

SUMMER RECREATOR



JULY * AUGUST 2022

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Fort Frances Senior Centre TBA
Fort Frances Museum TBA
Fort Frances Library

REGISTRATION begins MONDAY, JUNE 20, 2022; online at 7am.



RECEPTION HOURS

Monday to Friday6:00am to 10:00pm
Saturday and Sunday8:00am to 10:00pm

STATUTORY HOLIDAYS

CANADA DAY: July 1, 2022..... **Facility Closed**

CIVIC HOLIDAY: August 1, 2022..... **Facility Closed**

MANAGEMENT RESERVES THE RIGHT TO:

Interrupt service for improvements to the facility with no fee alterations to memberships.

REGISTER ONLINE

To register online go to

www.fortfrances.ca/sportscentre

Click on “Join Today” box. Sign in or create an account.



COMMUNITY SERVICE DIVISION

MEMORIAL SPORTS CENTRE

740 Scott Street,
Fort Frances, Ontario
P9A 1H8
807-274-4561

www.fortfrances.ca/sportscentre

RECREATION AND CULTURE MANAGER

Tyler Young
807-274-4561 ext. 1717

tyoung@fortfrances.ca

LIFEGUARD SUPERVISOR

Rebecca Armit
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ADMINISTRATIVE ASSISTANT

Melissa Belluz
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mbelluz@fortfrances.ca

FORT FRANCES PUBLIC LIBRARY AND TECHNOLOGY

Joan MacLean
807-274-9879

jmaclean@ffpltc.ca

FORT FRANCES MUSEUM – CURATOR

Kayleigh Speirs
807-274-7891

kspeirs@fortfrances.ca



FORTFRANCES

BOUNDLESS

Membership Rates

ADULT (18 & OLDER)	Cost	With HST
Annual	540.35	610.60
6 Month	351.24	396.90
3 Month	190.35	215.10
Monthly	82.35	93.05
Daily	7.87	8.90

DEBIT PLAN

Annual/Month	46.05	50.88
6 Months/Month	58.54	66.15

STUDENT (13 & OLDER)	Cost	With HST
Annual	268.55	303.46
6 Month	181.50	205.10
3 Month	97.35	110.01
Monthly	57.00	64.41
Daily	6.45	7.29

DEBIT PLAN

Annual/Month	23.40	25.29
6 Months/Month	31.25	34.18

*Students over the age of 18 must bring a copy of enrollment verification from school.

CHILD (5 & OLDER)	Cost
Annual	85.35
Daily	4.45

*Child memberships are not permitted in fitness weight room.

FAMILY ANNUAL	Cost	With HST
Adult	540.35	610.60
Spouse	450.17	508.70
Student	231.50	261.60
Child	71.91	81.25

SENIOR (60 & OLDER)	Cost	With HST
Annual	412.61	466.25
6 Month	268.36	303.25
3 Month	145.27	164.15
Monthly	62.96	71.15
Daily	6.10	6.90

DEBIT PLAN

Annual/Month	35.40	38.85
6 Months/Month	45.75	50.56

LOCKER RENTAL

	Cost	With HST
3 Months	33.05	37.35
6 Months	48.45	54.75
Annual	72.79	82.25

MEMBERSHIPS INCLUDE:

The casual use of the weight room, squash courts, and pool. Also included are these programs: Aerobics, Aquafitness, Aqualite (dependent upon availability), Public Skates and Shiny Hockey. Please refer to the schedule for available times. As a member we ask that you register for these programs to ensure adequate space. Classes have limited enrolment so please register early.

*5 days passes are available for purchase online.

FACILITY INFO

WHAT WE HAVE TO OFFER

- Municipally operated facility
- 1, 3, 6- and 12-month memberships (no initiation fee)
- 25 Meter Pool
- Red Cross & Lifesaving Swim Lessons
- Aquafitness & Aqualite Programs
- Fitness Classes
- 2 International Squash Courts
- 2 Ice Surfaces
- Weight-room: Free Weights, Olympic Gym, Nautilus Equipment
- Cardio-Room: Treadmills, 2 Ellipticals, 1 Upright Bike, 1 Stepper, 1 Recumbent Bike, 1 Tread climber, 1 Row Machine, Spin Bike
- 1 Walking track (around 52 arena)
- 2 Meeting Rooms
- Auditorium



FORTFRANCES

BOUNDLESS

REFUNDS OR TRANSFER

Memberships are not transferable. Membership is refundable but a \$10 administration charge is applied, and the fee will revert to the monthly membership rate.

