



## Hours

**Monday to Friday**  
6:00 am - 11:00 pm

**Saturday & Sunday**  
7:00 am - 7:00 pm

## Accessibility

We are committed to meeting the needs of our growing community and providing accessible programs, services, and resources to our residents. [pickering.ca/accessibility](http://pickering.ca/accessibility)

## Health Club

- Cardio Room, Weight Room, and indoor running track

## Fitness Studios

- 3 dedicated Fitness Studios



## Swimming Pool

- 25 metre swimming pool with diving well and children's training pool

## Indoor Courts

- 2 racquetball/handball courts
- 6 singles & 2 doubles squash courts
- 4 indoor tennis courts



**CHESTNUT HILL  
DEVELOPMENTS**  
RECREATION COMPLEX

1867 Valley Farm Road, Pickering, ON L1V 3Y7  
905.683.6582 [pickering.ca/fit](http://pickering.ca/fit)

Alternate format available upon request, call 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)

# Services

## We are proud to be a recognized CSEP Certified Fitness Centre.

This accreditation recognizes facilities who employ qualified exercise professionals, follow evidence based assessments & training protocols, and meet CSEP's standards for operating procedures and safety.

The Canadian Society for Exercise Physiology (CSEP) is the recognized authority in Canada for translating the applications of exercise science into the improved health, fitness, and performance of Canadians.

Our trainers are certified Personal Trainers who work with individuals to meet their healthy lifestyle goals using an evidence informed approach acquired through post secondary education and training.

## Personal Training

Benefit from our team's experience, knowledge and commitment.

One-on-one time with our certified personal trainers will provide you with results-oriented workouts that are fun, and will leave you feeling better than you've felt before.

Introduction	\$117.00 (1 assessment session and 1 program design/training session)
5 sessions	\$283.00
10 sessions	\$548.00
15 sessions	\$796.00
20 sessions	\$1035.00

All sessions are 1 hour.

\*CHD Recreation Complex - members receive a discount on this service.

## Buddy Personal Training

Train with your best buddy and one of our certified personal trainers.

5 sessions	\$120.00 per person
10 sessions	\$233.00 per person
15 sessions	\$339.00 per person
20 sessions	\$440.00 per person

All sessions are 1 hour for 2 people. First session is a fitness assessment. Register at the front desk. Buddy not provided.

\*CHD Recreation Complex - members receive a discount on this service.

## Fascial Stretch Therapy

FST is a unique system of table-based assisted stretching which focuses on the muscle and connective tissue that surround the joints. What makes this therapy different from other flexibility programs is that each stretch begins with a light traction of the joint being treated, to allow for a deeper stretch. This is an excellent treatment choice for those wanting to improve flexibility, recover from training and for injury prevention.

## Fascial Stretch cont'd

Intro Pack	\$146.00 includes assessment & 1 treatment session
5 sessions	\$352.00
10 sessions	\$680.00
15 sessions	\$985.00
20 sessions	\$1275.00

Each session is one hour.

\*CHD Recreation Complex - members receive a discount on this service.

## Pilates Reformer (private or semi-private)

The Reformer provides a finely tuned exercise resistance that allows individuals to work very precisely in developing good postural alignment, core strength and flexibility.

5 semi-private sessions	\$208.00 per person (2 people)
5 private sessions	\$408.00

Each session is one hour.

## Private Yoga Therapy

Yoga therapy is the process of empowering individuals to progress towards improved health and well-being through the application of the teachings and practice of yoga. Yoga therapists prescribe specific regimens of postures, breathing exercises, and relaxation techniques.

Working on a one on one basis, yoga therapists prescribe specific regimens of postures, breathing exercises, and relaxation techniques designed to suit your individual needs.

First session includes an assessment to determine your health history, current treatments and medications, current physical, mental and emotional condition, as well as health and wellness goals.

Follow up sessions include a personalized practice that may include some of the following tools: diet & lifestyle recommendations, conscious and mindful breathing, appropriately sequenced and individualized physical movements, meditative practices, visualization, and guided relaxation.

