

LAC LA BICHE COUNTY

Activity Guide

POOL UPDATE

Summer 2018

This schedule runs from Sunday, July 1st to Saturday, September 1st 2018 inclusive. Pick up a copy of the schedule at Portage Pool and check it out on boldcenter.ca or our [Facebook page!](#)

HOLIDAYS

Portage Pool runs a holiday schedule on all statutory holidays. On the following dates, all programs are cancelled and there will be a 1-4 pm open swim only:

- Sunday, July 1st (Canada Day)
- Monday, August 6th (Heritage Day)

CLOSED FOR CLEANING!

The hot tub will be drained and cleaned the following days beginning at 1 pm. It will reopen the next day for the 11 am adult lane swim (subject to last-minute change):

- Friday, July 6th
- Monday, July 30th

CANCELLATION

Portage Pool will be closed Sunday, July 15th. Instead, join us at McArthur Park to kick off National Drowning Prevention Week! There will be games, giveaways, and more. Help us promote water safety the week of July 15th to prevent drowning and water-related injuries.

SUMMER PUBLIC SWIM SCHEDULE (JULY 2 - SEPTEMBER 1, 2018)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|---------------------------------------|-------------------------------|-----------------------------|-----------------------------|---------------------------|----------------------------------|
| LANE SWIM 12 - 1 pm | LANE SWIM 11 am - 1 pm | LANE SWIM* 11 am - 1 pm | LANE SWIM 11 am - 1 pm | LANE SWIM 11 am - 1 pm | LANE SWIM 11 am - 1 pm | ADULT LANE SWIM* 11 am - 1 pm |
| TOONIE SWIM 1 - 4 pm | NEW! WIBIT SWIM 2 - 4 pm | OPEN SWIM 2 - 4 pm | OPEN SWIM 2 - 4 pm | OPEN SWIM 2 - 4 pm | OPEN SWIM 2 - 4 pm | OPEN SWIM 1 pm - 4 pm |
| WOMEN-ONLY SWIM 4:30 - 5:30 pm | | | | | | |
| | OPEN SWIM 6:30 - 8 pm | OPEN SWIM 6:30 - 8 pm | OPEN SWIM 6:30 - 8 pm | OPEN SWIM 6:30 - 8 pm | OPEN SWIM 6:30 - 8 pm | |
| | ADULT LANE SWIM 8 - 9 pm | ADULT LANE SWIM * 8 - 9 pm | ADULT LANE SWIM 8 - 9 pm | ADULT LANE SWIM 8 - 9 pm | | |

**Select Lane Swims, only 3 lanes available while lessons take place in the other lanes and/or the wading pool. Hours and fees are subject to change. For the most up-to-date information, please call Portage Pool at 780-623-6777, or subscribe to our email list.*



Summer Lesson Schedule

Registration opens Sunday, June 17th at 10 am. Lesson registration is open all summer, up until the second lesson of each class.

Please note: Classes that don't meet the minimum enrollment will be cancelled or merged with another. We will do our best to keep you in lessons!

All child and youth summer lessons run in two week sets, swimming Tuesday to Friday for two weeks in a row.

| | | | | | | | |
|------|---|---|---------|---|---|---|---|
| JULY | S | M | T | W | T | F | S |
| | | | SET ONE | | | | |
| | | | SET TWO | | | | |
| | | | | | | | |

SET ONE

JULY 3-6 & JULY 10-13

PRESCHOOL SWIM (AGES 2-6)

Sea Turtle (ages 24-36 months)

| | |
|-----------|-------|
| Time: | Cost: |
| 4-4:30 pm | \$48 |

Sea Otter (ages 3+)

| | |
|--------------|-------|
| Time: | Cost: |
| 4:15-4:45 pm | \$48 |
| 6-6:30 pm | \$48 |

Slamander

| | |
|-----------|-------|
| Time: | Cost: |
| 4:30-5 pm | \$48 |

SWIM KIDS (AGES 6+)