REFUND POLICY

For a \$10 administration fee refunds are available 5 days prior to the beginning of a program. To receive a refund for medical reasons a medical certificate is required. Refunds must be done in writing within one week of injury.

MEDICAL

For those holding an active 3-month, 6-month, or annual membership, a membership may be put on hold for up to 3 months with a certified medical professional note provided. Only one extension or suspension adjustment will be allowed per membership term. Memberships that have expired will not be considered. Membership adjustments must not be less than 1 month.

CLASS SIZES AND POLICIES

The Community Service Division reserves the right to withdraw, postpone, cancel, or combine classes and limit registration. Class sizes are limited and are offered on a first come first serve basis.

WEIGHT ROOM POLICIES

The safety of our patrons is our number one priority. The successful prevention of accidents in an unsupervised weight room is influenced by the workout habits/practices used.

- Weight and cardio fitness rooms are available for use by persons 13 years old and up.
- Proper footwear/clothing is always mandatory.
- Return and clean up equipment after use.
- Do not drop free weights from any height.
- Do not move equipment.
- No fitness equipment or exercises in the squash courts or hallway at anytime
- No profane language will be tolerated.

PAYMENTS OPTIONS

Cash, Cheque, Interac, Visa & Mastercard are accepted. Pre-authorized debit plans available for 6-month and annual memberships only. To be withdrawn from your account on the 15th of every month. The first must be paid on date of purchase. Must bring in a void cheque and complete a pre-authorized form.

Management reserves the right to interrupt service for improvements to the facility with no fee adjustments to memberships.

The Town of Fort Frances is dedicated to barrier free sport, recreation and leisure programs and services for its residents. No persons will be denied access to programs. Arrangements may be made through **Tyler Young** or **Rebecca Armit**.

REGISTERING

Registration begins **MONDAY, JUNE 20, 2022, at 7AM** and can only be done online

<https://ca.apm.activecommunities.com/fortfrances>





ADMISSION REQUIREMENT (Lifesaving Society Standard)

Admittance policy concerning children under 10 years of age: The Society's drowning research shows that unattended youth are at a high risk of drowning during non-instructional swim settings. The Society recommends that all pools adopt a policy that children under 10 years of age not be admitted to the public recreational swimming unaccompanied unless they are able to pass the facility swimming test.

Children 6 – 9 years of age who are able to pass the facility swimming test must be accompanied by a parent or guardian who is at least 12 years of age and responsible for their direct supervision, with a maximum of four children for each parent or guardian. This ratio of non-swimmers to parents or guardians may be increased to a maximum of eight bathers to one parent/guardian (8:1) if lifejackets are worn by all non-swimmers in their charge. (In addition, children 6 – 9 years of age that are able to pass the swim test must have supervision within pool area)

Children under 6 years of age may not be admitted to the swimming pool unless they are accompanied by a parent or guardian who is responsible for their direct supervision, with a maximum of two children for each parent or guardian.

Parents/Guardians are responsible for the children in their care while in the facility and must directly supervise the children at all times.

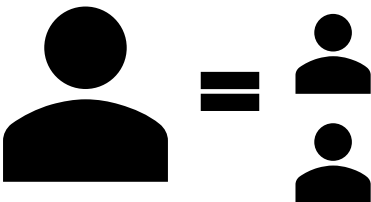
Swim Test Criteria: SWIM TO SURVIVE Standard in Shallow Water

- All participants of any age may be asked to take a swim test to determine if they will be able to enter the deep end of the pool, and/or if a guardian is required in the water for supervision.
- The swim test will include a front swim of 2 widths and treading water for 1 minute.
- During the front swim, the lifeguard must see an attempt at over arm recovery with a near horizontal body position and uninterrupted without touching the bottom.
- While treading water the lifeguard must see the participant maintain a vertical body position, with their head above water, while staying in one place.
- Children wearing personal floatation devices (water wings, lifejackets, etc.) will be permitted in the deep end of the pool upon the discretion of the lifeguard on duty at the time.