Introduction	\$146.00 (1 assessment and 1 personalized session)
5 sessions	\$352.00
10 sessions	\$680.00
15 sessions	\$985.00
20 sessions	\$1275.00

Each session is one hour.

\*CHD Recreation Complex - members receive a discount on this service.

Please note: HST is extra on all prices listed. (Prices shown do not include HST)

Contact the Fitness Department for complete details on training and training packages.

905.683.6582 ext 3247 | fitness@pickering.ca

## Small Group Personal Training

Taught by our certified fitness professionals, small group training offers a cost effective and budget friendly personal training experience. Participants must be 18+.

For current program listings and registration visit [pickering.ca/active](http://pickering.ca/active)

## Not sure where to start? Show & Tell

Join us for this free introductory tour and orientation of the Health Club facility. During this session, Fitness Staff will help you get acquainted with our facility, demonstrate various pieces of Health Club equipment, and give a brief overview of Health Club etiquette to help you get started.

Show & Tell sessions can be booked for Sunday afternoons, Tuesday evenings and Thursday mornings.

Call to reserve your spot, 905.683.6582



## Racquet Sports

Courts	Prime Time	Non-prime Time
Mon - Fri	5:00 pm - 11:00 pm	6:00 am - 5:00 pm
Sat & Sun	7:00 am - 5:00 pm	5:00 pm - 7:00 pm

Members may book courts up to 7 days in advance.  
Non-members may book courts up to 24 hours in advance.

**Call to book** 905.831.1730  
**Members can book online** [prc.gametime.net](http://prc.gametime.net)

### Racquetball | Handball

- 2 racquetball/handball courts

#### Rates per 1 hour court booking:

Prime time: \$17.00 per court  
Non-prime time: \$15.00 per court  
Court fees included in membership.

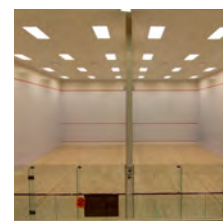


### Squash

- 6 singles & 2 doubles squash courts
- On site Pro Shop
- On site Squash Pro, Nicole Pirko

#### Rates per 1 hour court booking:

**Single Courts**  
Prime time: \$17.00 per court  
Non-prime time: \$15.00 per court  
**Doubles Squash Courts**  
Prime time: \$34.00 per court  
Non-prime time: \$30.00 per court  
Court fees included in membership.

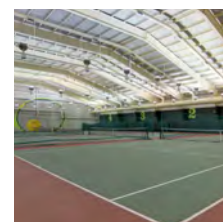


### Tennis

- 4 tennis courts
- On site Pro Shop
- On site Tennis Pro, Dave Ochotta

#### Rates per 1 hour court booking:

Prime time: \$36.00 per court  
Non-prime time: \$29.00 per court  
50% court fee reduction with membership.



# Membership

Included with membership

- membership change rooms (18+)
- Access to whirlpool, steam room, and sauna (18+)
- Swimming during all public swim times

Monthly payment plans are available on annual memberships.

Adults 65+ receive a 50% price reduction on membership fees.

Prices listed are in effect April 1, 2023.



