SWIMMING

SWIMMING LESSONS

LEARN TO SWIM WITH US!

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.

How to Register:
Please refer to page 8 for information on how to register for the program(s) of your choice! Have a question? Contact us at recconnects@brampton.ca.

To find out which lesson to register in, consult our Program Description Chart or come in for a free swim assessment during one of our drop-in swim programs. Schedules are available online at brampton.ca/dropinfilter.

SPLASH PARENT & TOT 1-3
This program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skill. Because activities and progressions are based on child development, please register in the level appropriate for your child’s age.

Age: 4 Months – 3 Years

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.

Age: 3 – 6

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

Age: 6 – 13

SPLASH 7-10
A program for those with a higher level swimming of 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.

Age: 6 – 13

BRAMPTON LIFESAVING CLUB
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 in five individual events and two team events.

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.

Age: 14 – 17 / 18+

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.

Age: 10+
AGE CONVERSION CHART

Ready to progress to school age swimming programs? Please see the chart below for what level to register in.

<table>
<thead>
<tr>
<th>Little Splash (3 to 6 Years)</th>
<th>Splash (6 to 13 Years)</th>
<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>Little Splash 1</td>
<td>Splash 1</td>
<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>Little Splash 2</td>
<td>Splash 2A</td>
<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>Little Splash 3</td>
<td>Splash 2B</td>
<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>Little Splash 4</td>
<td>Splash 5</td>
<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>Little Splash 5</td>
<td>Splash 6</td>
<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>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>Little Splash Parent and Tot 1 (4 to 12 Months)</td>
<td>Little Splash 3 (3 to 6 Years)</td>
<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>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>Little Splash Parent and Tot 2 (12 to 24 Months)</td>
<td>Little Splash 4 (3 to 6 Years)</td>
<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>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>Little Splash Parent and Tot 3 (2 to 3 Years)</td>
<td>Little Splash Parent and Tot 1 (4 to 12 Months)</td>
<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>Splash Parent and Tot 1 (4 to 12 Months)</td>
<td>Splash 1 (6 to 13 Years)</td>
<td>Has completed Little Splash 4 or has no previous swimming ability.</td>
<td>Splash 1 (6 to 13 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>Splash Parent and Tot 2 (12 to 24 Months)</td>
<td>Splash 2A (6 to 13 Years)</td>
<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>Splash Parent and Tot 3 (2 to 3 Years)</td>
<td>Splash 2B (6 to 13 Years)</td>
<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>Splash Parent and Tot 1 (4 to 12 Months)</td>
<td>Splash 3 (6 to 13 Years)</td>
<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>Splash Parent and Tot 2 (12 to 24 Months)</td>
<td>Splash 4 (6 to 13 Years)</td>
<td>Has completed Splash 3 and/or can whip kick on their back for 10 metres 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>Splash Parent and Tot 3 (2 to 3 Years)</td>
<td>Splash 5 (6 to 13 Years)</td>
<td>Has completed Splash 4 and/or can tread water for 1 minute, swim 25 metres of front and back crawl and whip kick on their front for 15 metres.</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>Splash Parent and Tot 1 (4 to 12 Months)</td>
<td>Splash 6 (6 to 13 Years)</td>
<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>Splash Parent and Tot 2 (12 to 24 Months)</td>
<td>Splash Parent (7 to 16 Years)</td>
<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>
</tr>
<tr>
<td>Splash Parent and Tot 3 (2 to 3 Years)</td>
<td>Splash Parent (7 to 16 Years)</td>
<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>
</tr>
<tr>
<td>IF YOUR SWIMMER...</td>
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<td>YOUR SWIMMER WILL LEARN TO...</td>
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<td></td>
<td></td>
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<tr>
<td>-----------------------------------------------------------------------------------</td>
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</tr>
<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>
<td></td>
<td></td>
</tr>
<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>
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</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>
<td></td>
<td></td>
</tr>
<tr>
<td>Any swimming ability welcome.</td>
<td>Swimming Family Private Lessons</td>
<td>Family lessons are designed for families wishing to participate in swimming lessons together. One instructor will be assigned to each family with a maximum of 5 participants. Our instructors will use multi-level teaching techniques for families of similar swimming ability. Aquatic admission standards apply.</td>
<td>1:5</td>
<td></td>
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</tr>
<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>
<td></td>
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</tr>
<tr>
<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>
<tr>
<td>Has 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>
<td>1:10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has limited or no previous swimming ability.</td>
<td>Splash Teen 1 (14 to 17 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>
<td></td>
<td></td>
</tr>
<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 1 (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>
<td></td>
<td></td>
</tr>
<tr>
<td>Has 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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</tbody>
</table>

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](http://www.brampton.ca/recreation) or your local recreation centre.

New to swimming lessons and unsure where to register?

**COME IN FOR A FREE SWIM ASSESSMENT DURING OUR DROP-IN SWIMS.**

View times at [brampton.ca/dropinfilter](http://brampton.ca/dropinfilter)
AQUA THERAPY REGISTERED PROGRAMS

AQUA THERAPY
Designed to provide a smaller class setting with greater one-on-one attention and provide therapeutic exercise and movements for specific needs. Participants who have sore muscles/joints, are recovering from an accident, post-operation or have been referred by a doctor/health care professional will benefit.