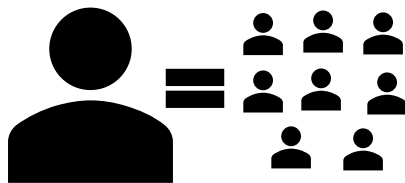
Changeroom Age Requirement:

- Children 6 and up are required to use their designated changerooms or the family changeroom.

Children 5 years of age and under



Children 6 to 9 years of age



Children 10 years and older tested





FORTFRANCES BOUNDLESS

POOL SCHEDULE

SUMMER POOL SCHEDULE - Effective June 26 - September 3, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	605-650am Aquafitness	605-930am Lane Swim	605-650am Aquafitness	605-930am Lane Swim	605-650am Aquafitness	
	7-8am Lane Swim		7-8am Lane Swim		7-8am Lane Swim	
	8-845am Aquafitness		8-845am Aquafitness		8-845am Aquafitness	
	9-945am Aqualite		9-945am Aqualite		9-945am Aqualite	
	10-12pm Day Time Lessons	10-12pm Day Time Lessons	10-12pm Day Time Lessons	10-12pm Day Time Lessons	10-12pm Day Time Lessons	
1130-130pm Family Swim	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	12-1pm Lunch Lengths	815-1130am Lane Swim
		1-230pm Summer Camps		1-230pm Summer Camps		
	130-330pm Toonie Swim		130-330pm Toonie Swim		130-330pm Toonie Swim	230-430pm Toonie Swim
	4-6pm Lessons	4-6pm Lessons	4-6pm Lessons	4-6pm Lessons	4-6pm Lessons	
	630-830pm 13+ Fitness	630-830pm Public Swim	630-830pm 13+ Fitness	630-830pm Public Swim		

*The schedule may be subject to change due to staff availability or other circumstances. Will advertise if needed!





SWIM DESCRIPTIONS

Lane Swim / Lunch Length: 18 years of age and older, swimming lengths of the pool or staying in one lane and stretching.

Aquafitness: Is an excellent cross training activity with little or no impact. It is as taxing to the muscles and cardiovascular system as land-based aerobics class from a calorie expenditure point of view. It provides balanced training of muscles which reduces the chance of injury. In the water the harder work, the more resistance you feel.

Aqualite: A program designed for people who have undergone surgery or have medical problem affecting their muscles or joints. Non-weight bearing exercises that isolate and strengthen the injured part. This program improves flexibility and increases range of motion, making daily living activities easier to accomplish.

13+ Fitness: 13 years of age and older, swimming lengths of the pool or staying in one lane and stretching.

Toonie Swim: Toys are allowed in the pool; buoy line divides shallow end and deep end. Pool Policy must be adhered during this swim. Toonie is paid by each swimmer.

Family Toonie Swim: **Parent(s) accompanies children into the water, only immediate family members allowed.** Toys are allowed in the pool, buoy line divides shallow end and deep end. Pool Policy must be adhered during this swim. Toonie is paid by adults.

Family Swim: **Parent(s) accompanies children into the water, only immediate family members allowed.** Toys are allowed in the pool, buoy line divides shallow end and deep end. Pool Policy must be adhered during this swim. Only the adults pay.

Public Swim: Toys are allowed in the pool; buoy line divides shallow end and deep end. Pool Policy must be adhered during this swim. Daily admittance is paid by each swimmer.





