

2023 SPRING | SUMMER

RECREATION ACTIVITY GUIDE



DAY CAMPS GALORE

Offering supervised day camps in a social setting for school aged children, 4-13, during the summer, PA days, winter break, and March break periods. Campers learn and explore through play and crafts while meeting new friends.



IT'S SWIM SEASON!

Each season, we teach life-saving water safety techniques and skills to over 1,500 children. The Lions Pool celebrates over 90 seasons of providing lessons, public/lengths swims, swim team, free swims and private rentals.



ACTIVE ADULTS 55+

Administered through the City, SLAAA offers over 25 weekly programs and activities for those at least 55 years of age or fully retired. Arts and crafts, dance, education, games, restorative fitness and music.



STRATFORD LIONS POOL

15 WILLIAM STREET, STRATFORD | 519-271-0757 (SEASONAL)



POOL AMENITIES / INFORMATION

- Heated 28°C (82°F) pools
- 25 metre, 6-lane deep pool
- Zero-depth beach entry into 25m leisure pool
- Spray Water Features
- Change/Washroom Facilities
- Accessible

SWIM LESSONS

We offer over 300 swim lesson times from July 3 until August 25, grouped in four 2-week sessions throughout the summer. We use the Lifesaving Society lesson programs. If you or your child have taken swimming lessons in another program, see stratfordrecreation.ca or call 519-271-0757 (seasonal) to find the course equivalent!

BIRTHDAYS & CORPORATE RENTALS

Let us host your child's birthday party, private or corporate event. To reserve, call 519-271-0757.

- \$200 / hr (1 - 30 swimmers)
- \$230 / hr (31 - 125 swimmers)

PROMOTE YOUR BUSINESS / ORGANIZATION

- Sponsor a PAID swim \$350 / 2 hour swim
- Sponsor a FREE swim \$1,110 / 2 hour swim

For info, visit stratfordrecreation.ca or call 519-271-0757. Where applicable, taxes are extra.

WATER FITNESS: JULY 3 TO AUGUST 25

Weekdays, 11 - 11:45 am

A shallow water fitness workout in chest deep water. Participants should be comfortable in chest deep water. Pre-registration is required.

ADMISSION RATES

	SINGLE SWIM	SEASON PASS
CHILDREN (under 2)	FREE	
CHILDREN (2 - 15 yrs)	\$4	\$92
YOUTH (16 - 18 yrs)	\$4	\$105
SENIORS (55 yrs +)	\$4	\$112
ADULTS (19 - 54 yrs)	\$4	\$150
FAMILY (2 adults & children)	\$15	\$288
PRIVATE RENTALS	See Birthdays & Corporate Rentals	

Purchase passes through stratfordrecreation.ca or at the Stratford Lions Pool, 15 William Street.



PUBLIC SWIM SCHEDULE

PRE-SEASON: JUNE 9 - 30

MONDAY TO FRIDAY

4:30 – 5:30 PM	Lengths
6 – 8 PM	Open Swim

SATURDAY & SUNDAY

2 – 4 PM	Open Swim
4:30 – 5:30 PM	Lengths
6 – 8 PM	Open Swim

REGULAR SEASON: JULY 1 TO AUGUST 27

MONDAY TO FRIDAY

7 – 8 AM	Lengths
8 – 9 AM	Swim Team (begin July 3)
9 AM – 12 PM	Swim Lessons (begin July 3)
12:15 – 1 PM	Lengths & Family Swim
1:15 – 2:15 PM	Day Camps (except Tuesday)
2:30 – 4 PM	Open Swim
4 – 6 PM	Swim Lessons (begin July 3)
5:30 – 6:15 PM	Lengths & Swim Lessons
6:30 – 8:30 PM	Open Swim

SATURDAY & SUNDAY

12 – 1 PM	Lengths & Family Swim
1 – 1:45 PM	Family Swim
2 – 4 PM	Open Swim
5 – 6 PM	Lengths
6:30 – 8:30 PM	Open Swim