Age: 14+

AQUA THERAPY ARTHRITIS
This gentle class in warm water is directed to those with Arthritis, Fibromyalgia, Osteoporosis, and other similar conditions. This class will focus on increasing flexibility, muscle strength, and the range of motion of joints.

Age: 14+

AQUA THERAPY HIPS AND KNEES
This class in warm water will focus on therapeutic exercises and movements that will increase the range of motion and condition muscles associated with the hips and knees. This program is recommended for participants preparing for surgery or for those looking to strengthen their hips and/or knees after surgery or an injury.

Age: 14+

AQUA THERAPY SHOULDERS, BACK, AND CORE
This class in warm water will focus on therapeutic exercises and movements that will improve posture and alignment while challenging the core and effective shoulder stabilization. Recommended for those with chronic back pain and orthopaedic conditions intended to improve walking and activities of daily living. Those with Parkinson’s, poor balance and posture, or challenges walking after a surgery or an injury will also benefit from this class.

Age: 14+

For up-to-date swimming lesson times, locations, fees, and to register, visit www.brampton.ca/recreation or any recreation centre.

A SWIMMER’S GUIDE TO A SUCCESSFUL DAY AT THE POOL

Come prepared with your towel and a hairband or swim cap

Label belongings with a name and phone number

Take off outdoor footwear before coming into the showers & pool deck

Use the restroom

Take a shower and cleanse with warm water and soap

REGISTRATION FOR THE SPRING SESSION BEGINS ON FEBRUARY 3, 2020 AT 6 AM

Programs will be available to view online as of January 27.
HELP US KEEP SWIMMING FACILITIES CLEAN AND SAFE FOR EVERYONE!

Please follow these guidelines.

FILMING AND PHOTOGRAPHY

To ensure the privacy of others, cell phone devices, filming or photography are not be permitted during swimming programs or recreational swims. Specified times during lessons may be available. Please speak with the aquatics 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 seven (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, Earnsclefe Recreation Centre, Cassie Campbell Community Centre.

POOL FOULING

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:

• Do not feed children one (1) hour prior to their swimming lesson.

• Take your children to the washroom just prior to their swimming program.

• Ensure that all participants who are not toilet trained are wearing a waterproof pant (e.g. Little Swimmers®) under their bathing suit.

• Please take into consideration how your child is feeling before coming to their lesson.
DROP-IN SWIMS

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

Aquatic admission standards apply to all aquatics drop-in programs.

LANE SWIM (ALL AGES)*
Open to participants of all ages who are able to swim continuous lengths.

LANE SWIM FEMALE ONLY (ALL AGES)*
Open to female participants who are able to swim continuous lengths.

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.

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.

STOP-IN SWIMS

Swim Membership: For admission seven days a week to all scheduled public swims CITY-WIDE. Aquafit drop-ins and Aqua Rehabilitation are NOT included, please refer to Fitness Memberships on page 31 for more options. Annual passes are valid for one year from date of issue.

<table>
<thead>
<tr>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Ticket Price</td>
<td>$2.00</td>
<td>$2.25</td>
<td>$2.75</td>
<td>$2.25</td>
<td>$8.00</td>
<td>Extra Person $1.50 (FAMILY) Free (PRIVILEGED)</td>
</tr>
<tr>
<td>Package of 10</td>
<td>$18.00</td>
<td>$20.20</td>
<td>$24.70</td>
<td>$20.20</td>
<td>$72.00</td>
<td>Free</td>
</tr>
<tr>
<td>Annual</td>
<td>$72.00</td>
<td>$80.95</td>
<td>$98.85</td>
<td>$80.95</td>
<td>$288.01</td>
<td>Free</td>
</tr>
</tbody>
</table>

AQUAFIT

| Ticket Price             | $6.50      | $9.00       | $6.75     |
| Package of 10            | $58.50     | $80.00      | $20.70    |

UNDERWATER SPORTS

| Ticket Price             | $2.25      | $9.00       | $6.50     |

*Aquatic admission standards apply.
To ensure a safe swimming experience for children, the City of Brampton uses a wristband system. This allows staff to easily assess swimming ability and ensure adequate supervision in the pool area.

All children under 13 years of age will be given an identifying wristband.

To determine requirements and identifying wristband colour, refer to the following chart:

**5 YEARS OF AGE OR YOUNGER**
Regardless of swimming ability, MUST be directly *supervised* by a parent/guardian

**BETWEEN THE AGES OF 6 AND 9 YEARS**
Those who are able to pass the Facility Swim Test, MUST be *accompanied* by a parent/guardian

**BETWEEN THE AGES OF 6 AND 9 YEARS**
Those who are not able to pass or do not wish to participate in the Facility Swim Test, MUST be directly *supervised* by a parent/guardian

*Note: If all participants are wearing lifejackets, this ratio can be increased to 8:1.*

**BETWEEN THE AGES OF 10 AND 13 YEARS**
No matter swimming ability.

**UNDER 14 YEARS OF AGE WISHING TO SWIM IN THE DEEP END**
All children under 14 years of age wishing to swim in the deep end must pass a Facility Swim Test.

