

# WHAT IS GOING ON AT



# POOL? Winter 2012

**Pool Operation & Registration Information**  
You must register for all swim programs through the **AQUATIC INSTRUCTOR @**  
905-688-3550 ext 148 and attend therapy or clinics at NPCC

## **OPEN THERAPY SWIMS** (limited to 6 clients in the pool)

**Tuesdays 11:15-11:45**

**Jan 10-Mar 27/2012** no swims March 13/2012

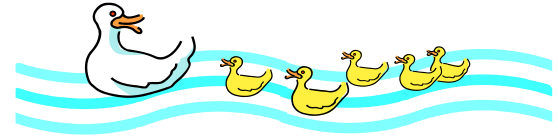
**Wednesdays 11:15-11:45**

**Jan 11-Mar 28/2012** no swims March 14/2012

**Fridays 11:15-11:45**

**Jan 13-Mar 23/2012** no swims Feb 17, March 09&16/2012

NPCC pool welcomes local special needs classrooms and their support staff to use the pool for supervised pool time.



## **NPCC THERAPEUTIC ZIP & DIP SWIM** (5-7 Participants in each group max)



**Tuesdays Jan 10-March 27/2012**  
**9:30-10:15, 3:45-4:30, 4:30-5:15**  
**No swims March 13/2012**

This **introductory group program** provides children with **physical disabilities** an opportunity to develop gross motor and swimming skills. Each child will have individual functional therapeutic goals and a program specific to those goals.

The purpose of the program is to allow participants to gain skills in pool that they can transfer back to a pool in their own communities. A physiotherapist and an aquatic instructor will provide the program with support staff as needed.

## **INFANT EDUCATION -WATER PLAY PROGRAM**

**For children 3 months—  
30 months of age**

**Thursdays 10:45-11:15**

**Jan 12-Mar 29/2012 No swim March 15**



**The Infant Water Play/ Water Play 2 Program** is a fun way for infants and toddlers to enjoy the physical benefits of the water. Play-based activities in the pool help children to develop a stronger respiratory system, improved gross motor development, strength and endurance. The introduction to water at a young age assists in stimulating their awareness, making them more confident and relaxed in everyday life. Programming will be developed and led by a lifeguard. **Caregivers are required to be in the pool with their children.**

## **WATER PLAY 2**

**For children aged 2.5—5 years of age**

## **Therapeutic Fitness-Endurance Swim Group**

**(4-7 participants max)**

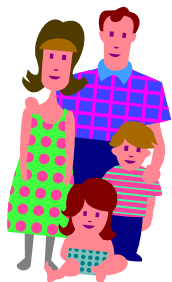
**Thursdays: 3:30 – 4:15pm**

**Jan 12-Mar 29/2012**

**No swim March 15**



A group swim for children with special needs that are able to swim with/without support of a PFD (lifejacket) or a swim belt. This group allows children the opportunity to continue to develop swimming skills and to increase their strength, endurance and overall



**FAMILY SWIM**  
**Thursdays 4:30-5:30**  
**Jan 12-Mar 29/2012**  
**No swim March 15/2012**

Family swim is a **non-structured** program for families with children who attend therapy or clinics at NPCC to enjoy the pool at their own leisure.

## **Swim and Activity** (4-6 participants max)

**Wednesday Jan 18-Mar 7/2012 4:00-5:30**

A recreational swim followed by activities in the gym for children 6-12 years of age. This is a caregiver supported swim program. Please arrange to attend with your child.

TO REGISTER CONTACT:

Karen Natho Recreation Therapist

(905) 688-1890 ext.127

[karen.natho@npcc.on.ca](mailto:karen.natho@npcc.on.ca)