or anyone who is looking to start working out.
Prerequisites: Participants should be comfortable in chest deep water.

AQUAFIT WATER WALKERS (AGES 14+)
A class for all fitness levels using the resistance of the water to intensify results. A low-impact workout followed by a relaxing warm down.
Prerequisites: Participants should be comfortable in chest deep water.

PUBLIC SWIM PARENT AND CHILD (CHILDREN AGES 10 AND UNDER)
Open to children under 10 years of age accompanied by a parent/guardian in the water.
Aquatic admission standards apply.

UNDERWATER HOCKEY (AGES 14+)
Underwater Hockey (UWH) is an exciting sport involving strategy, skill and fitness. Played at the bottom of a pool using snorkeling gear, teams try to get the weighted puck into the opposing goal by using short curved sticks. The sport is relatively low-impact, a good cross-training activity and offers an interesting break from other traditional sports.
Required Equipment: Mask and snorkel.

DROP-IN SWIMMING/AQUAFIT/UNDERWATER SPORTS
Swim Membership: For admission seven days a week to all scheduled public swims CITY-WIDE. Aqufit classes and Aqua Rehabilitation are NOT included, please refer to the Fitness Membership page for more options. Annual passes are valid for one year from date of issue.

<table>
<thead>
<tr>
<th></th>
<th>CHILD/ YOUTH 13 &amp; UNDER</th>
<th>TEEN 14-17</th>
<th>ADULT 18-54</th>
<th>ADULT 55+</th>
<th>SMALL GROUP (4 PARTICIPANTS)</th>
<th>FAMILY</th>
<th>PRIVILEGED SENIOR 70+ APPLIES TO SWIM/SKATE ONLY</th>
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How to Become a Lifeguard or Instructor

**Prerequisite:** Recommended Splash 9.

**Required Materials:** Canadian Lifesaving Society Manual and Bronze Medallion Workbook will be charged at the time of registration. **Prerequisites:** Minimum 13 years of age OR Lifesaving Society Bronze Star.

**Prerequisite:** Recommended Splash 9.

**Required Materials:** Canadian Lifesaving Society Manual and Bronze Medallion Workbook will be charged at the time of registration. **Prerequisites:** Lifesaving Society Bronze Medallion and Lifesaving Society Emergency First Aid / CPR-B Certifications.

**Prerequisite:** Recommended Splash 9.

**Required Materials:** Lifesaving Instructor Pack will be charged at the time of registration. If not already owned, current Canadian Lifesaving Manual and current Canadian First Aid Manual may be purchased for an additional fee. **Prerequisites:** Minimum 16 years of age, Bronze Cross certification.

**Prerequisite:** Recommended Splash 9.

**Required Materials:** Canadian First Aid Manual. **Prerequisites:** Standard First Aid with CPR-C.

**Prerequisite:** Recommended Splash 9.

**Required Materials:** Alert Lifeguard in Action manual will be charged at the time of registration. **Prerequisites:** Minimum 16 years of age, Bronze Cross certification, and Standard First Aid.

*Where Standard First Aid is a prerequisite, it must be from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society or Canadian Ski Patrol. Prerequisites need not be current. Please refer to First Aid, Certifications and Leadership pages for more information.*
SWIMMING LESSONS

The City of Brampton is proud to offer quality swimming lessons that will help participants develop water safety skills that last a lifetime. Fully qualified instructors are selected carefully to ensure participants receive the best aquatic programming available.

To find out which lesson to register in, consult our program descriptions chart below or come in for a free swim assessment during one of our drop-in swim programs (schedules available online at brampton.ca/dropinprograms).