FORTFRANCES BOUNDLESS

Transfer Red Cross Preschool to Red Cross Swim Kids (Children must be 6 years & older for Swim Kids)

If they took Red Cross Swim Preschool:	And the level was marked:	Then enroll them in Red Cross Swim Kids:
Starfish Level (holding head up to 12 months)	Complete or Incomplete	1
Duck Level (12 months to 24 months)	Complete or Incomplete	1
Sea Turtle Level (24 months to 36 months)	Complete or Incomplete	1
Sea Otter Level (3-5 years old)	Complete or Incomplete	1
Salamander Level (3-5 years old)	Complete or Incomplete	1
Sunfish Level (3-5 years old)	Incomplete	1
Sunfish Level (3-5 years old)	Complete	2
Crocodile Level (3-5 years old)	Incomplete	2
Crocodile Level (3-5 years old)	Complete	3
Whale Level (3-5 years old)	Incomplete	3
Whale Level (3-5 years old)	Complete	4

Lessons	Cost	July 4 – 14 10 – 12pm 4 – 6pm	July 18 – 28 10 – 12pm 4 – 6pm	August 2 – 12 10 – 12pm 4 – 6pm	August 15 – 25 10 – 12pm 4 – 6pm
Starfish	Fee: \$78.90		10:00am		10:00am
Duck			10:40am		10:40am
Sea Turtle			11:15am		11:15am
Sea Otter		10:00am, 4:00pm	4:40pm	10:00am, 4:00pm	4:00pm
Salamander				10:40am	5:15pm
Sunfish			4:00pm		
Crocodile		11:15am			
Whale		11:15am			
Swim Kids 1		10:40am	5:15pm	11:15am	4:40pm
Swim Kids 2		11:15am			
Swim Kids 3				5:15pm	
Swim Kids 4		10:00am		10:00am	
Swim Kids 5		10:00am		10:00am	
Volunteer 1		4:00pm		4:00pm	
Volunteer 2	5:00pm		5:00pm		
Private	\$21.65 Per Lesson = \$194.85	10:40am, 4:40pm, 5:15pm	10:00am, 10:40pm, 11:15am	10:40am, 11:15am, 4:40pm	10:00am, 10:40am, 11:15am



LESSONS DESCRIPTIONS

STARFISH: (30 mins) holding head up – 12 months old. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

DUCK: (30 mins) 12 months – 24 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

SEA TURTLE: (30 mins) 24 months – 36 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

SEA OTTER: (30 mins) 3 -5 years old. Front and back floats assisted, glides, front swim 1M.

SALAMANDER: (30 mins) 3 -5 years old. Front and back floats, glides, roll overs, distance swim 2M.

SUNFISH: (30 mins) 3 – 5 years old. Front and back glides 5M, side glides with kick 2M, deep end floats, distance swim 5M.

CROCODILE / WHALE: (30 mins) 3 – 5 years old. Front and back glides, front, and back swim, kicking drills with aid, surface support, deep water activities, distance swim 10M / 15M.

SWIM KIDS 1: (30 mins) 6+ years old. Submersion, unassisted front and back floats and glides, rollover glides (assisted), distance swim 5M.

SWIM KIDS 2: (30 mins) 6+ years old. Front glides 10M, back glides 5M, side glides (assisted) 5M, deep water activities, distance swim 10M.

SWIM KIDS 3: (30 mins) 6+ years old. Front glides 15M, back/slide glides 10M, deep end floats, surface support 20 seconds, front swim 10M, distance swim 15M.

SWIM KIDS 4: (30 mins) 6+ years old. Surface support 45 seconds, front crawl 10M, distances swim 15M.

SWIM KIDS 5: (30 mins) 6+ years old. Front and back crawl 15M, whip kick 10M, tread water 1 min, distance swim 50M.

VOLUNTEER 1: (45 mins) Working on level 6 and 7 skills.

VOLUNTEER 2: (45 min) Working on level 8, 9 and 10 skills.

Cost: Lessons: \$78.90

PRIVATE: (30 min) Any level, One on one.

Private: \$21.65 per lesson = \$194.85



VOLUNTEER LEADERSHIP SWIM

Have you taken part in our summer volunteer leadership program? Would you like to become a lifeguard? Then why not continue with our swim programs.

We have designed a program to prepare you to be a lifeguard / instructor.