POST-SEASON: AUGUST 28 – SEPTEMBER 3

DAILY

12:30 – 1:30 PM	Lengths & Family Swim
2 – 4 PM	Open Swim
4:15 – 5:15 PM	Lengths & Family Swim
5:30 – 7:30 PM	Open Swim



LESSON REGISTRATION GUIDE

REGISTER AT [STRATFORDRECREATION.CA](http://stratfordrecreation.ca)

LEVEL	AGE	GENERAL SKILL REQUIREMENTS FOR SUCCESSFUL COMPLETION
ADAPTED AQUATICS	3 years +	Emphasis is placed on individualized experience in a positive, safe, reinforcing environment.
PARENT AND TOT	4 months - 3 years	Participation with parent/caregiver in water activities. Once child is 3 years of age, they will progress to Preschool 1. Progression in this level is solely based on age and not skill.
PRESCHOOL 1	3 - 5 years	Front/back floats, glides, entries and exits, overall comfortability in the water.
PRESCHOOL 2	3 - 5 years	Front/back floats, glides, jump into chest-deep water with a lifejacket, submerging and exhale underwater.
PRESCHOOL 3	3 - 5 years	Glides with kicking on front and back, jumping forward and sideways in deep water with a lifejacket, recovering objects in chest deep water.
PRESCHOOL 4	3 - 5 years	Flutter kick, front crawl, jump into chest deep water, open eyes underwater (without goggles).
PRESCHOOL 5	3 - 5 years	Front/back crawl, forward roll in deep water, whip kick with a buoyant aid in a vertical position (20 sec.), surface support (10 sec.), submerge and hold breath underwater (5 sec.).
SWIMMER 1	5 - 14 years	Front/back floats, front/back/side glides, flutter kick (5m), front crawl, hold breath underwater (5 sec.), open eyes underwater (without goggles).
SWIMMER 2	5 - 14 years	Flutter kick on front, back and side (7m), front and back crawl (5m), surface support (10 sec.), jump into deep water (assisted), interval training flutter kick (2 x 5m).
SWIMMER 3	5 - 14 years	Front/back crawl (10m), flutter kick on front, back and side (10m), whip kick (30 sec. in vertical position with buoyant object), surface support (15 sec.), interval training flutter kick (4 x 5m).
SWIMMER 4	5 - 14 years	Front/back crawl (15m), whip kick on back (5m), in-water front somersaults and handstands, surface support (20 sec.), interval training flutter kick (2 x 15m).
SWIMMER 5	5 - 14 years	Front and back crawl (15m), whip kick on back (10m), in-water front somersaults and kneeling dive, surface support (30 sec.), interval training flutter kick (4 x 15m).
SWIMMER 6	5 - 14 years	Front/back crawl (25m), whip kick on front (15m), elementary backstroke (10m), standing dives, surface support (1 min.), swim underwater (5m).
SWIMMER 7	5 - 14 years	Front/back crawl (50m), breaststroke (25m), elementary backstroke (15m), scissor kick (15m), head-up front crawl (10m), tread water (2 min), shallow dives, eggbeater kicks, and in-water backward somersault, interval training of 4 x 50 m front or back crawl and 4 x 15m breaststroke, 25m sprints of front and back crawl.
SWIMMER 8	5 - 14 years	Front/back crawl (100m), breaststroke (50m), elementary backstroke (25m), head-up swim (25m), eggbeater kick on back (15m), stride entries, compact jumps, swim 300m.
SWIMMER 9/ ROOKIE PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (50m), obstacle swim (25m), object carry (15m), fitness swim (350m), timed swim (100m in 3min), assessment of conscious victims, contacting EMS, and treatment for bleeding.
SWIMMER 10/ RANGER PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (75m), rescue with a buoyant aid, tread with object (1 min), timed swim (200m in 6min), assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.
SWIMMER 11/ STAR PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (100m), fitness swim (600m), timed swim (300m in 8min), object carry (25m), victim removals, supporting a victim face up in shallow water, care for bone and joint injury, care for respiratory emergencies (asthma and allergic reactions).
LIFEGUARD PRE-CERTIFICATIONS	PROGRAM REQUIREMENTS FOR SUCCESSFUL COMPLETION	
BRONZE STAR <i>Successful completion of Swimmer 9, 10, 11</i>	This award delivers high-performance training for skilled pre-teens. It provides excellent preparation for success in Bronze Medallion. Bronze Star is a prerequisite for the Bronze Medallion award if participants want to take Bronze Medallion before they are 13 years old. Completion of Bronze Star includes CPR-A.	
BRONZE MEDALLION <i>Successful completion of Bronze Star or 13 yrs +</i>	This award teaches understanding of lifesaving principles including judgment, knowledge, skill & fitness. Lifesavers learn to respond to increasingly complex situations & varying degrees of risk. Bronze Medallion is a pre-requisite for the Bronze Cross Award. Completion of Bronze Medallion includes CPR-B.	
BRONZE CROSS <i>Successful completion of Bronze Medallion</i>	This award is designed for lifesavers desiring advanced training, including an introduction to safe supervision in aquatic facilities. Teamwork is emphasized & lifesavers learn how to rescue a spinal-injured victim. Bronze Cross is a pre-requisite for all advanced training programs in lifesaving, lifeguarding & leadership.	