**AGE CONVERSION CHART**

<table>
<thead>
<tr>
<th>Little Splash (3 to 6 Years)</th>
<th>Splash (6 to 13 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Splash 1</td>
<td>Splash 1</td>
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<tr>
<td>Little Splash 2</td>
<td>Splash 2A</td>
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<tr>
<td>Little Splash 3</td>
<td>Splash 2B</td>
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<tr>
<td>Little Splash 4</td>
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<tr>
<td>Little Splash 5</td>
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</tbody>
</table>

Little Splash 1-5
The Little Splash program was developed to give children a head start on learning how to swim, as well as help them gain an appreciation and healthy respect for the water. In our five preschool levels we will work to ensure your child becomes comfortable in the water.

**AGES: 3 to 6 YEARS**

**SPASH 1-6**
Our Splash program has levels for beginner to intermediate swimmers. The program progressively guides swimmers through the basics of swimming, and provides practice that will further develop swimming strokes and skills.

**AGES: 6 to 13 YEARS**

**SPASH 7-10**
A program for those with a higher swimming ability. Swimmers will further develop their swim strokes and skills. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgement that will help prepare them for success in advanced aquatic leadership courses.

**AGES: 6 to 13 YEARS**

**TEEN 1-3 / ADULT 1-3**
This program was developed for teens and adults who are just starting out, or who want to improve their strokes. Participants will be encouraged to set their own goals. With the guidance of our instructors, swimmers will develop water confidence and swimming ability.

**AGES: 14 to 17 Years / 18+ Years**

**FIRST AID CERTIFICATIONS AND LEADERSHIP**
Participants receive comprehensive training in all aspects of First Aid. Certifications in both First Aid and Aquatic Leadership are available, up to and including the National Lifeguard and Swim Instructor Certifications.

**AGES: 8+ Years**

For course information, consult page 25.

Registered program listings are available online at brampton.ca/recreation.

JOIN THE BRAMPTON LIFESAVING CLUB!

