

Inclusion

Family and Friends Swim

South Oshawa Community Centre
1455 Cedar St. Oshawa



The South Oshawa Community Centre looks like this.



I will enter the building through these doors.



When I enter the building, this is what I will see.



**The floor is like a long ramp.
I will make my way up the ramp so I can check in
for swimming.**

At the top of the ramp is the reception desk.



This is where I will check in for swimming.

I will go through the sliding doors and look for this sign.



The change rooms look like this.



The change rooms are nice and big and there are two water transfer chairs if needed.



There is a plinth with a hoyer lift too!



**Lockers are available to use for a quarter or
I can bring my own lock.**



On the way to and from the pool, I will pass through the showers.



It is a good idea to shower before and after swimming.

The pool has what is called a “beach entry”.



There is a “bubble bench” and a hot tub.



If I am 14 or older I can go in the hot tub.

**If I need help to get in the hot tub, I can use the
PAL lift.**





There is a water slide. To go on the slide I have to be 42 inches tall. The lifeguards can help me check to see if I am tall enough to ride. If I am not tall enough, that is ok; I can find another way to have fun.

**There are 2 pools.
The lane pool has a ramp.**



Pool Rules:

1. If I am under 6 years of age I will have to swim with an adult at all times.
2. If I am 7, 8, or 9 years of age I will have to pass a swim test to swim on my own in the shallow & deep end.
3. If I am over 10 years of age I can swim on my own in the shallow end but I will have to pass a swim test to swim in the deep end.
4. Lifejackets are only used in the deep end during swimming lessons.
5. If I do not pass the swim test, that is ok. I can try again another time.

**There will be lifeguards there to keep me safe.
It is important to always listen to the lifeguards.**



Hope to see you there!



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For further information please contact:
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If this information is required in an accessible format, please contact Service Oshawa. Telephone: 905-436-3311, Email: service@oshawa.ca.