

SWIMMING POOL



Swimming Pool

The City of Iqaluit is proud to offer a wide range of aquatic programs for your enjoyment. Some of our programs are tailored to fitness and swimming development, while others lean more toward leisure activities. We have programs to suit all ages and strengths. We are located in the Astro mall Complex and are eager to make your swim time as enjoyable as possible.

THE CANADIAN RED CROSS WATER SAFETY PROGRAM

AquaTots

This is the first level of the Red Cross Aquatot program. Parents/caregivers participate along with the child in activities where movement, buoyancy, getting wet, water safety and interaction are the focus.

Level	Age Recommendation
AquaTots 1	4-16 months
AquaTots 2	16-24 months
AquaTots 3	24 months and up

AquaQuest

In levels 1-12 participants are taught the full range of swimming strokes and lifesaving skills. Participants will come out with a better understanding of safety techniques and a higher skill level than ever before. The AquaQuest program is designed for children aged four to fourteen.

AquaAdults

AquaAdults is a program designed for teens and adults who would like to learn how to swim or simply improve their swimming abilities. Participants and instructor decide what core items they would like to focus on.

The Canadian Swim Patrol “The on-Ramp to Lifeguarding”

Rookie, Ranger and Star are the levels in the new Canadian Swim Patrol program, which is designed with a “work hard/play hard” attitude in mind. Swimmers aged 9-12 will be challenged in the following:

Rookie Patrol: victim recognition, rescue breathing, fitness training, 100m endurance swim.

Ranger Patrol: victim recognition and avoidance, choking, fitness medley, 200m endurance swim.

Star Patrol: Communication skills, first aid, fitness training, 300m endurance swim.

Bronze Medallion/Senior Resuscitation

Bronze Medallion teaches an understanding of the lifesaving principles of water rescue education, an introduction to self-rescue and the rescue of others. Candidates learn how to respond to conscious and unconscious victims and how to defend them selves in the water. An endurance swim is part of the course. Prerequisites: Must be 13 years of age and have good control over swimming strokes. (We recommend finishing AquaQuest 12 and Star Patrol)

Bronze Cross

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Bronze Cross is for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision of aquatic facilities. Candidates learn emergency procedures and the rescue and immobilization of a pulseless, spinal victim. Bronze Cross is the prerequisite for all advanced training programs in lifesaving, Lifeguarding and leadership.

Prerequisites: Must be 14 years of age and have completed Bronze Medallion and. Sr. Resuscitation.

Aquafit

Aquafit is drop-in program, no registration required. These classes offer a low impact aerobic work out in a social environment.

Masters' Swim

The masters' swim is an optional work out provided at noon swims Monday to Friday. Participants challenge themselves with a swim workout designed to build strength, endurance and fitness levels.

Admission Policy

1. No person with an open sore or communicable disease may enter the pool.
2. Shoes and boots are not permitted on the pool deck or in the change rooms.
2. Appropriate swimwear must be worn. Bathing suit, clean short and T-shirts may be worn. No cut-offs please.
3. No child under the age of six is permitted in the pool without a responsible person aged 14 and up accompanying them in the water.
4. Any person entering the pool must shower thoroughly beforehand.
5. Any person under the influence of drugs or alcohol is not permitted in the pool area.

Guidelines and Policies for Aquatic Programs

1. Participants should be in appropriate swimwear and ready for class five minutes before class start time.
2. Footwear is not permitted on the pool deck or in the change rooms.
3. Lessons cancelled due to inclement weather conditions, pool mechanical problems, etc. will be rescheduled. Every effort will be made to notify participants by telephone. A public service announcement will be aired on CBC radio.
4. Refund or credit requests will be dealt with on an individual basis and can be addressed to the Recreation Department. Refunds or credits may be issued if the request is submitted before the third lesson. Refunds are subject to a pro-rated fee for the cost of the lessons received.
5. Full payment is due upon registering.

Aquatic Programs/Admission Fees[©]

Red Cross

Aqua-tots 1,2,3 (30 min sessions)	\$35.00
AquaQuest 1-5 (30 min sessions)	\$30.00
AquaQuest 6-12 (45 min sessions)	\$40.00
Aqua-adults (45 min. sessions)	\$40.00

Lifesaving Society

Swim Patrol	\$50.00
Bronze Medallion/ Senior Resuscitation	\$125.00
Bronze Cross	\$125.00
National Lifeguard Service Award	\$150.00

Public Swims	Fee	Swim Pass
Preschool (5 & under)	FREE	with an adult
Children (6-12)	\$1.50	\$20.00
Youth (13-18)	\$2.00	\$37.45
Adult (19 & over)	\$3.75	\$53.50
Senior (55 & over)	\$2.00	\$35.00
Family (at least one adult)	\$6.00	\$135.00

Pool Rental

Maximum 35 people \$53.50

☺All prices include GST

For more information about pool programs and schedules, please call the Splash Line at 979-5624.