- Competitive lifesaving sport
- Athletic training
- Compete in competitions throughout the year
- Achieve personal goals
- Develop teamwork and sportsmanship
- Must be 7-16 years old.
## REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>IF YOUR SWIMMER...</th>
<th>REGISTER IN</th>
<th>YOUR SWIMMER WILL LEARN TO...</th>
<th>CLASS RATIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is ready to enjoy and explore the water with their parent or guardian.</td>
<td>Splash Parent and Tot 1 (4 to 12 Months)</td>
<td>Enter the water, get ready to have their face wet and float on their front and back with assistance.</td>
<td>1:12</td>
</tr>
<tr>
<td>Is ready to enjoy and explore the water with their parent or guardian.</td>
<td>Splash Parent and Tot 2 (12 to 24 Months)</td>
<td>Float on their front and back with assistance, get their face wet and kick on their front and back.</td>
<td>1:12</td>
</tr>
<tr>
<td>Is ready to enjoy and explore the water with their parent or guardian.</td>
<td>Splash Parent and Tot 3 (2 to 3 Years)</td>
<td>Jump into the water wearing a lifejacket, complete underwater passes and further develop their floats, glides and kicking with assistance.</td>
<td>1:12</td>
</tr>
<tr>
<td>Is just starting out on their own and is not yet comfortable in the water.</td>
<td>Little Splash 1 (3 to 6 Years)</td>
<td>Blow bubbles, jump into chest deep water with assistance, front/back floats and glides with assistance. Parent participation is optional.</td>
<td>1:4</td>
</tr>
<tr>
<td>Has completed Little Splash 1 and/or can put their face in the water.</td>
<td>Little Splash 2 (3 to 6 Years)</td>
<td>Jump into chest deep water unassisted, submerge and exhale underwater and float/glide on their front and back while wearing a lifejacket.</td>
<td>1:5</td>
</tr>
<tr>
<td>Has completed Little Splash 2 and/or can float/glide on their front and back assisted for 3-5 seconds.</td>
<td>Little Splash 3 (3 to 6 Years)</td>
<td>Hold their breath underwater, recover an object in waist deep water, float/glide on their front and back unassisted. Jump into deep water with a lifejacket.</td>
<td>1:5</td>
</tr>
<tr>
<td>Has completed Little Splash 3 and/or can float on their front and back for 5 seconds unassisted.</td>
<td>Little Splash 4 (3 to 6 Years)</td>
<td>Jump into deep water return and exit, glide on their side and swim front crawl for 5 metres wearing a lifejacket.</td>
<td>1:5</td>
</tr>
<tr>
<td>Has completed Little Splash 4 and/or can swim front crawl for 5 metres wearing a PFD and can glide on their side for 3 metres.</td>
<td>Little Splash 5 (3 to 6 Years)</td>
<td>Tread water for 10 seconds, swim back crawl for 5 metres and further develop their front crawl for 5 metres. Introduced to whip kick in a vertical position.</td>
<td>1:5</td>
</tr>
<tr>
<td>Has completed Little Splash 4 or has no previous swimming ability.</td>
<td>Splash 1 (6 to 13 Years)</td>
<td>Put their face in the water, float/glide on their front and back and kick through the water unassisted for 5 metres. Introduced to front and back crawl with a lifejacket.</td>
<td>1:6</td>
</tr>
<tr>
<td>Has completed Little Splash 5 or Splash 1 and/or can jump into chest deep water, float, kick and glide on their front and back.</td>
<td>Splash 2A (6 to 13 Years)</td>
<td>Tread water for 10 seconds, kick for 7 metres and further develop their front and back crawl for 5 metres.</td>
<td>1:6</td>
</tr>
<tr>
<td>Has completed Splash 2A and/or can tread water for 10 seconds, and swim front and back crawl for 7 metres.</td>
<td>Splash 2B (6 to 13 Years)</td>
<td>Treading water for 20 seconds, kick for 10 metres, whip kick in vertical position and front and back crawl for 10 metres.</td>
<td>1:6</td>
</tr>
<tr>
<td>Has completed Splash 2B and/or can tread water for 20 seconds, swim front crawl with regular breathing for 10 metres and back crawl for 10 metres.</td>
<td>Splash 3 (6 to 13 Years)</td>
<td>Tread water for 30 seconds, whip kick on their back for 10 metres, front and back crawl for 15 metres.</td>
<td>1:6</td>
</tr>
<tr>
<td>Has completed Splash 3 and/or can swim front crawl for 10 minutes and can complete 15 metres of front and back crawl.</td>
<td>Splash 4 (6 to 13 Years)</td>
<td>Tread water for 1 minute, front and back crawl for 25 metres, whip kick on front for 15 metres and the Canadian Swim to Survive Standard: roll into deep water, tread water for 1 minute and swim 50 metres.</td>
<td>1:8</td>
</tr>
<tr>
<td>Has completed Splash 4 and/or can swim front crawl for 1 minute, swim 25 metres of front and back crawl and swim front crawl on their front for 15 minutes.</td>
<td>Splash 5 (6 to 13 Years)</td>
<td>Eggbeater kick for 30 seconds, further develop their front and back crawl 50 metres and introduced to breaststroke for 25 metres. Introduced to fitness items including sprints and interval training.</td>
<td>1:10</td>
</tr>
<tr>
<td>Has completed Splash 5 and/or can eggbeater kick for 30 seconds, swim front and back crawl for 50 metres, and breaststroke for 25 metres.</td>
<td>Splash 6 (6 to 13 Years)</td>
<td>Perform legs-only treading water, scissor kick. They will further develop their breaststroke for 50 metres and front/back crawl for 100 metres. Swim 300 metres continuously.</td>
<td>1:10</td>
</tr>
<tr>
<td>Athletes must be able to comfortably swim 100 metres or more of front crawl, back crawl, breaststroke and 50 metres of either scissor kick or eggbeater without stopping.</td>