Swim	Seasonal	Annual	monthly pmt.	Membership includes
Adult	\$86.00	\$197.00	n/a	<ul style="list-style-type: none"> <li>• Unlimited swimming during public swim times.</li> </ul>
Senior   Youth   Person w/disability	\$54.00	\$133.00	n/a	
Swim Pass Plus	Seasonal	Annual	monthly pmt.	Membership includes
Adult	\$173.00	\$316.00	\$26.33	<ul style="list-style-type: none"> <li>• Unlimited swimming during public swim times.</li> <li>• Basic Aquafit classes</li> </ul>
Senior   Youth   Person w/disability	\$109.00	\$199.00	\$16.58	
Health Club	Seasonal	Annual	monthly pmt.	Membership includes
Basic	\$208.00	\$465.00	\$38.75	<ul style="list-style-type: none"> <li>• Unlimited use of Cardio Room and Weight Room.</li> <li>• Above plus Group Fitness classes, and Basic Aquafit.</li> </ul>
Plus	\$302.00	\$671.00	\$55.92	
Group Fitness	Seasonal	Annual	monthly pmt.	Membership includes
Basic	\$208.00	\$465.00	\$38.75	<ul style="list-style-type: none"> <li>• Unlimited Group Fitness classes.</li> <li>• Above plus Basic Aquafit</li> </ul>
Fitness Plus	\$257.00	\$571.00	\$47.58	
Squash	Seasonal	Annual	monthly pmt.	Membership includes
Basic	\$265.00	\$589.00	\$49.08	<ul style="list-style-type: none"> <li>• Pre-paid court fees for singles &amp; doubles squash courts. Use of Cardio room and Weight Room. Pro Shop &amp; full time CSRA Squash Pro on site.</li> <li>• Above plus unlimited Group Fitness classes.</li> </ul>
Plus	\$333.00	\$739.00	\$61.58	
Racquetball / Handball	Seasonal	Annual	monthly pmt.	Membership includes
Basic	\$242.00	\$535.00	\$44.58	<ul style="list-style-type: none"> <li>• Pre-paid court fees for racquetball/handball courts. Use of Cardio Room and Weight Room.</li> <li>• Above plus unlimited Group Fitness classes.</li> </ul>
Plus	\$303.00	\$672.00	\$56.00	
Tennis	Seasonal	Annual	monthly pmt.	Membership includes
Basic - resident	\$265.00	\$589.00	\$49.08	<ul style="list-style-type: none"> <li>• 50% reduction in tennis court fees on 4 indoor courts. Access to a Level 3 Tennis Pro, Pro Shop, and be eligible for leagues, ladders &amp; tournaments. Use of Cardio Room, Weight Room, and track.</li> <li>• Above plus unlimited Group Fitness classes.</li> </ul>
Basic - non-resident	\$302.00	\$672.00	\$56.00	
Plus - resident	\$344.00	\$743.00	\$61.92	
Plus - non-resident	\$387.00	\$861.00	\$71.75	
Golden	Seasonal	Annual	monthly pmt.	Membership includes
Basic	\$781.00	\$1737.00	\$144.75	<ul style="list-style-type: none"> <li>• Use of Cardio Room, Weight Room, Group Fitness classes, Basic Aquafit classes, pre-paid court fees for tennis, squash and racquetball, public skating, and swimming.</li> </ul>