LESSON SCHEDULE

The Stratford Lions Pool offers high quality swim lessons in four 2-week sessions throughout the summer. Course guides and registration are available at stratfordrecreation.ca.

- SESSION 1: July 3 – 14
- SESSION 2: July 17 – 28
- SESSION 3: July 31 – August 11
- SESSION 4: August 14 – 25

LIFESAVING SOCIETY SWIM LESSONS

30 MINUTES / \$86

PARENT AND TOT	9:30, 11:30am, 5pm
PRESCHOOL 1	9, 9:30, 10:30, 11, 11:30am, 5, 5:30pm
PRESCHOOL 2	9, 9:30, 10, 10:30, 11, 11:30am, 5, 5:30pm
PRESCHOOL 3	9, 9:30, 10:30, 11am, 4, 4:30pm
PRESCHOOL 4	9:30, 10am, 4pm
PRESCHOOL 5	10, 10:30am, 5:30pm
SWIMMER 1	9, 10:30, 11am, 4:30, 5pm
SWIMMER 2	9, 11am, 4:30pm
SWIMMER 3	9, 10, 10:30am, 5pm
SWIMMER 4	9, 9:30, 10, 10:30am, 5pm
SWIMMER 5	9, 9:30, 10, 10:30am, 5pm

45 MINUTES / \$96

SWIMMER 6	9am, 4:45pm
SWIMMER 7	9, 10:15am, 4:45pm
SWIMMER 8	9:45am, 4:45pm
SWIMMER 9	9:30am, 4pm

1 HOUR / \$102

SWIMMER 10	10am, 4pm
SWIMMER 11	10am, 4pm



LIFEGUARD PRE-CERTIFICATION PROGRAMS

BRONZE STAR <i>(1 hour / \$102)</i>	11am – 12pm, 4 – 5pm
BRONZE MEDALLION <i>(3 hours / \$230)</i>	7 – 10am
BRONZE CROSS <i>(3 hours / \$230)</i>	7 – 10am

SPECIALIZED AQUATIC PROGRAMS

ADAPTED AQUATICS <i>(30 minutes / \$86)</i>	10, 11am, 4, 5pm
SWIM TEAM <i>(Season / \$165)</i>	8 – 9am
WATER FITNESS <i>(45 minutes / \$5)</i>	11 – 11:45am, 4 – 4:45pm

DAY CAMPS



REGISTER ONLINE AT [STRATFORDRECREATION.CA](http://stratfordrecreation.ca) | 519-271-0250 EXT. 249



Day camps will include crafts, games, activities, outdoor sports, excursions, and an afternoon leisure swim at the Stratford Lions Pool (each day of camp except on Tuesdays).