<td>Brampton Lifesaving Club (7 to 16 Years)</td>
<td>In this competitive program, athletes will train to build their technique, endurance and strength to improve their overall fitness and achieve personal goals. During practices and competitions, coaches will promote team work and sportsmanship; inspiring athletes to adopt the Lifesaving Sport values to prevent drownings and water related injuries. Athletes will have the opportunity to compete in various provincial competitions throughout the year.</td>
<td>1:12</td>
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<tr>
<td>Has completed Splash 6 and/or can eggbeater kick and scissor kick, and sprint breaststroke over 25 metres.</td>
<td>Splash 7 (6 to 13 Years)</td>
<td>Develop their strokes with 50 metre swims for front crawl, back crawl and breaststroke. They will learn lifesaving skills such as object carry, contacting EMS and treatment of external bleeding.</td>
<td>1:12</td>
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<tr>
<td>Has completed Splash 7 and/or can carry an object (2.3 kg [5lb] object for 15 metres), and complete a 350 metre fitness workout.</td>
<td>Splash 8 (6 to 13 Years)</td>
<td>Further develop their lifesaving skills such as underwater searches, timed object support and be introduced to rescue situations.</td>
<td>1:12</td>
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<tr>
<td>Has completed Splash 8 and/or can complete eggbeater kick on their back for 25 metres, support an object (2.3kg [5lb] for 1 minute), and swim 200 metres in 6 minutes or better.</td>
<td>Splash 9 (6 to 13 Years)</td>
<td>Swim a 600 metre workout, 300 metre time swim and 25 metre object carry. Lifesaving skills taught include: defence methods, victim removals and treatment of bone and joint injuries.</td>
<td>1:12</td>
</tr>
<tr>
<td>Has completed Splash 9 and/or can complete 400 metres continuously, and perform 25 metres of whip kick/scissor kick or eggbeater.</td>
<td>Splash 10: Bronze Star (10 to 13 Years)</td>
<td>Support an object (4.5kg [10lbs] for 1 minute), recognition and rescue techniques including CPR, endurance challenge of 400 metres in 12 minutes or better.</td>
<td>1:16</td>
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<tr>
<td>Any swimming ability welcome.</td>
<td>Swimming Family Private Lessons</td>
<td>Family lessons are designed to teach comfort in the water and work towards building swimming skills and strokes, while participating as a family. One instructor will be assigned to each family with a maximum of 5 participants. These lessons are tailored to individuals who are in the following levels: Little Splash 1 to Little Splash 5, Splash 1 to Splash 3, Teen 1 and Adult 1. Aquatic admission standards apply.</td>
<td>1:5</td>
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<tr>
<td>IF YOUR SWIMMER...</td>
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<td>YOUR SWIMMER WILL LEARN TO...</td>
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<tr>
<td>Has completed Splash 10: Bronze Star and/or is a minimum of 13 years of age and is a strong swimmer.</td>
<td>Bronze Medallion with Emergency First Aid and CPR B</td>
<td>Perform tows/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.</td>
<td>1:16</td>
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<td>Has completed Bronze Medallion with Emergency First Aid and CPR B.</td>
<td>Bronze Cross with Standard First Aid and CPR C</td>
<td>Perform an endurance challenge of 600 metres in 18 minutes or better, spinal injury management in deep water, recognition and rescue techniques.</td>
<td>1:16</td>
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<tr>
<td>No previous swimming ability required.</td>
<td>Swim to Survive 14+ Years</td>
<td>The Swim to Survive program is a Lifesaving Society survival training program targeted to ensure that participants have the required skills to survive an unexpected fall into water.</td>
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<tr>
<td>For participants who have limited or no previous swimming ability.</td>
<td>Splash Teen 1 (14 to 17 Years) Splash Adult 1 (18+ Years)</td>
<td>Learn to float and glide on their front and back, flutter kick for 10-15 metres and swim front and back crawl for 10-15 metres.</td>
<td>1:12</td>
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<tr>
<td>Has completed Adult/Teen 1 and/or can swim front and back crawl for 10-15 metres.</td>
<td>Splash Teen 2 (14 to 17 Years) Splash Adult 2 (18+ Years)</td>
<td>Become comfortable in deep water and tread for 1-2 minutes. They will further develop their front and back crawl for 25-50 metres.</td>
<td>1:12</td>
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<tr>
<td>Have completed Adult/Teen 2 and/or can swim breaststroke arms 10 metres, swim 25-50 metres of front and back crawl and tread water for 1-2 minutes.</td>
<td>Splash Teen 3 (14 to 17 Years) Splash Adult 3 (18+ Years)</td>
<td>To enhance their front and back crawl, increase their swimming distance 50-100 metres, and complete a 300 metre workout.</td>
<td>1:12</td>
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The City of Brampton is committed to providing environments where learning can occur for all. We recognize that there are times where a single gender environment may provide a better learning opportunity for our residents to succeed. Female lessons conducted by female staff and male lessons conducted by male staff are available at select locations.

