

Special Dates

April 6 - Closed for Good Friday

April 8 - Closed for Easter Sunday

April 9 – Easter Monday - Schedule changes

Extra Everyone Welcome Swim 1:30 – 3:30 pm

No Aquacise class

Adult Evening Swim 7:30 – 9:00 pm

May 21 – Victoria Day-Schedule Changes

Extra Everyone Welcome Swim 1:30 – 3:30 pm

No Aquacise class

Adult Evening Swim 7:30 – 9:00 pm

Our Annual Maintenance Shut down, which normally occurs in June, has not been scheduled. Please watch for more information on the bulletin boards.

Other schedule changes will be posted in advance.

Leadership Training

Please see insert for course dates

Junior Lifeguard Club

JUNIOR LIFEGUARD CLUB offers serious fun for kids who have finished Swim Kids 8 and who can swim at least 100m. The Junior Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than “lessons.” This Club is for quick learners and those between levels or programs who thrive in an energetic learning environment.

Class 1: Canadian Swim Patrol

(Must have completed Swim kids 8 or higher)

Tuesdays – March 27 – May 15 Time: 6:30 – 7:30 pm

Class 2: Bronze Star

(Must have completed Canadian Swim Patrol)

Tuesdays – March 27 – May 15 Time: 7:30 – 8:30 pm

Cost \$45.00

How to Become A Water Safety Instructor

Step 1 – Assistant Water Safety Instructor (AWSI)

This course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. (Can be 14 years of age – Pilot Project as approved by Canadian Red Cross).

Step 2 – Water Safety Instructor (WSI)

This course further develops instructional ability by focusing on how to effectively plan and teach the Red

Cross Programs. Topics include instructional emergency response skills, stroke development, drills and corrective strategies. (Must be 15 years of age). Upon successful completion of this course, there MAY be employment opportunities available at the Truro Centennial Pool.

How to Become a Lifeguard

Step 1 and 2 – Bronze Medallion and Cross

BRONZE MEDALLION teaches an understanding of the lifesaving principles: judgment, knowledge, skill & fitness. Lifesavers develop stroke efficiency and endurance in a timed swim. (Must be 13 years of age or hold Bronze Star award)

BRONZE CROSS is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities, the principles of emergency procedures and teamwork. Bronze Cross is the prerequisite award for all advanced training programs in lifesaving, lifeguarding and leadership. (Pre-requisite: Bronze Medallion)

Step 3 – National Lifeguard Service Award

Recognized as the standard measure of lifeguard performance in Canada. NLS education is designed to develop a sound understanding of lifeguard principles, good judgment and a mature and responsible attitude towards the role of the lifeguard. (Must be 16 years of age by the exam date). Upon successful completion of this course, there MAY be employment opportunities available at the Truro Centennial Pool. (Pre-requisite: Bronze Cross)



SPRING 2012

April 9 – June 24, 2012



36 Arthur Street
Truro, NS B2N 1X5
(902) 895-1110

http://nsc.ca/about_nsc/locations/truro/centennialpool.asp



In partnership with:

nsc
Sport & Wellness Centre



895-1110

Our Programs

prices

	Drop-In Fee	10-Visit Pass
Adult (18-54 yrs)	\$6.00	\$54.00
Senior (55+)	\$5.00	\$45.00
Student (Post Secondary)	\$5.00	\$45.00
Youth (13-17 yrs)	\$5.00	\$45.00
Child (12 & Under)	\$4.50	\$40.50
Family (Immediate family only)	\$11.00	\$99.00
Splish Splash	\$5.50	\$49.50
Sauna	\$4.00	\$36.00
Aquacise/Water Therapy	\$6.50	\$58.50

memberships

	3 Months	6 Months	Yearly
Adult	\$121	\$205	\$348
Senior	\$81	\$127	\$227
Student	\$100	\$148	\$236
Youth	\$92	\$130	\$205
Child	\$65	\$101	\$145
Family	\$198	\$334	\$528
Couple	\$184	\$288	\$462

Aquacise/Arthritis Water Therapy Membership Upgrade

Adult	\$169	\$301	\$540
Senior	\$129	\$223	\$419

***Prices include tax. Subject to change.

Serious Medical Conditions

Those with serious medical conditions are asked to be accompanied by an individual with knowledge of their condition, or are asked to inform Lifeguard staff of their condition prior to swimming.

Age Requirements

Children 10 years of age and younger must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age & is responsible for their direct supervision.

Children 11 years and older may enter the pool facility unaccompanied by a parent/guardian.

Children 5 years and under must be accompanied by a parent, guardian or designate who must be in the water & within arms reach at all times. Ratio 1 adult: 2 children.