<b>Youth</b>	<b>Seasonal</b>	<b>Annual</b>	<b>monthly pmt.</b>	<b>Membership includes</b>
Youth is defined as any individual, 17 years of age and under, who meets the membership participation age in each individual area. *see below				
<b>Health Club Basic</b>	\$125.00	\$275.00	\$22.92	• See Health Club Basic membership description. One training session with our Fitness Staff is also included.
<b>Health Club Plus</b>	\$151.00	\$335.00	\$27.92	• See Health Club Plus membership description.
<b>Group Fitness Basic</b>	\$125.00	\$275.00	\$22.92	• See Group Fitness Basic membership description.
<b>Squash Plus</b>	\$166.00	\$369.00	\$30.75	• See Squash Plus membership description.
<b>Racquetball Plus</b>	\$157.00	\$350.00	\$29.17	• See Racquetball Plus membership description.
<b>Tennis Plus - res.</b>	\$166.00	\$369.00	\$30.75	• See Tennis Plus membership description.
<b>Tennis Plus - nonres.</b>	\$194.00	\$430.00	\$35.83	
<b>Golden</b>	\$286.00	\$635.00	\$52.92	• See Golden membership description.
<b>Student</b>	<b>Seasonal</b>	<b>Annual</b>	<b>monthly pmt.</b>	<b>Membership includes</b>
Student is defined as an individual enrolled in an approved post-secondary institution who meets the membership participation age in each individual area. A current/valid Student ID Card is required to purchase this membership.				
<b>Health Club Plus</b>	\$242.00	\$537.00	\$44.75	• See Health Club Plus membership description.
<b>Squash Plus</b>	\$266.00	\$590.00	\$49.17	• See Squash Plus membership description.
<b>Family</b>	<b>Seasonal</b>	<b>Annual</b>	<b>monthly pmt.</b>	<b>Membership includes</b>
Family is defined as two adults (18+) and children (under 18 yrs), of their immediate family, all residing in the same household. ** see below				
<b>Swim</b>	\$124.00	\$335.00	n/a	• See Swim membership description.
<b>Health Club Basic</b>	n/a	\$974.00	\$81.17	• See Health Club Basic membership description.
<b>Health Club Plus</b>	n/a	\$1341.00	\$111.75	• See Health Club Plus membership description.
<b>Group Fitness Basic</b>	n/a	\$1008.00	\$84.00	• See Group Fitness Basic membership description.
<b>Squash Basic</b>	n/a	\$1149.00	\$95.75	• See Squash Basic membership description.
<b>Squash Plus</b>	n/a	\$1477.00	\$123.08	• See Squash Plus membership description.
<b>Racquetball Basic</b>	n/a	\$1044.00	\$87.00	• See Racquetball Basic membership description.
<b>Racquetball Plus</b>	n/a	\$1358.00	\$113.17	• See Racquetball Plus membership description.
<b>Tennis Basic – res</b>	n/a	\$1149.00	\$95.67	• See Tennis Basic membership description.
<b>Basic – non-res</b>	n/a	\$1344.00	\$112.00	
<b>Tennis Plus – res</b>	n/a	\$1477.00	\$123.08	• See Tennis Plus membership description.
<b>Plus – non-res</b>	n/a	\$1732.00	\$144.33	
<b>Golden</b>	n/a	\$3240.00	\$270.00	• See Golden membership description.

- All fees listed are pre-tax. Monthly payment plans are available on annual membership purchases.
- \* Persons 13 -15 yrs of age must have successfully completed Teen Strength Training, or a Youth Gym Orientation, to be eligible to access the Health Club. Persons under 13 yrs are not eligible for this membership.
- \*\* Cousins and grandparents are not considered immediate family for this membership.
- Personal Training, Personal Coaching, or the appearance of personal training/ coaching is not permitted in the Chestnut Hill Developments Recreation Complex.
- For a complete copy of the Complex Membership Policy please contact the front desk.



For more information visit the Membership section of our website, [pickering.ca/fit](http://pickering.ca/fit)

# Fitness Classes

7 days a week • 3 dedicated studios

How you participate is your choice:

1. Register for one of our programs. (See the Fitness pages for registered programs).
2. Pay-as-you-go and enjoy one class at a time.
3. Purchase a Fitness Membership

Current schedule is online [pickering.ca/fitness](http://pickering.ca/fitness)



## Monday

6:30 - 7:30 am	C	Sunrise Yoga (OA)
7:30 - 8:20 am	A	Circuit Training
8:30 - 9:20 am	A	Interval Challenge
8:30 - 9:20 am	B	Cycle Fit
8:30 - 9:20 am	C	Pilates
9:30 - 10:20 am	A	Step & Strengthen (OA)
9:30 - 10:45 am	B	Pump it Up
9:30 - 10:45 am	C	Yoga - Hatha
10:30 - 11:20 am	A	Fit Fusion 55+ (OA)
11:30 - 12:20 pm	C	Pilates for Strong Bones (OA)
11:45 - 12:45 pm	A	Zumba Gold (OA)
6:00 - 6:50 pm	A	Total Barre
6:00 - 6:50 pm	B	Total Muscle Challenge
6:00 - 6:50 pm	C	Yoga - Vinyasa
7:00 - 7:50 pm	A	Zumba
7:00 - 7:50 pm	B	Pump it Up
7:00 - 7:50 pm	C	Pilates
8:00 - 9:00 pm	C	Sunset Yoga (OA)

