

SWIMMING LESSONS

Many spots are still available in our summer daytime, evening and weekend lessons. Choose from the Gellert and Acton indoor pools or enjoy the sunshine at the Dick Licata Outdoor Pool.

Looking for alternatives to our regularly scheduled lessons? We offer other swim programs that may better suit your needs.

Afternoon Drop-in Swimming Lessons at the Dick Licata Outdoor Pool! Improve your swimming ability at a time that is convenient for you. Offered Mondays & Wednesdays 12:30 to 1:00 pm or 1:00 to 1:30 pm. First come, first serve. Badges not issued but screenings for appropriate swimming levels are available.

Lifesaving Fitness at the Gellert! Improve your speed, endurance and flexibility! Work towards achieving bronze, silver and gold levels in a variety of skills. A great program for those who have completed Swimmer 6, are preparing for Advanced Lifesaving courses, or want another way of getting fit.

Water Sports! Underwater hockey, frisbee, volleyball and way more! Focus is on team building and serious fun! Recommended for 8 years+. Offered at the Acton Indoor Pool and the Dick Licata Outdoor Pool. Pre-registration required.



Masters Program! Work with a qualified coach to design a personal workout program right for your level of fitness and ability. Offered Monday evenings at the Gellert.

Advanced Lifesaving Training

Swim & Lifesaving Instructor's! Instructors are prepared to teach the basic strokes and related skills in learn to swim programs leading to certification. Prerequisites: Must be 16 years old by end of the Swim Instructor Course and hold a current Bronze Cross Award or higher.

National Lifeguard Service (NLS)! Learn lifeguard principles and techniques together with environment-specific items leading to certification in one of the NLS options. Recognized as the standard measurement of lifeguard performance in Canada. Prerequisites: Must be 16 years old and hold a current Bronze Cross Award & SFA.

Both programs offered at the Gellert Pool. 100% attendance is mandatory.

RECREATIONAL SWIMMING

Sport Swims! Join us at the Gellert for a fun and active hour of water sports like underwater hockey, volleyball, basketball, frisbee and water polo. No experience necessary! Focus is on serious fun! All ages welcome!



Preschool Sport Swim! Bring your preschooler for an hour long Sport Swim in the Play Pool at the Gellert. Staff will help your little one with water tag, basketball, tic tac toe or try out an obstacle course! For ages 3 to 5 with adult accompaniment.

More Water Play for Youngsters! Choose from the Prospect Park Wading Pool in Acton – only 2 ft deep at its deepest – or the Splash Pad located in the Gellert Community Park in Georgetown. Great way to cool off during the sweltering days of summer!

SHAPE UP FOR SUMMER

Summer is coming! Time to get into shape! We offer a variety of high and low intensity fitness programs for looking and feeling better!

Lower Intensity

- Aqua Arthritis
- Aqua Yoga
- Gentle Aqua Fit
- Diaper Fit
- Pilates
- Yoga I & II

Medium Intensity

- Pilates-on-the-Ball
- Aqua Fit
- Latin Dance
- Water Walking
- Strollercize
- Dance Fit
- Total Conditioning

Higher Intensity

- Cardio Mix
- Deep Water
- Running H₂O



SUMMER CAMPS

We have a variety of general and specialty camps that will keep your children interested all day long! The emphasis is on FUN, discovery, and social interaction all in a safe, friendly environment. Regular summer camp hours are 9 am to 4 pm. Extended hours are available from 8 am to 5 pm at school locations and from 8 am to 5:30 pm at all Town locations. All camps go swimming at least twice per week.



Preschoolers (3 to 6 years)! At new **Play BC's**, offered in both Georgetown and Acton, they'll play, sing, create and explore. At the Acton site in Prospect Park campers can enjoy the wading pool in the afternoon as part of **Water Wigglers**.

Children (7 to 12 years)! At **Summer Fun Centre**, campers participate in games, sports, theme weeks and day trips. For nature enthusiasts, **Eco-Adventures** at Cedarvale Park offers a chance to experience the marvels of the outdoors including hands on experiments, instruction in outdoor activities and an overnight camping trip! For sport enthusiasts, choose from **Sport Adventures**, **Basketball** or **Soccer Camp**. **Creative Kids Camp** in Acton and **Dance and Cheerleading Camp** at the Gellert provide a more arts focused experience.

Youth (11 to 15)! We also offer programs that target young teens. **Girls Week Out** and **Just the Guys** are great places to hang out with friends, try out new activities, and do all the guy and girl stuff you love to do! But if you enjoy the outdoors and excitement, then Outdoor Adventures is for you! Canoeing, rock climbing, an overnight camping trip and much more!

FREE ADULT TRY-ITS

Can't decide which summer program to take? Give one a try for FREE! Just show up for the scheduled day and time of the program you are interested in. No pre-registration necessary!

Program	Date	Time	Location
Arthritis	June 19	9 – 9:30 am	Gellert
Water Walking	June 19	8:30 – 9 pm	Gellert
Running H ₂ O	June 22	6:30 – 7 pm	Gellert
Deep Water	June 22	7:30 – 8 pm	Gellert
Power Pass*	June 22	6 am – 11 pm	Power Zone Fitness Centre

*Access to weight training and fitness classes at 324 Guelph St. Call 905-702-1774.

JUNE IS SENIORS' MONTH



To celebrate Seniors Month, the Town is hosting a week for seniors. **Starting June 19 through to June 23rd**, the Gellert Community Centre and Acton Community Centre will be hosting a jam-packed week of **FREE** seniors' programs for persons 55+! Join us for fitness and fun and try something new! Look for the Seniors Week Schedule of Events coming soon.

Attention Seniors! If you are currently receiving the Guaranteed Income Supplement, you are eligible to receive up to 50% subsidy on all Recreation and Parks programs and aquatic memberships.

REGISTRATION

Dryland Fitness begins the week of June 26.
All other aquatic and summer camps programs begin the week of July 3 or later.
(Summer Camps not operating July 3 in lieu of Canada Day Weekend)



Register for programs the e-as-y way!

Register online with Reg-e at www.haltonhills.ca or by phone with Tele-Reg at 905-873-2498!



Family PIN and Personal ID #'s required. Program Codes also required for Tele-Reg. **Don't Have a PIN Yet?** Request forms available on the Town website or at Town facilities.

Summer Camp Registrations: If you are registering online you **must print** both the **Participant Information Form** and the **Parent Handbook**, located under **Important Documents to Print**, along with your confirmation/receipts. Tele-Reg users will receive them in the mail. **Please return the Participant Information Sheet to Recreation & Parks at the Civic Centre well in advance of your camp start date.** Forms can also be faxed to 905-873-1587.

Manual registration forms are available at the Recreation counter at the Civic Centre or on our website at www.haltonhills.ca. Manual registration can be faxed to 905-873-1587 (credit card only), mailed or dropped off at the Civic Centre, Acton Arena & Community Centre or Gellert Community Centre.