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

*Supervision by a parent/guardian is defined as someone who is at least 14 years of age, who is in the water wearing bathing attire, within arm’s reach, and able to render immediate assistance. One parent/guardian who is at least 14 years of age may assume responsibility for up to 2 swimmers, requiring direct supervision.

**Accompanied by a parent/guardian** is defined as someone who is at least 14 years of age that maintains visual contact and remains within the pool enclosure at all times.
Balmoral Recreation Centre  
225 Balmoral Drive  
905.793.8222

**We Offer**  
- swimming lessons  
- drop-in swims  
- aquafit  
- Brampton Lifesaving Club practice location  
- underwater hockey

**Pool Features**  
- lap pool  
- slide  
- hot tub & sauna (only for use during drop-in programming)

Cassie Campbell Community Centre  
1050 Sandalwood Parkway West  
905.840.4041

**We Offer**  
- swimming lessons  
- drop-in swims  
- aquafit  
- female only programs  
- Brampton Lifesaving Club practice location

**Pool Features**  
- lap pool  
- 2-storey water slide (must be 48 inches tall to ride the slide)  
- hot tub & sauna (for use with valid fitness membership)  
- family change rooms

Century Gardens Recreation Centre  
340 Vodden Street East  
905.874.2814

**We Offer**  
- swimming lessons  
- drop-in swims  
- aquafit

**Pool Features**  
- leisure pool  
- on-deck steam room (available during drop-in programs)  
- 2-storey water slide (must be 48 inches tall to use the slide)  
- family change room  
- viewing area

Chinguacousy Wellness Centre  
995 Peter Robinson Boulevard  
905.789.6111

**We Offer**  
- swimming lessons  
- drop-in swims  
- aqua therapy  
- aquafit  
- aqua rehabilitation drop-in  
- female only programs

**Pool Features**  
- lap pool  
- warm water therapy pool  
- shallow water teaching steps for lessons  
- family change room  
- hot tub & sauna (for use with valid membership)

Chris Gibson Recreation Centre  
125 McLaughlin Road North  
905.874.2820

**We Offer**  
- swimming lessons  
- drop-in swims  
- aqua rehabilitation drop-in  
- aquafit

**Pool Features**  
- leisure pool  
- sauna  
- warm water pool  
- viewing area  
- family change room

Earnscliffe Recreation Centre  
44 Eastbourne Drive  
905.792.2224

**We Offer**  
- swimming lessons  
- drop-in swims  
- aquafit

**Pool Features**  
- lap pool  
- sauna on pool deck (only for use during drop-in programming)  
- family change rooms  
- viewing area
Ellen Mitchell Recreation Centre
922 North Park Drive
905.791.4811

We Offer
• swimming lessons
• drop-in swims
• aqua fit
• female only programs

Pool Features
• leisure pool
• sauna on pool deck
• hot tub
• slide
• on deck viewing area
• family change room

Gore Meadows Community Centre
10150 The Gore Road
905.874.3477

We Offer
• swimming lessons
• drop-in swims
• aqua fit

Pool Features
• lap and leisure pool
• shallow water teaching steps in leisure pool
• spray features
• 2-storey water slide (must be 40 inches tall to use the slide)
• steam rooms in fitness change rooms (for use with valid fitness membership)
• family change room
• on deck viewing area

Jim Archdekin Recreation Centre
292 Conestoga Drive
905.840.1023

We Offer
• swimming lessons
• drop-in swims
• therapeutic swims
• aqua rehabilitation drop-in

Pool Features
• leisure pool
• sauna & hot tub
• warm water pool

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

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

South Fletcher’s Sportsplex
500 Ray Lawson Boulevard
905.874.2856

We Offer
• swimming lessons
• drop-in swims
• female only programs
• aqua fit
• Brampton Lifesaving Club practice location

Pool Features
• lap pool with attached leisure pool
• sauna and hot tub on pool deck
• 2 -storey water slide (must be 52 inches tall to use the slide)
• family change room

For complete and up-to-date information on Community Centres, including hours of operation, a full listing of amenities, and programs and services, visit brampton.ca/recreation
HOW TO BECOME A LIFEGUARD OR INSTRUCTOR

**Start Here**

**Splash 10: Bronze Star**

**Prerequisite:** Recommended Splash 3

**Bronze Medallion & Emergency First Aid With CPR-B**

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

**Emergency First Aid Volunteer**

It’s time to start volunteering in our Learn to Swim programs! Contact your local Recreation Centre for more information.

**Prerequisites:** Bronze Medallion and Emergency First Aid and 14 years of age.

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**National Lifeguard**

**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.

**Airway Management**

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

**Swim, Lifesaving & Emergency First Aid Instructors**

**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.

**Bronze Cross & Standard First Aid with CPR-C**

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

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**Now Hiring!**

Apply online at brampton.ca/recreation

- 16 years of age
- Standard First Aid with CPR-C
- Bronze Cross or National Lifeguard

- Swim, Lifesaving & Emergency First Aid Instructors

*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.*