HOURS OF OPERATION

Monday - Friday, 8:30 am - 4:30 pm
Camps are closed on the Civic Holiday.

CAMP FEES

5-day week / \$155 per participant
4-day week / \$125 per participant
10-day week / \$375 per participant
(Swim Day Camp, July 17 – 28)

CAMP LOCATIONS BY AGE

4 to 6 years – Stratford Rotary Complex
4 to 9 years – Stratford Agriplex
7 to 13 years – Stratford Agriplex

CAMP SCHEDULE

WEEK 1: July 3 - 7
WEEK 2: July 10 - 14
WEEK 3: July 17 - 21 *
WEEK 4: July 24 - 28 *
WEEK 5: July 31 - August 4
WEEK 6: August 8 - 11 (4-day)
WEEK 7: August 14 - 18
WEEK 8: August 21 - 25
WEEK 9: August 28 – September 1 **

EXCEPTIONS

* In **WEEKS 3** and **4**, the 4 – 9 years camp will become the two-week Swim Day Camp. See the following page.

** In **WEEK 9**, we will offer two camps only for ages 4 – 6 and 7 – 13.

DAY CAMP FAQ'S

WHAT SHOULD I SEND WITH MY CHILD?

Each day, participants should plan to bring:

- Lunch & 2 snacks (Note: Must be nut free)
- Water bottle & drinks for the day
- Bathing suit & towel (Excludes Tuesday)
- Sunscreen
- Sun hat
- Comfortable walking/running shoes (we do a lot of walking!)
- Change of clothes

WHAT IS THE LEADER: CHILD RATIO?

4 - 6 yrs old; 1:7 & 4 - 9 & 7 - 13 yrs old; 1:10
The city's program and services are provided in a manner that respects the dignity and independence of persons with disabilities.

SWIM DAY CAMP

\$375/2-week camp (includes swim lesson fee).
This camp includes all the fun activities of our other day camps (crafts, games, excursions, leisure afternoon swimming) however, our Camp Leaders will also take your child to the Stratford Lions Pool each morning of camp for a 30-minute lesson by certified Swim Instructors. Operates July 17 – 28, and participants will register and attend in both weeks of camp.

DO YOUR CAMPS HAVE LEISURE SWIMMING IN THE PROGRAM?

Yes. All camps swim Monday to Friday, except on Tuesday, at the Stratford Lions Pool from 1:15 - 2 pm. It is our policy that children 6 years or younger wear a life jacket (that will be supplied), and remain in the splash pool.

DO YOU OFFER A CONCESSION BOOTH?

Yes. Each site offers freebies and we will host a pizza lunch every Friday. These items are included in camp registration fees.

AM I ABLE TO REACH THE CAMP STAFF?

Yes. Each camp has an onsite cell phone. The number will be provided in an introductory welcome email sent prior to the start of camp.

SIGN IN/SIGN OUT PROCEDURES

It is mandatory for anyone picking up a child to use our sign in/out process. This ensures each

child leaves camp with the authorized adult. Plan to notify staff daily as to who this will be.

BEHAVIOURAL EXPECTATIONS & CODE OF CONDUCT

Our staff and campers come to comfortably participate in programs, not to become victims of violence, threatening behaviour, physical or verbal abuse or discrimination.

Anyone attending a City facility and/or program is expected to conduct themselves in a professional manner and must refrain from using any offensive language, rude or intimidating behaviour.

Where violation of this code exists, staff will take preventative measures to de-escalate and will intervene immediately.

Resolution of such situations and scenarios will be communicated to the corresponding parties and may result in the removal of a participant from program or facility.



FINANCIAL ASSISTANCE

You may be eligible for a childcare subsidy through the City's Social Services Department. Please inquire at 519-271-3773 ext. 254 or 1-800-669-2948.

HOW CAN I REGISTER?

Online at stratfordrecreation.ca, by calling 519-271-0250 ext. 249 or visiting the Stratford Agriplex at 357 McCarthy Road, Monday to Friday, 8:30 am to 12 pm and 1 to 4:30 pm.