For information on private and small group lessons, including dates and times available, please visit www.brampton.ca/recreation or your local recreation centre.

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**GET READY TO SWIM!**

Make sure your swimmer is equipped to enjoy their lessons. Be sure to pack the following in a suitably sized bag.

- Swim trunks or suit
- A hair band or swim cap
- Label belongings with a name and phone number.
- Bring a lock to secure belongings
- Avoid heavy meals before lessons
- Towel
- Flip-flops

Don't forget to shower and use the washroom before lessons begin.
## Balmoral Recreation Centre

<table>
<thead>
<tr>
<th>CENTRE LOCATION</th>
<th>Balmoral Recreation Centre</th>
<th>225 Balmoral Drive 905.793.8222</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMENITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 Metres Long</td>
<td>1.97 Metres Deep in Shallow End</td>
<td></td>
</tr>
<tr>
<td>12.8 Metres Wide</td>
<td>3.5 Metres Deep in Deep End</td>
<td></td>
</tr>
</tbody>
</table>

### ADDITIONAL INFORMATION / PROGRAM INFORMATION

**Opportunities at this facility include:**
- Swimming Lessons
- Drop-in Swims
- Brampton Lifesaving Club
- Underwater Hockey and Rugby
- Aquafit

**Facility amenities include:**
- Sauna and hot tub on pool deck
- Slide
- Diving Board

### OTHER DETAILS

- Lap Pool
- Male / Female Change Rooms
- Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen
- Brampton Lifesaving Club practice location

## Cassie Campbell Community Centre

<table>
<thead>
<tr>
<th>CENTRE LOCATION</th>
<th>Cassie Campbell Recreation Centre</th>
<th>1050 Sandalwood Parkway W. 905.840.4041</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMENITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 Metres Long</td>
<td>1.1 Metres Deep in Shallow End</td>
<td></td>
</tr>
<tr>
<td>13 Metres Wide</td>
<td>2.8 Metres Deep in Deep End</td>
<td></td>
</tr>
</tbody>
</table>

### ADDITIONAL INFORMATION / PROGRAM INFORMATION

**Opportunities at this facility include:**
- Swimming Lessons
- Public Swims
- Lane Swims
- Female Only Programs (Swims and Lessons)
- Brampton Lifesaving Club
- Aquafit

**Facility amenities include:**
- 2-Storey water slide (must be 48 inches tall to ride the slide)
- Hot tub and Sauna available in the fitness change rooms for fitness members

### OTHER DETAILS

- Lap and Leisure Pool
- Family and Male / Female Change Rooms
- Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen
- Brampton Lifesaving Club practice location

## Century Gardens Recreation Centre

<table>
<thead>
<tr>
<th>CENTRE LOCATION</th>
<th>Century Gardens Recreation Centre</th>
<th>340 Vodden Street East 905.874.2814</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMENITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 Metres Long</td>
<td>0.76 Metres Deep in Shallow End</td>
<td></td>
</tr>
<tr>
<td>13.5 Metres Wide</td>
<td>1.7 Metres Deep in Deep End</td>
<td></td>
</tr>
</tbody>
</table>