## Tuesday

7:30 - 8:20 am	C	Yoga - Vinyasa
8:30 - 9:20 am	B	Total Muscle Challenge
8:30 - 9:20 am	C	Yoga - Hatha
9:30 - 10:20 am	A	Cardio Dance Kick
9:30 - 10:20 am	B	Cycle Pump
9:30 - 10:20 am	C	Yoga - Gentle (OA)
10:30 - 11:20 am	A	Barre & Balance
10:30 - 11:20 am	C	Mobil-lates (OA)
10:45 - 11:15	B	Cycle Fit 55+ (OA)
11:30 - 12:20 pm	A	Fit Fusion 55+ (OA)
12:30 - 1:30 pm	A	Nia (OA)
6:00 - 6:50 pm	A	Cardio Box
6:00 - 7:00 pm	C	Essentrics Gentle Stretch (OA)
7:00 - 7:50 pm	A	Zumba
7:00 - 7:50 pm	B	Cycle Pump
7:00 - 8:00 pm	C	Yoga - Gentle (OA)

## Wednesday

7:30 - 8:20 am	C	Yoga - Vinyasa
8:30 - 9:20 am	B	Pump it Up
9:30 - 10:20 am	A	Circuit Training
9:30 - 10:20 am	C	Yoga - Hatha
9:45 - 10:35 am	B	Cycle Fit
10:30 - 11:20 am	A	Fit Fusion 55+ (OA)
11:30 - 12:20 pm	C	Yoga 55+ (OA)
5:00 - 5:50 pm	B	Pump it Up
6:00 - 6:50 pm	A	Circuit Training
6:00 - 6:50 pm	B	Cycle Pump
6:00 - 6:50 pm	C	Pilates
7:00 - 7:50 pm	A	Socacize
7:00 - 8:00 pm	C	Sunset Yoga (OA)

## Thursday

7:30 - 8:20 am	A	Interval Challenge
8:30 - 9:20 am	A	Step
8:30 - 9:20 am	C	Yoga - Hatha
9:30 - 10:20 am	A	Fit Fusion 55+ (OA)
9:30 - 10:20 am	B	Pump it Up
9:30 - 10:20 am	C	Pilates
10:30 - 11:20 pm	A	Stretch & Strengthen (OA)
10:30 - 11:30 am	C	Chair Yoga (OA)
10:45 - 11:15 am	A	Cycle Fit 55+ (OA)
5:00 - 5:50 pm	B	Dynamic Core
6:00 - 6:50 pm	A	Circuit Training
6:00 - 6:50 pm	B	Pump it Up
6:00 - 6:50 pm	C	Yoga - Vinyasa
7:00 - 7:50 pm	A	Zumba
7:00 - 7:50 pm	B	STRONG Nation
7:00 - 7:50 pm	C	Yoga - Yin (OA)

## Friday

7:15 - 8:15 am	C	Sunrise Yoga (OA)
7:30 - 8:20 am	A	Circuit Training
8:30 - 9:20 am	A	Barre Sculpt
8:30 - 9:20 am	B	Pump it Up

## Friday cont'd

8:30 - 9:20 am	C	Pilates
9:30 - 10:20 am	A	Interval Challenge
9:30 - 10:20 am	B	Cycle Fit
9:30 - 10:20 am	C	Yoga 55+ (OA)
10:30 - 11:20 am	A	Stretch & Strengthen (OA)
6:00 - 6:50 pm	C	Yoga - Gentle (OA)

## Saturday

8:30 - 9:20 am	B	Cycle Fit
9:30 - 10:20 am	A	Barre Sculpt
9:30 - 10:20 am	B	Total Muscle Challenge
9:30 - 10:45 am	C	Yoga - Asana, Pranayama, Meditation
10:30 - 11:20 am	A	Zumba

## Sunday

8:30 - 9:20 am	C	Mobil-lates (OA)
9:30 - 10:20 am	A	Socacize
9:30 - 10:20 am	B	Cycle Pump
10:30 - 11:20	C	Essentrics Gentle Stretch (OA)

(OA) Older Adult appropriate class

Group Fitness Class Rates**	Non-Member	Group Fit Member*
Membership Classes (up to 60 min)	\$13.00	Included
Membership Classes (75 min)	\$15.00	Included

\*Only memberships that include Group Fitness classes

\*\*Except Pilates Reformer courses & family programs. Only for Registered Group Fitness Programs scheduled at CHD Recreation Complex

This is a Sample Schedule Only. See current schedule at [pickering.ca/Fitness](http://pickering.ca/Fitness)

## Studio A Class Descriptions

**Barre & Balance:** This class incorporates the disciplines of yoga, pilates and ballet to perform a variety of strength and balance exercises to increase range of motion, mobility and confidence.

