**Golden Hawk Pool – Fall Schedule**  
October 3 to December 17, 2020  

**Note:** Instructional Swim cancellation dates: December 12 to 17

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Recreational Swim</td>
<td>Aqua Yoga 9:00am to 9:50am</td>
<td>Aqua Fitness 9:00am to 9:50am</td>
<td>Aqua Yoga 9:00am to 9:50am</td>
<td>Aqua Fitness 9:00am to 9:50am</td>
<td>Tots &amp; Preschoolers Swim 9:00am to 9:50am</td>
<td>Instructional Classes 12:00pm to 3:50pm</td>
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<td>1:00pm to 2:15pm</td>
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<tr>
<td>Recreational Swim</td>
<td>Senior Lap Swim 10:00am to 10:50am</td>
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<td>Pool Rental 4:00pm to 5:00pm</td>
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<td>2:30pm to 3:45pm</td>
<td>Adult/Senior Recreational Swim 11:00am to 11:50am</td>
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<td>Pool Rental</td>
<td>Lap Swim 12:00pm to 1:00pm</td>
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<td>Lap Swim 12:00pm to 1:00pm</td>
<td>Pool Rental 5:30pm to 6:30pm</td>
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<td>Pool Rental</td>
<td>Instructional Classes 5:00pm to 7:00pm</td>
<td>Autism Swim Program 5:30pm to 7:30pm</td>
<td>Instructional Classes 5:30pm to 7:30pm</td>
<td>Instructional Classes 5:00pm to 7:30pm</td>
<td>Recreational &amp; Teen Night Swim 6:00pm to 7:30pm</td>
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<td>Instructional Classes</td>
<td>Lap Swim 7:40pm to 8:40pm</td>
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*Pool will be closing at 3:50 pm on Saturday, October 31st for Halloween.*

**Maximum Capacities (on a first come first serve basis)**

- Adult Lap Swim: 10 participants (ages 16+)
- Aqua Yoga: 10 participants
- Parent & Tots: 12 total participants
- Pool Rentals: 20 participants
- Recreational Swims: 25 participants
- Senior Lap Swims: 10 participants
- Adult/Senior Rec Swims: 25 participants

**Swim Fees:**

- Recreational & Lap Swims: $3.00/visit/person or pool pass
- Senior Swims: $3.00/visit/person or Seasonal Activity or Pool Pass
- Aqua Yoga & Fitness: $3.00/visit/person
- Family Rate: $10.00/visit/family
- Frequent User Passes: $50.00 for 20 punches
- Yearly swim passes also apply to all pool sessions
- Pool Rentals: $90.00 for 2 hour rental
  (1st hour in pool, 2nd hour in Teen Room)
Miramichi Community Wellness & Recreation Department
Covid-19 Aquatic Recreational Program Guidelines

Forward:
All aquatic activities have been scheduled according to the recommendations from Lifesaving Society’s Guide to Reopening Pools and Guide to Training during COVID-19, as well as Public Health Department of New Brunswick.

Recreational Swims
Will be reduced to 25% of the pool’s maximum capacity to ensure a safe aquatic environment while being able to maintain the required 2m of physical distancing within the pool.
- Recreational swims will be scheduled in 1-hour 15-minute slots, with a minimum of 10 minutes between the next swim.
- Participants are encouraged to bring their own lifejackets, kickboards, fins, or pool noodles. Pool toys will not be available at this time. Please note lifejackets must be DOT (Canada) approved.

Senior Lap Swims
- Scheduled in 50-minute time slots. Maximum number of swimmers is 10, allowing for 2 swimmers per lane.

Adult/Senior Recreation Swim
- Scheduled in 50-minute time slots. Maximum number of patrons permitted during is activity is 25.

Aqua Yoga & Aqua Fitness Sessions
- Each is scheduled twice per week at Golden Hawk Pool. Maximum number of patrons permitted during either activity is 10.

Parent & Tots Swim
- Scheduled on Friday mornings at Golden Hawk Pool for a 50-minute time slot.
- The demographic for this open swim time is parents/guardians with children 6 years and under. The Maximum number of patrons permitted during is activity is 12.

Lap Swim
- Scheduled in 50-minute to 1-hour time slots. Maximum number of swimmers is 10, allowing for 2 swimmers per lane.

Deep Water Exercise
- Scheduled in 50-minute sessions, twice per week at the MVHS Pool. Maximum number of patrons permitted during is activity is 20.

Private Rentals
- Offered on Saturdays and Sundays for 1 hour each. There will be a limit on swimmers, as per Lifesaving Society Guidelines. Private rentals are booked with the Community Wellness & Recreation Department office only & in advance by calling 623-2300.

Masks must be worn at all times while in the change rooms and while seated in the designated spectator area with the exception of the pool & Showers.

Time allowed in the change rooms will be limited to 15 minutes before & 15 minutes after each activity to allow for movement of users. Users are asked to arrive as close to the “ready to swim” as possible. There will be not early admittance to the pool area.

Patrons will be encouraged to follow all Covid-19 guidelines and comply with all regulations in place for both their safety and the safety of the Aquatic Staff.