### ADDITIONAL INFORMATION / PROGRAM INFORMATION

**Opportunities at this facility include:**
- Swimming lessons for all ages
- Public Swims
- Aquafit

**Facility amenities include:**
- On deck steam room available during any drop-in programs
- 2-Storey water slide (must be 48 inches tall to ride the slide)

### OTHER DETAILS

- Leisure Pool
- Family and Male / Female Change Rooms
- Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen

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**Learn to Swim:** For up-to-date lesson times, locations and fees, and to register, visit [www.brampton.ca](http://www.brampton.ca) or any recreation centre.
## Chinguacousy Wellness Centre

**CENTRE LOCATION**  
Chinguacousy Wellness Centre  
995 Peter Robertson Blvd.  905.789.6111

**AMENITIES**  
- 25 Metres Long  
- 14 Metres Wide  
- 0.95 Metres Deep in Shallow End  
- 1.4 Metres Deep in Deep End

**ADDITIONAL INFORMATION / PROGRAM INFORMATION**  
Opportunities at this facility include:  
- Swimming lessons  
- Leisure Pool  
- Therapy Pool  
- Registered Aqua Therapy Programs include: Arthritis, Shoulders Back and Core, and Hip and Knees  
- Female only programs (swims and lessons)

**Facility amenities include:**  
- Warm water therapy pool with hydrotherapy jets for drop-in and registered programming.  
- Shallow water teaching steps for lessons  
- Access to fitness centre with hot tub, sauna and corresponding change rooms (with valid membership)

**OTHER DETAILS**  
- Therapy and Lap Pool  
- Family Change Room  
- Parent and Tot 1-3, Little Splash 1-5, Splash 1-9

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## Chris Gibson Recreation Centre

**CENTRE LOCATION**  
Chris Gibson Recreation Centre  
125 McLaughlin Road North  905.874.2820

**AMENITIES**  
- 10 Metres Long  
- 4 Metres Wide  
- 0.8 Metres Deep in Shallow End  
- 1.35 Metres Deep in Deep End

**ADDITIONAL INFORMATION / PROGRAM INFORMATION**  
Opportunities at this facility include:  
- Swimming lessons  
- Public Swims  
- Aqua Therapy  
- Aqua Rehab  
- Aqua Fitness

**Facility amenities include:**  
- Ramp for accessibility access into the pool  
- Sauna on deck  
- Hot Tub on deck  
- Warm water pool

**OTHER DETAILS**  
- Therapy Pool  
- Family and Male / Female Change Rooms  
- Parent & Tot; Little Splash 1-5; Splash 1-2B, Adult & Teen 1

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## Earnscliffe Recreation Centre

**CENTRE LOCATION**  
Earnscliffe Recreation Centre  
44 Eastbourne Drive  905.792.2224

**AMENITIES**  
- 23 Metres Long  
- 11 Metres Wide  
- 0.85 Metres Deep in Shallow End  
- 2.9 Metres Deep in Deep End

**ADDITIONAL INFORMATION / PROGRAM INFORMATION**  
Opportunities at this facility include:  
- Swimming Lessons  
- Recreational Swims  
- Aqua Therapy  
- Aqua Rehab  
- Aqua Fitness  
- Aqua Fitness

**Facility amenities include:**  
- Ramp for accessibility access into the pool  
- Sauna on pool deck

**OTHER DETAILS**  
- Lap Pool  
- Family and Male / Female Change Rooms  
- Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen

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**Learn to Swim:** For up-to-date lesson times, locations and fees, and to register, visit [www.brampton.ca](http://www.brampton.ca) or any recreation centre.
## Ellen Mitchell Recreation Centre

### Centre Location

| Ellen Mitchell Recreation Centre | 922 North Park Drive 905.791.4811 |

### Amenities

| 18 Metres Long | 0.8 Metres Deep in Shallow End |
| 10 Metres Wide | 1.6 Metres Deep in Deep End |

### Additional Information / Program Information

Opportunities at this facility include:
- Swimming Lessons
- Public Swims
- Female only programs (swims and lessons)

