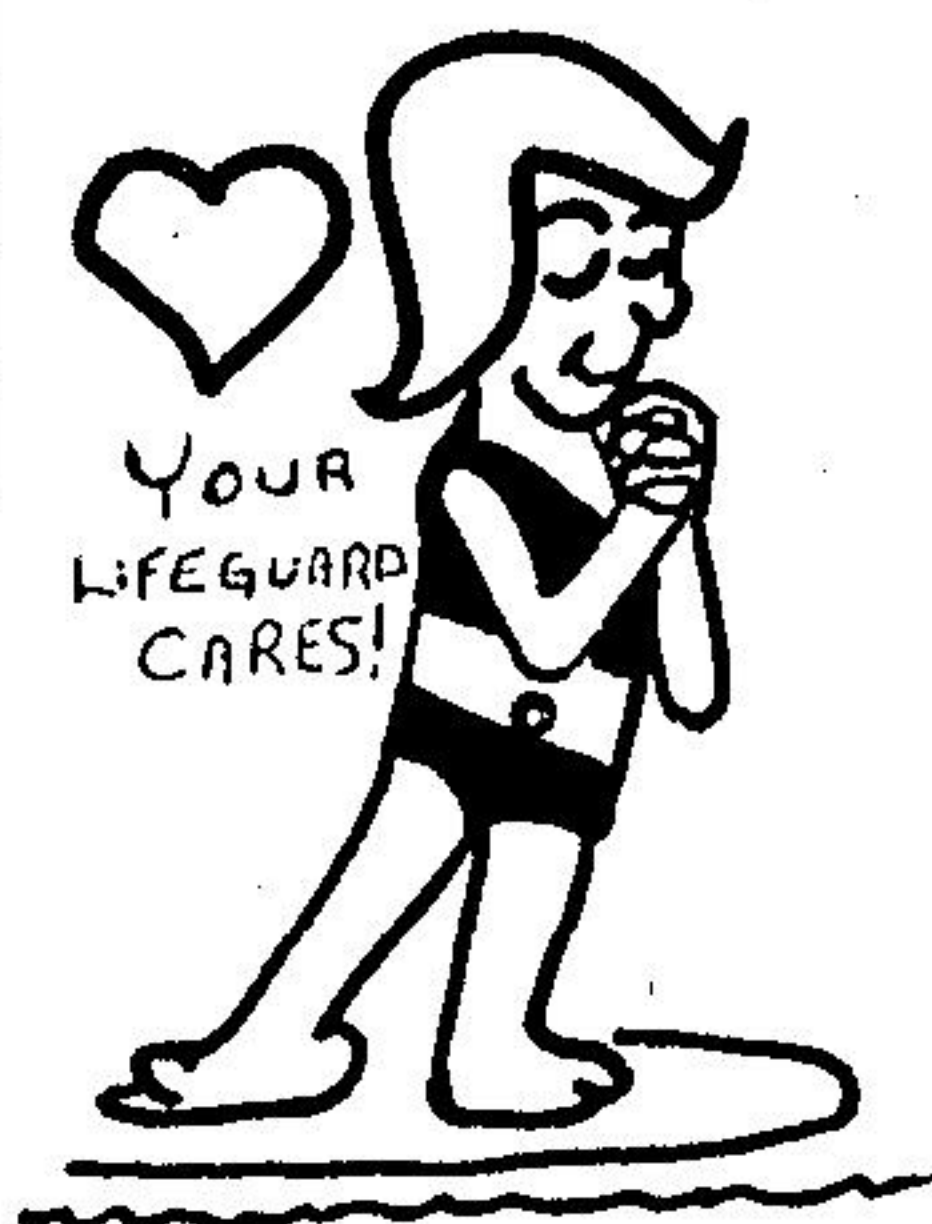


## RECREATIONAL SWIM TIMES



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. Spring Session only April 4, 1978
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 * 8:00-9:00 p.m. Public	2:30-4:30 p.m. Public 4:30-6:00 p.m. Family 6:00-7:30 p.m. Public 7:30-8:30 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) *	2:30-4:30 p.m. Public 4:30-6:00 p.m. Family 6:00-7:30 p.m. Public 7:30-8:30 p.m. Adult



Come on down  
**FAMILY SWIMS**

## SPECIALIZED PROGRAMS

### SPECIAL EVENTS

Red Cross Royal Life Saving Society Water Safety Instructor Course - September 9, 10, 11

September 16, 17, 18 at Georgetown Indoor Pool

St. Johns Ambulance First Aid Course Starting Sept. 22 7:30-9:30 p.m.      Acton Lions Pool 3rd Annual Water Show December

Watch Splash Flashes and Current Ripples throughout the year for more.

### WATER SPORTS CLUB

This club will introduce the participants to a wide variety of water games and sports. Some of these will be: water basketball, water volleyball, diving, water polo, synchronized swimming and speed swimming

WHERE: Acton Lions Pool: Saturdays 7:00-8:00 p.m.

Georgetown Indoor Pool: Wednesdays 7:00-8:00 p.m.

FEE: 35cents a swim

#### JUNIOR WATER SPORTS

-Prerequisite Beginner Red Cross and 5-9 years of age.

Thurs. 6:00-7:00 p.m.

### HALTON HILLS SWIM TEAM

The Recreation's swim team is open to swimmers of all ages who wants to learn and practice the competitive strokes starts and turns. There will be several recreational competitions throughout the year with neighbouring communities.

Acton Lions Pool Thursdays 7:20-8:20 a.m.  
Saturdays 9:00-10:00 a.m.

Georgetown Indoor Pool Thursdays 6:00-7:30 p.m.  
Sunday 1:30-2:30 p.m.



### SYNCHRONIZED SWIMMING

Coach: Mrs. Judy Patterson (Acton)  
Lynn Virag (Georgetown)

#### BEGINNER SYNCHRO:

For holders of Star I, II, AND THOSE WORKING ON Star III.  
Acton Pool, Wednesdays 5:00-6:00 p.m.  
Georgetown Pool Tuesdays 6:00-7:00 p.m., 7:00-8:00 p.m.  
Fee: \$12.00 per session

#### COMPETITIVE SYNCHRO:

For holders of Star III and up.  
Acton Pool, Wednesdays 6:00 - 8:00 p.m.

#### LADIES SYNCHRO: Fee: \$15.00 per session.

You can participate also. Synchronized Swimming is an excellent way to tone up those seldom used muscles. Once again this year the synchro swimmers will be attending several competitions, as well as club competitions. They will also be taking part in the third annual water show. Watch Splash Flashes for more information.



### S.C.U.B.A.

For those who enjoy the challenge of underwater adventure and can swim 16 lengths of the indoor 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 join 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.

WHEN: Tuesday 7:00-9:30 p.m.  
WHERE: Georgetown Indoor Pool  
FEE: \$100.00.



S.C.U.B.A.

### LADIES AQUABICS

Exercise in the water to slim away those extra inches.

ACTON INDOOR POOL  
Wednesday 3:00 p.m. - 3:30 p.m.

### SPLASH FLASHES & CURRENT RIPPLES

Splash Flashes and Current Ripples are local newspaper columns covering Acton Lions Pool and Georgetown Pool News.

### DIVING

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

Acton Lions Pool will hold C.A.D.A. lessons.

Dive Level ONE: Thursday 6:00-7:00 p.m.

Dive Level TWO & THREE:  
Thursday 7:00-8:00 p.m.

