

RECREATIONAL SWIM TIMES

DAY	ACTON LIONS POOL	GEORGETOWN INDOOR POOL
Monday	8.00- 9.00 p.m. Public 9.00-10.00 p.m. Adult*	8.30- 9.30 p.m. Adult
Tuesday	7.00- 8.00 p.m. Family*	8.00- 9.30 p.m. Public (Spring Session Only)
Wednesday	9.00-10.00 p.m. Adult*	6.00- 7.00 p.m. Family 8.00-9.30 p.m. Public
Thursday	8.00- 9.00 p.m. Public 9.00-10.00 p.m. Adult*	8.30- 9.30 p.m. Adult
Friday	7.00- 9.00 p.m. Public	7.45- 9.15 p.m. Public
Saturday	2.00- 3.00 p.m. Public 3.00- 4.00 p.m. Family* (7.00- 8.30 p.m. Public) (Spring Session only)	2.30- 4.00 p.m. Public 4.00- 5.30 p.m. Family 6.00- 7.00 p.m. Public 7.00- 8.00 p.m. Adult
Sunday	1.30- 3.00 p.m. Public 3.00- 5.00 p.m. Family & Adult* 7.00- 8.30 p.m. Public *Saunas will be open (Acton Lions Pool only)	2.30- 4.00 p.m. Public 4.00- 5.30 p.m. Family 6.00-7.00 p.m. Public 7.00- 8.00 p.m. Adult Public Swims, Saturday and Sunday afternoons are equip- ment swims, bring your Fins, Mask, Snorkel and inner tubes. Please note changes in swim times Saturday and Sunday.

SPECIAL EVENTS

Georgetown Pool	Water Show	March 11th, 1978
Acton Pool	Ice Safety Week	To be announced
Synchronized:	Ice Safety Week	To be announced
	January 15	12 and under Regional Championships
	February 15	Sequences & Duets Meet - Milton
	March 22	Figures Competition
	April 9	Acton Invitational Meet
	May 7	Halton Regional Championships in Burlington
	May 14	Recreational Invitational Meet - Acton
	June 7	Star Exams
	June 14	Club Meet - Figures & Duets
	June 21	Synchro Swimming Display & Family Swim

March Break Public Swims March 20 - 24, 2.00-4.00 p.m. plus regular evening schedule.

HALTON HILLS SWIM TEAM

This recreational swim team is open to swimmers of all ages who want to learn and practise the competitive strokes, starts and turns. There will be several recreational competitions throughout the year with neighbouring communities.

Acton Lions Pool: Thursday 7.20- 8.20 a.m.
Saturday 9.00-10.00 a.m.
Georgetown Pool: Thursday 6.00- 7.30 p.m.
Sunday 1.30- 2.30 p.m.

WATER SPORTS

Water Sports will introduce the participant to a wide variety of water games. Some of these will be: water basketball, water volleyball, diving, water polo and synchronized swimming. As well, Water Sports will help develop endurance for those who haven't the strength or are not old enough to advance to the next level.

Junior Water Sports - Participants must have their Survival Red Cross and be 5 - 8 yrs. old.

Fee \$12.00
Monday—8.00-7.00 p.m.—Acton Pool Only
Senior Water Sports - 35c a swim
Saturday—7.00-8.00 p.m.

SPECIAL PROGRAMS

SYNCHRONIZED SWIMMING

Coach:
Judy Paterson (Acton)
Lynn Virag (Georgetown)



Recreational Synchro—Fee \$12.00
Acton Pool—Star I, II, III
Wednesday 5.00-6.00 p.m.

Georgetown Pool—Star I
Tuesday 6.00-7.00 p.m.
—Star II
Tuesday 7.00-8.00 p.m.

Competitive Synchro—Fee \$18.00
Acton Pool—for those holding Star III and up.
Wednesday 6.00-8.00 p.m.

Ladies Synchro—Fee \$12.00
Acton Pool—Wednesday 8.00-9.00 p.m.



S.C.U.B.A.

For those who enjoy the challenge of underwater adventure and can swim 16 lengths of the pool, the Recreation Department is providing the opportunity to participate in S.C.U.B.A. UNDER QUALIFIED INSTRUCTION, LEARN THE CORRECT AND SAFE WAY TO S.C.U.B.A. DIVE. Come and enjoy one of the fastest growing sports and enjoy the thrill of underwater discovery.

This program can be certified by both N.A.U.I. or A.C.U.C. **WHERE:** Georgetown Pool

WHEN: Tuesday 7.00-9.30 p.m. (Winter Session Only) **FEE:** \$100.00

DIVING Acton Pool Only

Diving provides the opportunity to develop co-ordination, strength, flexibility and body control for participants.

Dive Level I—Thursdays 6.00-7.00 p.m.
Dive Level II, III, IV—Mondays 7.00-8.00 p.m.
FEE: \$12.00

LADIES AQUABICS

Exercise in the water to slim away those extra inches.

Acton Pool: Wednesday 3.00-3.30 p.m.
Georgetown Pool: January 3 - February 17, 1978 2.15-3.15 p.m.
FEE: 35¢ per swim (Includes sauna).

NATIONAL LIFEGUARD COURSE

This advanced Lifeguard training course will be offered at Acton Pool during the March Break.

The course will prepare individuals to safeguard swimmers in a variety of aquatic pursuits. It will help develop lifeguards capable of conducting a rescue quickly and will provide a training program which will create and instill proper attitudes towards safe practices and procedures in aquatics.

Prerequisites:

Candidates must be 17 years of age and hold one of:

R.L.S.S. Bronze Medallion

C.R.C.S. Leader Award

Y.M.C.A. Senior Lifesaving

FEE: \$20.00 per candidate.

For further information contact Liz Binsteld 853-3140.



SUMMER EMPLOYMENT OPPORTUNITIES

Applications for the following positions for summer aquatic employment are available at the pool and the town office:

cashier
attendant
lifeguard
instructor
assistant supervisor

Please return to the Area Recreation Office by: Friday, January 13, 1978.