Facility amenities include:
- Leisure Pool
- Sauna on deck
- Slide
- On deck viewing area

### Other Details

- Leisure Pool
- Family and Male / Female Change Rooms
- Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen

## Gore Meadows Community Centre

### Centre Location

| Gore Meadows Community Centre | 10150 The Gore Road 905.874.3477 |

### Amenities

| Main Lap Pool: |
| 25 Metres Long |
| 20.2 Metres Wide |
| 1.2 Metres Deep in Shallow End |
| 2.75 Metres Deep in Deep End |

### Additional Information / Program Information

Opportunities at this facility include:
- Swimming Lessons
- Public Swims
- Aquafit
- Lane Swims

Facility amenities include:
- Both pools have accessible ramps
- Spray features in leisure pool
- 2-Storey water slide (must be 40 inches tall to ride the slide)

### Other Details

- Lap and Leisure Pool
- Parent & Tot; Little Splash 1-5; Splash 1-10; Adult & Teen
- Steam rooms in fitness changerooms (with valid membership)

## Jim Archdekin Recreation Centre

### Centre Location

| Jim Archdekin Recreation Centre | 292 Conestoga Drive 905.840.1023 |

### Amenities

| 10 Metres Long |
| 5.5 Metres Wide |
| 0.91 Metres Deep in Shallow End |
| 1.47 Metres Deep in Deep End |

### Additional Information / Program Information

Opportunities at this facility include:
- Swimming Lessons
- Public Swims
- Parent and Child Public Swims
- Therapeutic Swims
- Aqua Rehabilitation Programs

Facility amenities include:
- Warm water pool with jets for drop-in therapy programs
- Sauna and hot tub on pool deck

### Other Details

- Leisure Pool
- Male / Female Change Rooms
- Parent and Tot; Little Splash 1-5; Splash 1-2B

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Learn to Swim: For up-to-date lesson times, locations and fees, and to register, visit [www.brampton.ca](http://www.brampton.ca) or any recreation centre.
Loafer’s Lake Recreation Centre

CENTRE LOCATION
Loafer’s Lake Recreation Centre 30 Loafer’s Lake Lane 905.846.2370

AMENITIES
- 20 Metres Long
- 8.4 Metres Wide
- 0.76 Metres Deep in Shallow End
- 1.7 Metres Deep in Deep End

ADDITIONAL INFORMATION / PROGRAM INFORMATION
Opportunities at this facility include:
• Swimming Lessons
• Public Swims
• Female Only Swimming Lessons
• Aquafit

Facility amenities include:
• Duck slide
• Slide
• Hot tub on pool deck
• Sauna in male and female change rooms

OTHER DETAILS
Leisure Pool
Male / Female Change Rooms
Little Splash 1-5; Splash 1-9; Adult and Teen

South Fletcher’s Sportsplex

CENTRE LOCATION
South Fletcher’s Sportsplex 500 Ray Lawson Boulevard 905.874.2856

AMENITIES
- 25 Metres Long
- 10.9 Metres Wide
- 1 Metre Deep in Shallow End
- 2 Metres Deep in Deep End

ADDITIONAL INFORMATION / PROGRAM INFORMATION
Opportunities at this facility include:
• Swimming Lessons
• Public Swims
• Brampton Lifesaving Club
• Aquafit
• Female only programs (swims and lessons)

Facility amenities include:
• Sauna and hot tub on pool deck
• 2 -Storey water slide (must be 52 inches tall to ride the slide)

OTHER DETAILS
Lap and Leisure Pool
Family and Male / Female Change Rooms
Parent and Tot; Little Splash 1-5; Splash 1-10; Adult and Teen

DROP-IN SWIMMING PROGRAMS

For up-to-date drop-in program schedules and fees, visit
brampton.ca/dropinfilter

Closed for renovations. Loafer’s Lake Recreation Centre will be reopening Fall 2020.