Swim Kids 1

| | |
|--------------|-------|
| Time: | Cost: |
| 5:15-5:45 pm | \$48 |

Swim Kids 2

| | |
|-----------|-------|
| Time: | Cost: |
| 5:30-6 pm | \$48 |

Swim Kids 3

| | |
|-----------|-------|
| Time: | Cost: |
| 5-5:30 pm | \$48 |

Swim Kids 5/6

| | |
|--------------|---------|
| Time: | Cost: |
| 5:45-6:30 pm | \$64.80 |

SET TWO

JULY 17-20 & JULY 24-27

PRESCHOOL SWIM (AGES 2-6)

Sea Turtle (ages 24-36 months)

| | |
|-----------|-------|
| Time: | Cost: |
| 5-5:30 pm | \$48 |

Sea Otter (ages 3+)

| | |
|-----------|-------|
| Time: | Cost: |
| 4:30-5 pm | \$48 |
| 5:30-6 pm | \$48 |

Slamander

| | |
|-----------|-------|
| Time: | Cost: |
| 6-6:30 pm | \$48 |

Sunfish

| | |
|--------------|-------|
| Time: | Cost: |
| 4:15-4:45 pm | \$48 |

SWIM KIDS (AGES 6+)

Swim Kids 1

| | |
|--------------|-------|
| Time: | Cost: |
| 4-4:30 pm | \$48 |
| 4:45-5:15 pm | \$48 |

Swim Kids 2

| | |
|--------------|-------|
| Time: | Cost: |
| 5:15-5:45 pm | \$48 |

Swim Kids 3

| | |
|-----------|-------|
| Time: | Cost: |
| 4:30-5 pm | \$48 |

Swim Kids 4/5

| | |
|--------------|---------|
| Time: | Cost: |
| 5:45-6:30 pm | \$64.80 |

Swim Kids 7/8

| | |
|-----------|---------|
| Time: | Cost: |
| 5-5:45 pm | \$64.80 |

Swim Kids 9/10

| | |
|--------------|---------|
| Time: | Cost: |
| 5:45-6:30 pm | \$64.80 |

| | | | | | | | |
|--------|---|---|-----------|---|---|---|---|
| AUGUST | S | M | T | W | T | F | S |
| | | | SET THREE | | | | |
| | | | SET FOUR | | | | |
| | | | | | | | |

SET THREE

JULY 31 - AUGUST 3 & AUGUST 7-10

PRESCHOOL SWIM (AGES 2-6)

Sea Turtle (ages 24-36 months)

| | |
|-----------|-------|
| Time: | Cost: |
| 4-4:30 pm | \$48 |
| 5:30-6 pm | \$48 |

Sea Otter (ages 3+)

| | |
|--------------|-------|
| Time: | Cost: |
| 4:15-4:45 pm | \$48 |
| 5-5:30 pm | \$48 |

Slamander

| | |
|-----------|-------|
| Time: | Cost: |
| 4:30-5 pm | \$48 |

Crocodile/Whale

| | |
|--------------|-------|
| Time: | Cost: |
| 4:45-5:15 pm | \$48 |

SWIM KIDS (AGES 6+)

Swim Kids 1

| | |
|--------------|-------|
| Time: | Cost: |
| 4:30-5 pm | \$48 |
| 5:15-5:45 pm | \$48 |
| 6-6:30 pm | \$48 |

Swim Kids 2

| | |
|-----------|-------|
| Time: | Cost: |
| 5:30-6 pm | \$48 |
| 6-6:30 pm | \$48 |

Swim Kids 3

| | |
|-----------|-------|
| Time: | Cost: |
| 5-5:30 pm | \$48 |

Swim Kids 5/6

| | |
|--------------|---------|
| Time: | Cost: |
| 5:45-6:30 pm | \$64.80 |



SET FOUR

**AUGUST 14-17 &
AUGUST 21-24**

PRESCHOOL SWIM (AGES 2-6)

Sea Turtle (ages 24-36 months)

Time: Cost:

4:30-5 pm \$48

5-5:30 pm \$48

Sea Otter (ages 3+)

Time: Cost:

4-4:30 \$48

4:30-5 pm \$48

5:30-6 pm \$48

Slamander

Time: Cost:

4:15-4:45 pm \$48

5-5:30 pm \$48

Sunfish

Time: Cost:

6-6:30 pm \$48

Crocodile/Whale

Time: Cost:

6-6:30 pm \$48

SWIM KIDS (AGES 6+)

Swim Kids 1

Time: Cost:

4-4:30 pm \$48

4:45-5:15 pm \$48

5:30-6 pm \$48

Swim Kids 2

Time: Cost:

4-4:30 pm \$48

5:15-5:45 pm \$48

Swim Kids 3

Time: Cost:

4:30-5 pm \$48

Swim Kids 4/5

Time: Cost:

5:45-6:30 pm \$64.80

Swim Kids 7/8

Time: Cost:

5-5:45 pm \$64.80

Swim Kids 9/10

Time: Cost:

5:45-6:30 pm \$64.80

PRIVATE LESSONS

Private lessons are available on a first-come, first-served basis. Priority is given to participants requiring one-on-one instruction due to a disability or safety concern.

Note: semi-private lessons can only be booked for two swimmers within one level of each other. For example a Swim Kids 3 student and a Swim Kids 6 student could not book a semi-private lesson together, but a Swim Kids 3 student and a Swim Kids 4 student would be permitted.

| Day: | Time: | Location: | Private: | Semi-private: |
|---------------------------------------|-----------|-----------|----------|---------------|
| Set 2 - Tuesday to Friday (8 classes) | 4-4:30 pm | Any pool | \$120 | \$80 each |
| Set 3 - Tuesday to Friday (8 classes) | 4-4:30 pm | Any pool | \$120 | \$80 each |

END OF SUMMER

POOL PARTY

On Saturday, September 1 from 1-4 pm, say goodbye to summer on the last day of public swimming.

Stay tuned to the Pool Facebook page for details!



First Aid & Leadership

Get ready to become a lifeguard! All the leadership courses you need to get ready for our National Lifeguard course (running this fall 2018) are being offered this summer.

Leadership classes are eligible for a member discount!

BRONZE STAR

Bronze Star is excellent preparation for success in Bronze Medallion for those under age 13. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Includes CPR A and AED.



| | |
|---------------------------------|---|
| Day: | Monday, July 9 to Friday, July 13 (every day) |
| Time: | 4:30-7 pm |
| Location: | Portage Pool |
| Pre-course Requirements: | Confident swimmers aged 9+ |
| Price: | \$85 |

BRONZE MEDALLION

This is your first step to becoming a lifeguard! Participants will learn tows and 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. Includes CPR A and AED.



| | |
|---------------------------------|--|
| Day: | Tuesday, August 7 to Friday, August 10 (every day) |
| Time: | 4-8 pm |
| Location: | Portage Pool |
| Pre-course Requirements: | Aged 13+ or hold the Bronze Star award |
| Price: | \$110 |

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Includes CPR C and AED.



| | |
|---------------------------------|--|
| Day: | Tuesday to Friday (every day), August 14-17 and August 21-24 |
| Time: | 4:30-7 pm |
| Location: | Portage Pool |
| Pre-course Requirements: | Bronze Medallion |
| Price: | \$138.60 |

POOL FITNESS 10-PASS

For just \$90, enjoy aquatic fitness classes along with the flexibility of a drop-in.

Adult & Teen Lessons

Drop in or use your Pool Fitness 10 Pass for all adult & teen lessons, for just \$90! These are open to anyone aged 12+. Note that all of these classes have limited space - drop in is first come, first-served.

Adult & Teen Learn to Swim

| Day: | Time: | Cost: |
|--|-------------|-------------------|
| Saturdays in July (July 7, 14, 21, 28) | 11-11:45 am | \$11.30 per class |

Aquafit

Drop in or use your Pool Fitness 10 pass and save - pay \$90 for 10 classes!

AQUADEEP

Throw on a floating belt and workout in the deep end! Max 8. *Please note, there will be no class on August 6.*

| Day: | Time: | Cost: |
|---------|--------------|-------------------|
| Mondays | 5:30-6:50 pm | \$10.70 per class |

GENTLEJOINTS

This low impact workout is perfect for seniors and anyone with injuries or joint issues. Max 8.

| Day: | Time: | Cost: |
|----------|---------|-------------------|
| Tuesdays | 12-1 pm | \$10.70 per class |



CONTACT

Main Guest Service Desk | 780-623-6777
Email | poolstaff@laclabichecounty.com
Address | 9531 94 Avenue, Lac La Biche, AB, TOA 2C0