**Barre Sculpt:** Combining attributes of Pilates, barre, and functional fitness training, incorporating small movement to fatigue the muscles and large range of motion to elevate the heart rate. Also using a variety of equipment, such as bands, balls, light dumbbells and the barre.

**Cardio Box:** This class is a full body workout that engages every muscle group, with a strong focus on your core. Structured in three "rounds" that include shadow boxing with intervals of bodyweight exercises, core work and a great stretch to leave you drenched in sweat!

**Circuit Training:** Develop your strength and aerobic fitness with exercises performed in succession and minimal rest. Your heart rate remains elevated in this high intensity class.

**Fit Fusion 55+:** This class is designed for older adults as it consists of low impact movements with little to no bouncing. It's a blend of cardiovascular and muscular strength, finishing off with a full body stretch.

**Interval Challenge:** This class alternates intervals of cardio and strength conditioning to give you a full body workout using a variety of equipment.

**Socacize®:** This class is a creative blend of authentic Caribbean and African dance techniques, in harmony with effective fitness moves, resulting in a unique, non-judgmental and exhilarating dance fitness program for all fitness levels. Get ready to sweat with this fun-filled, total body jam session!

**Step:** This is a classic choreographed aerobic exercise class. You'll get a full body cardio workout while also toning your legs. Modify intensity by adjusting your speed, step height and movements.

**Step & Strengthen:** This class fuses together the cardio benefits of a step class and the muscle building benefits of a strength training class. Get everything you need in one high-energy, total body workout.

**Stretch & Strengthen:** This workout uses various types of equipment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.

**Total Barre®:** This class integrates elements of Pilates, dance, and strength training to create a high - energy and dynamic class. Emphasizing correct biomechanics with the power of music to increase strength, flexibility and stamina.

**Zumba® | Zumba Gold®:** Fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic class that will blow you away. Zumba Gold is designed for older adults.

## Studio B Class Descriptions

**Cycle Fit | Cycle Fit 55+:** A cardio workout with varying speeds and resistance levels to provide a different 'ride' every time. Cycle Fit 55+ is designed for older adults.

**Cycle Pump:** Cycle Fit and Pump It Up combo. Improve your cardio on the bike while also building strength and core doing off bike muscle conditioning.

**Dynamic Core:** A combination of muscle endurance exercises focusing on core muscle groups which include, lower back, abdominals, and oblique muscles.

**Pump It Up:** This class focuses on weight bearing strength exercises that are challenging, safe, and functional. We incorporate the use of: dumbbells, bars,

plates, and steps/benches.

**Total Muscle Challenge:** Challenge yourself in this high - intensity, workout. Improve strength, stamina, and explosive power with a workout that changes every week.

## Studio C Class Descriptions

**Chair Yoga:** This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.

**Essentrics Gentle Stretch:** A low impact total body workout combining elements of tai-chi, yoga, pilates, and sports conditioning movements to help increase flexibility, relieve pain in muscles and joints as well as build strength using your own body.

**Mobil-lates:** This class combines joint mobility work, stretching and muscle release techniques with pilates principles. Equipment such as foam rollers, bands and balls are also used in active, dynamic and passive positions to help you achieve improved range of motion, balanced muscle activation and decreased muscle soreness.

**Pilates:** Experience this mind/body movement focusing on the pilates principles of centering, breath, concentration, control, precision and flow. Includes elements of standing as well as mat work.

**Pilates for Strong Bones:** This Osteo-friendly class makes the use of chairs as well as standing work to help strengthen the core, improve balance and maintain bone density.