STRATFORD AGRIPLEX, 357 MCCARTHY ROAD | 519-271-4310
STRATFORDACTIVEADULTS.CA

The Stratford Lakeside Active Adults Association provides programs and activities to those who are 55 years of age and older, as well as those not yet 55 years of age, but completely retired. The Association has an annual membership fee and low-cost activity fees. With over 600 members registered, we welcome you to become a member.

To arrange a facility and program tour, please visit the Stratford Agriplex main office reception during regular business hours.

PRE-REGISTER TO JOIN OUR ACTIVITIES

BUY A SLAAA MEMBERSHIP (STEP 1 OF 2)

STEP 1 - You'll need to buy a SLAAA membership (if not already purchased for the year).

- Log into your Online Recreation Registration account at www.stratford.ca/recConnect.
- Click on "My Info".
- Click on the name of the member you want to buy and assign a membership.
- On the screen "Organization Member Detail", you should see the family member you just selected.
- Click on "Buy Membership" - a light grey button in the right-hand corner.
- Choose the SLAAA membership.
- Continue through the shopping cart process.
- You can add a number of purchases into your cart before checking out. Just make sure to repeat instructions above to correctly assign the membership to the right family member.

REGISTER TO PARTICIPATE (STEP 2 OF 2)

STEP 2 - Once you have successfully purchased your SLAAA membership, you can register to participate in activities. Follow these steps:

- Log into your Online Recreation Registration account.
- Click on "Book Me".
- Click on "Register" to see our Active Adults (55+) link under "Select a program or facility".
- Click on the "Active Adults (55+)" link to be taken to the list of activities you can register into.
- Search for your preferred activity and register.

PRE-REGISTRATION IS REQUIRED.

PLEASE CALL 519-271-4310 OR VISIT THE STRATFORD AGRIPLEX OFFICE AT 357 MCCARTHY ROAD, MONDAY TO FRIDAY, 8:30 AM TO 12 PM AND 1 TO 4:30 PM.

ACTIVE ADULT ACTIVITIES SCHEDULE



ACTIVITY	DAY	TIME	LOCATION	COST	<i>Per session unless noted</i>
Arts, Crafts & Chats (Fibre Arts)	Tuesday	1 - 3pm	Boardroom	Free	
Arts, Crafts & Chats (Painting/Drawing)	Thursday	1 - 4pm	Boardroom	Free	
Billiards	Monday - Sunday	9am - 9pm	Billiards Room	\$25/year	
Bridge: Duplicate	Monday	1:30 - 4:30pm	Second Floor Hall	Free	
Bridge: Duplicate	Tuesday	7 - 10pm	Second Floor Hall	Free	
Cribbage	Thursday	1 - 4pm	Second Floor Hall	\$.50	
Crokinole	Monday	7 - 9pm	Market Hall	Free	
Euchre: Recreational	Tuesday	1 - 4pm	Market Hall	\$.50	
Euchre	Saturday	7 - 10pm	Market Hall	\$.50	
Lapidary	Tuesday and Friday	9 - 11:30am	Lapidary Workshop	\$50 one-time FEE	
Line Dancing	Monday	10am - 12pm	Market Hall	\$4	
Low Impact Fitness	Tuesday, Wednesday and Friday	11:15am - 12pm	Second Floor Hall	Free	
Pepper	Monday	9:30am - 12pm	Second Floor Hall	\$.50	
Pickleball (October - April)	Monday - Friday	Varies	Fieldhouse	To be determined for 2023/24	
Shuffleboard	Monday	1:30 - 3:30pm	Market Hall	\$.50	
Solo	Wednesday	1:30 - 4pm	Market Hall	\$.50	
Woodcraft	Monday - Friday	8:30am - 4:30pm	Woodcraft Workshop	\$20/year + \$2/day	

Current schedule as of April 15, 2023. For an up-to-date schedule, please see stratfordactiveadults.ca.