FORTFRANCES
BOUNDLESS

FITNESS CLASSES

*All participants must be 13 years of age & older.

CLASSES WILL BE CANCELLED DUE TO INSUFFICIENT ENROLLMENT.

Aquatic Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 25 – SEPTEMBER 3					
Aquafitness	6:05-6:50am 8-8:45am		6:05-6:50am 8-8:45am		6:05-6:50am 8-8:45am
Aqualite	9-9:45am		9-9:45am		9-9:45am

FITNESS CLASS DESCRIPTIONS

Aquafitness: Is an excellent cross training activity with little or no impact. It is as taxing to the muscles and cardiovascular system as land-based aerobics class from a calorie expenditure point of view. It provides balanced training of muscles which reduces the chance of injury. In the water the harder work, the more resistance you feel.

Instructor: Varies

Aqualite: A program designed for people who have undergone surgery or have medical problem affecting their muscles or joints. Non-weight bearing exercises that isolate and strengthen the injured part. This program improves flexibility and increases range of motion, making daily living activities easier to accomplish. **Instructor: Varies**





SUMMER PROGRAMS: EXPECTATIONS FOR 2022

Rules and Expectations for Summer Programs:

“When we are at camp, we...”

1. Respect councilors, fellow campers, and other people we may see during the day
2. Keep our bins, tables, and play areas clean and tidy
3. Listen to our councilors and other adults during activities and field trips
4. Help other campers and our councilors when they need help
5. Have as much fun as we can!



Whistle expectations:

- 1 whistle = stop what you’re doing and listen
- 2 whistles = stop what you’re doing, quickly clean up and come to the councilors

Reminders for parents so that we have an exceptional Summer!

Snacks and Lunch: Please send your camper(s) with a lunch, multiple snacks, drinks, and a water bottle each day.

Water Games: Campers should come prepared to participate in water activities/swimming each day. Please send a towel and swimsuit with your camper.

Field Trips: When field trips are scheduled, we will be using a bus as our way of transportation. Please make sure that when permission forms are required, they are signed Monday mornings during drop off.

Sun Sense: Please send your camper with sunscreen and a hat each day, as we try to be outside most of the day.

Camper Pick Up: If someone who is not listed on the registration form is picking up your camper from camp, please inform your child’s counsellor in advance.

Active Campers: Please send running shoes or sports sandals with your camper for active games.

Walking Policy: For your child to walk to and from camp, you need to fill out our Walking Policy form.

Drop Off/Pick Up: Camper drop-off is between 8:00-9:00 am and pick-up is between 4:00-5:00 pm. Please be advised that we have a late policy in place. You will be charged if your camper is not picked up by 5:00pm each day, if this occurs more than once further action may be taken.

Medical Conditions/Allergies: if your child has any known medial conditions/allergies please inform your camper’s counsellors (bees, peanuts/tree nuts, gluten, dairy, etc.).

Camper Absence: To report a camper absence please call the Memorial Sports Centre at 274-4561 and leave a message for Averi King or inform your child’s counsellor in advance.

They’re back! We will be selling Jumbo Freezies every day for \$1.00



FORTFRANCES
BOUNDLESS

FORT FRANCES LIBRARY TECHNOLOGY CENTRE



Reading fun for kids,
from Canada's
public libraries

Get Your Summer Read On!

Visit your library
and register for
the TD Summer
Reading Club!



Ages 3-13

**Register at the Fort Frances Public Library Technology
Centre starting June 27th!**

Great Prizes!

tdsummerreadingclub.ca

Co-created and delivered by over 2,200 public libraries across Canada, this national bilingual program is developed by Toronto Public Library in partnership with Library and Archives Canada. Sponsorship is generously provided by TD Bank Group.



Developed by



In partnership with



This program





FORTFRANCES
BOUNDLESS

FORT FRANCES LIBRARY TECHNOLOGY CENTRE

Coming this summer to the library!

A different activity
every day!

**TD Summer
Reading Program!**

STEM!

Art!

Prizes!

Outdoor play!

**Board
games!**

Movies!

Tech!

**Watch our Facebook page
and ffpltc.ca for details!**

