

# HURON EAST POOL RULES ADMISSION STANDARDS

- Children under the age of 10 who are non swimmers must be supervised by an adult/care giver
- Care giver must be a minimum age of 12.
- Children under the age of 10 who are able to demonstrate comfort in the water and pass facility swim test maybe admitted to the swimming pool unaccompanied.
- Children under the age of 6 must be accompanied by an adult/care giver with a maximum of 2 children per adult/care giver
- No persons infected with a communicable disease or having open sores shall enter the pool.
- No person shall pollute the water in any manner spitting, spouting water, blowing nose in pool or on deck.
- Maximum # of Bathers -Vanastra 100; Brussels 80.
- Young children are not permitted in the deep end with a life jacket unless accompanied by an adult. Water wings are not permitted in the deep end.
- Family is defined as living under the same roof or dependants claimed on your annual taxes.



When your child is near the water, you need to be near your child.

## Indoor Canoe / Kayak Course

Come try kayaking or canoeing in the comforts of your local community pool. Nervous about being upside down or capsizing? Where better then the controlled environment of a 84' degree pool. You will learn the paddling techniques and rescue practice with our lifeguards and experienced Instructor at your side to help. Whether you are a first time paddler or a beginner what better place to practice your skills in preparation for the season ahead. -- No experience required.

**Wednesdays from 7:45-8:45 pm at Vanastra Rec Centre**  
**4-1 hour sessions from Feb. 1 - 22 for only \$77 +hst**  
**Includes: Kayak rental, safety equipment, experienced kayak leader, lifeguards and pool time.**




**Canoe**  
November 16-30  
3 - 1 Hr. Sessions  
\$60 +hst

**Contact: VRC 519-482-3544 OR Timbers Outfitters 519-600-2267**



# Water Running

**Oct. 4 - May 23 \$41 for 4 classes**  
**Tuesday's from 6-7 pm**



519-482-3544

Vanastra Rec Centre

This program is great for cross training, seasonal runners or injured runners. Program is designed to teach you how to use the water as an alternate method of land running. Get a great cardio workout.

Must commit to 4 classes