FUEL YOUR LOVE FOR RECREATION, SPORT AND LEISURE ACTIVITIES.

The City of Stratford recognizes that staying active as an adult is important for personal independence and to help support a healthy, active social life. Our drop-in programs are for those adults who are 35 years of age and older, and do not require a membership.



LIVFIT EXERCISE WITH DIANE HERNDEN

Diane will lead you through a safe and effective group exercise program to increase muscle strength and balance. Lots of laughs in a friendly atmosphere that celebrates individual strengths and abilities.



YOGA WITH BECCA

Join Becca for well-balanced, weekly yoga classes (chair and/or flow). Practice postures that facilitate balance and coordination, strength, and mobility with mindful breathing.

ADULT RECREATION ACTIVITIES SCHEDULE



PRE-REGISTER TO JOIN OUR ACTIVITIES

To participate in activities, you must pre-register at www.stratford.ca/reconnect, visit the Stratford Agriplex office at 357 McCarthy Road, Monday to Friday, 8:30am to 12pm and 1 to 4:30pm, or call 519-271-4310 during office hours.

For more information, visit www.stratfordrecreation.ca.

ACTIVITY	DAY	TIME	LOCATION	COST	<i>Per session unless noted</i>
LivFit Exercise	Monday	8:45 – 9:45am	Market Hall	\$8	
LivFit Exercise	Thursday	9 - 10am	Fieldhouse	\$8	
Volleyball	Tuesday	2 - 3:15pm	Fieldhouse	\$5	
Yoga: Chair	Thursday	9:30 - 10am	Second Floor Hall	\$5	
Yoga: Flow	Monday	10:15 - 11:15am	Rotary Complex	\$8	
Yoga: Flow	Thursday	10:15 - 11am	Second Floor Hall	\$8	





Cemetery, Parks & Forestry, Parallel Transit, Recreation, Transit

The Community Services Department is guided by Stratford City Council.

COMMUNITY SERVICES SUB-COMMITTEE

Councillor Beatty (Chair),
Councillor Sebben, Councillor Wordofa, Councillor Briscoe, Councillor Henderson

COMMUNITY SERVICES DEPARTMENT STAFF

Director of Community Services	Tim Wolfe	519-271-0250 ext. 248
Community Facilities Manager	Mark Hackett	519-271-0250 ext. 269
Parks, Forestry and Cemetery Manager	Quin Malott	519-271-0250 ext. 246
Recreation & Marketing Manager	Brad Hernden	519-271-0250 ext. 286
Transit Manager	Michael Mousley	519-271-0250 ext. 347
Facilities Maintenance Supervisor	Jason Falk	519-271-0250 ext. 247
Parks & Forestry Supervisor	Shawn Hummel	519-271-0250 ext. 276
Transit Supervisor	Nathaniel Smith	519-271-0250 ext. 405
Recreation Services Coordinator	Jeff Otten	519-271-0250 ext. 287
Events Coordinator	Heather Denny	519-271-0250 ext. 270

COMMUNITY SERVICES DEPARTMENT FACILITIES

Arenas

All Ice Bookings		519-271-0250 ext. 252
Dufferin Arena	51 Oak Street	519-271-8860
Rink A & Rink B (Rotary Complex)	353 McCarthy Road	519-271-5822
William Allman Memorial Arena	15 Morenz Drive	519-271-2161
Avondale Cemetery	4 Avondale Avenue	519-271-0250 ext. 244
Parallel Transit Office	60 Corcoran Street	519-271-4000
Parks & Forestry Office	4 Avondale Avenue	519-271-0250 ext. 244
Stratford Lions Pool (summer only)	15 William Street	519-271-0757
Stratford Agriplex	357 McCarthy Road	519-271-0250 ext. 249
Stratford Rotary Complex	353 McCarthy Road	
Community Hall Bookings	357 McCarthy Road	519-271-0250 ext. 287
Arena Event Bookings	353 McCarthy Road	519-271-0250 ext. 252
Transit Office	60 Corcoran Street	519-271-0250 ext. 264