Family Swim

This swim is meant to be a quiet swim for families to come and enjoy our facility. This means that all children must be accompanied by an adult *in the building*. Children 5 years and younger must be accompanied *in the water* at all times by a parent/guardian and be within arm's reach at all times. This swim is intended for those who are living in the same household.

Swim with a Buddy

Truro Centennial Pool encourages everyone to always swim with a buddy!

Picture Taking Policy

Due to privacy concerns surrounding the internet and social media, we will no longer be able to allow picture taking at our facility. We can also not allow any cell phones with camera devices on our pool deck or in our change rooms. Patrons using cell phones will be asked to cease using them while in our facility. This policy applies to any electronic device with a camera. We regret any inconvenience this may cause.

Aquacise

A full body workout focusing on cardiovascular conditioning, muscular strength and endurance. A great way to get fit! Work at your own pace and challenge yourself!

Tuesday and Thursday morning 9-10am
Monday, Tuesday, Thursday evenings 7:30-8:15pm

Arthritis Water Therapy

Come join us in our warm pool for a class that helps ease the daily pain caused by arthritis and joint problems. We work on core stability, range of motion, strength, balance and ways to reduce arthritic pain!

Tuesday & Thursday Mornings: 10:30-11:30am

Pool Rentals

Why not rent the pool for your next special occasion? You can enjoy many recreational activities in the pool for one hour and then gather in the Hepburn Lounge.

Small Pool:	\$77.00
Both Pools:	\$112.00
Hepburn Lounge (after a rental):	\$30.00
Hepburn Lounge only:	\$45.00

Prices are for a maximum of 60 people. An additional \$16.00 charge may apply for rentals over 60 to maintain safety standards.

Maximum of 60 people in the Lounge due to fire regulations.

Possible Rental Times include:

Fridays	7:30-8:30pm 8:30-9:30pm
Saturdays	4:00-5:00pm 5:00-6:00pm 7:30-8:30pm 8:30-9:30pm
Sundays	10:00-11:00am 11:00am-12:00pm 12:00-1:00pm 4:00-5:00pm 5:00-6:00pm

Rental times are subject to change.

Red Cross Swimming Lessons

The Canadian Red Cross has been a leader in swimming and water safety for close to 60 years. The program is divided into two groups:

Red Cross Preschool

A 8 level program with engaging animal themes for babies 4 months to children 5/6 years of age.

Red Cross Swim Kids

This program is for children 5/6 years of age and older. The 10 levels will challenge those who took a preschool program but will also provide a starting point for children with limited swimming experience.

You may register at any time for any session! Our programs will be developed based on demand from registration. Once each session has started, registration will not be taken after the second class.

Lessons are 10 weeks and are offered:

Tuesdays afterschool	3:30-5:00pm
Thursdays afterschool	3:30-7:30pm
Saturday mornings	9:00am-1:00pm

Preschool (1/2 hour lesson):	\$71.00
Swim Kids 1-4 (1/2 hour lesson):	\$71.00
Swim Kids 5-10 (1 hour lesson):	\$79.00

Spring 2012 Dates

Tuesdays	April 10 – June 12
Thursdays	April 12 – June 14
Saturdays	April 14 - June 16

Private Lessons

Dates and times for private lessons vary. Please see the front desk to book.

1/2 hour private lesson (1 swimmer, 1 instructor):
\$18.00/lesson
\$85.00/package of 5
\$170.00/package of 10

1/2 hour semi-private lesson (2 swimmers, 1 instructor):
\$23.00/lesson
\$110.00/package of 5
\$220.00/package of 10

Recreational Schedule (April 9 – June 24, 2012)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird (14+)	7:15-10:00am	6:15-8:30 am	6:15-9:00 am	6:15-8:30 am	6:15-9:00 am	6:15-8:30 am	7:15-9:00am
Adult Morning (18+)		8:30-10:15am		8:30-10:15am		8:30-10:15am	
Adult Noon (18+)		12:00-1:30pm	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm	
Adult Evening (14+)	7:30-9:00pm	8:30-10:00pm	8:30-10:00pm	8:30-10:00pm	8:30-10:00pm		
Everyone Welcome	1:00-3:30pm	6:00-7:30pm		6:00-7:30pm		6:00-7:30pm	1:00-3:30pm
Family Swim	6:00-7:30pm						6:00-7:30pm
Splish Splash (Parents/ Caregiver & Infant/Preschooler)		10:45-11:30 am	9:30-10:30 am	10:45-11:30 am	9:30-10:30 am	10:45-11:30 am	

Schedule subject to change. Our annual maintenance closure has not yet been scheduled.