**STRONG Nation®:** Using only your body weight, you will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by original music designed for the workout.

**Sunrise/Sunset Yoga & Meditation:** This class introduces yoga in the form of therapy. Each class includes static and flowing yoga postures, different breathing techniques, sound and a guided meditation.

**Yoga 55+:** This Hatha style Yoga class is designed for those seeking to increase and maintain joint mobility while also increasing strength and improving balance. Healthy older adults with no major joint or medical conditions will enjoy this program.

**Yoga - Asana, Pranayama, & Meditation:** This class explores 3 elements of yoga; Asana, postures & movement patterns, Pranayama, breathing techniques, and Meditation, centering the mind. We will look at each element separately as well as a complete therapeutic flowing practice, weaving all three elements together.

**Yoga - Gentle:** Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.

**Yoga - Hatha:** This class uses the practice of static postures and breathing techniques to help you stretch and breathe your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.

**Yoga - Vinyasa:** This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

**Yoga - Yin:** Yin is a relaxed, passive style of yoga that involves holding poses for longer durations and increasing your inner awareness while also stretching deeper connective tissues

# Public Swimming

## CHD Recreation Complex Pool | 905.683.6582

Sep 16 - Dec 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Lane Swim</b>	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	6:00 am - 9:00 am 9:00 am - 3:00 pm*	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	6:00 am - 9:00 am 9:00 am - 3:00 pm* 9:00 pm - 9:55 pm	
<b>Open Swim</b>	3:00 pm - 5:00 pm	3:00 pm - 5:00 pm 7:00 pm - 9:00 pm	3:00 pm - 5:00 pm	3:00 pm - 5:00 pm 7:00 pm - 9:00 pm	3:00 pm - 5:00 pm 7:00 pm - 9:00 pm	1:00 pm - 4:00 pm
<b>Parent &amp; Preschool Swim</b> (training pool only)	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	

\*shared pool use with programs

Cancellations: Open Swim - Oct 20, 21, 22, Dec 8, 9, 10

## Dunbarton Indoor Pool | 905.831.1260

Sep 16 - Dec 19	Monday	Wednesday	Saturday
<b>Lane Swim</b>	8:00 pm - 9:00 pm	8:00 pm - 9:00 pm	
<b>Open Swim</b>	7:00 pm - 8:00 pm	7:00 pm - 8:00 pm	
<b>Female Only</b>			4:15 pm - 5:15 pm

\*Female only Swim is available from September 16 - November 18.

Rates	Per Visit	10 Pass	Seasonal	Annual
<b>Youth 4 - 17 yrs</b>	\$2.88	\$23.90	\$54.00	\$133.00
<b>Adult 18+</b>	\$4.43	\$35.40	\$86.00	\$197.00
<b>Senior 65+</b>	\$2.88	\$23.90	\$54.00	\$133.00
<b>Person w/Disability</b>	\$2.88	\$23.90	\$54.00	\$133.00
<b>Family/Group *</b>	\$9.45	\$78.00	\$124.00	\$335.00

\*2 adults, plus up to 4 youth.

See website for additional details, membership info, and options.



### Lane Swim

Circle swim is enforced to accommodate more swimmers. Children must be able to swim lengths confidently.

### Open Swim

This is a great time for families to enjoy our pools. Children 7 years of age and under must be directly supervised (regardless of swimming ability), in the pool, by a responsible person, 16 years of age and older. Direct supervision is defined as "within arms reach".

### Female Only Swim

This swim is available to female swimmers only. Additionally only female spectators will be permitted in the viewing gallery and on deck during this swim.

See website for complete details and Rules and Regulations.

Public swim hours may be changed due to holidays, swim meets, or rentals. Changes will be posted on the aquatics web page one week prior where possible.

[pickering.ca/aquatics](http://pickering.ca/aquatics)

## Programs

Fitness, and aquatics programs are offered in seasonal sessions for winter, spring, summer, and fall, and offer choices for all ages and abilities. View and register for programs online. [pickering.ca/active](http://pickering.ca/active)