

**POOL SCHEDULE**

Members: Included

Non-members: Swim Pass

TIME	MONDAY					TUESDAY					WEDNESDAY					THURSDAY					TIME								
	LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL									
6:00am																					6:00am								
6:30am		Adult Only Lanes						Tri Club						Adult Only Lanes						Tri Club					6:30am				
7:00am																					7:00am								
7:30am								Adult Lessons														7:30am							
8:00am	Everyone Welcome					Everyone Welcome					Everyone Welcome					Everyone Welcome					Everyone Welcome								
8:30am																									8:00am				
9:00am									Lessons						Lessons							Lessons					8:30am		
9:30am																										9:00am			
10:00am			Shallow Aquafit						Lessons						Shallow Aquafit							Lessons					9:30am		
10:30am																					10:00am								
11:00am																					10:30am								
11:30am	Gentle Fit 11:15-12:00							Lessons						Lessons						Lessons					11:00am				
12:00pm						Everyone Welcome					Everyone Welcome					Everyone Welcome					Everyone Welcome	12:00pm							
12:30pm																									12:30pm				
1:00pm																									1:00pm				
1:30pm		50 & Better Swim		50 & Better Shallow Aquafit				50 & Better Swim						50 & Better Swim						50 & Better Swim		50 & Better Deep Aquafit			1:30pm				
2:00pm																									2:00pm				
2:30pm																					2:30pm								
3:00pm																					3:00pm								
3:30pm																					3:30pm								
4:00pm		Youth Swim		Youth Masters				Youth Swim						Youth Swim		Youth Masters				Youth Swim					4:00pm				
4:30pm																					4:30pm								
5:00pm																					5:00pm								
5:30pm																					5:30pm								
6:00pm																					6:00pm								
6:30pm		Intermediate Masters Swim Club																				6:30pm							
7:00pm	Everyone Welcome					Everyone Welcome					Everyone Welcome					Everyone Welcome					Everyone Welcome								
7:30pm			Deep Aquafit																					7:00pm					
8:00pm																										7:30pm			
8:30pm										Adult Lessons															8:00pm				
9:00pm																											8:30pm		
9:30pm																						9:00pm							
9:30pm																						9:30pm							

  

TIME	FRIDAY					SATURDAY					SUNDAY					TIME	LEGEND							
	LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL										
6:00am																					6:00am			
6:30am																					6:30am			
7:00am																					7:00am			
7:30am																					7:30am			
8:00am	Everyone Welcome																				8:00am			
8:30am																					8:30am			
9:00am									Masters Swim Club & Tri Club											9:00am				
9:30am									Preschool & School Age Lessons											9:30am				
10:00am			Shallow Water Aquafit																			10:00am		
10:30am																					10:30am			
11:00am	Gentle Fit 11:15-12:00																				11:00am			
11:30am																					11:30am			
12:00pm																					12:00pm			
12:30pm	Everyone Welcome																				12:30pm			
1:00pm																					1:00pm			
1:30pm			50 & Better Swim						Family Swim						Family Swim								1:30pm	
2:00pm																						2:00pm		
2:30pm																						2:30pm		
3:00pm																					3:00pm			
3:30pm																					3:30pm			
4:00pm		Youth Swim																			4:00pm			
4:30pm																					4:30pm			
5:00pm																					5:00pm			
5:30pm	Everyone Welcome																				5:30pm			
6:00pm			Adult Only Lanes																			6:00pm		
6:30pm																						6:30pm		
7:00pm																						7:00pm		
7:30pm			Friday Night Youth & Teen Swim																			7:30pm		
8:00pm																					8:00pm			
8:30pm																					8:30pm			
9:00pm																					9:00pm			
9:30pm																					9:30pm			

## AQUATICS DESCRIPTIONS

### Aquatic Fitness

<b>AQUA COMBO</b>	A choice class — deep or shallow.
<b>AQUA YOGA</b>	A natural in the pool: enhance your flexibility, balance, strength and body awareness.
<b>DEEP AQUA JOG</b>	A deep water class that mixes aquafit moves with jogging techniques.
<b>DEEP AQUAFIT</b>	ZERO impact! Raise cardio endurance while improving strength, flexibility and muscle tone.
<b>GENTLE FIT</b>	Safe, effective, light, low-impact exercises increase mobility, dexterity and fitness. <i>Space is limited</i> – please pick up a ticket from Membership Services Desk.
<b>SHALLOW AQUAFIT</b>	Cardio training, strength exercises and stretching. Go at your own pace—or be challenged by our instructors.
<b>STRETCH &amp; STRENGTH</b>	Enhance your flexibility, strength and balance in the warm pool. Ideal for those with joint problems or who are rehabilitating.
<b>50 &amp; BETTER</b>	Aquafit for the young-at-heart. One wide lane available during these classes.

### Swims

<b>ADULT ONLY LANES</b>	Lanes reserved for adult swimming only.
<b>EVERYONE WELCOME</b>	Join us for lane swimming, leisure time, games, and fun on our boat.
<b>FAMILY SWIM</b>	Bring your entire family to the pool for a swim, an excellent way to spend an afternoon.
<b>FRIDAY NIGHT YOUTH &amp; TEEN SWIM</b>	For youth up to age 18. A fun relaxing place to hang out.
<b>LANE SWIMS</b>	Lanes available as noted on the schedule.
<b>YOUTH SWIM</b>	For kids up to age 14. Join us for games and take a ride in our new boat. <i>All children under 7 years must be within arms reach of an adult 16 years or older at all times.</i>
<b>50 &amp; BETTER</b>	A relaxing swim for the young-at-heart.

#### POOL HOURS:

Monday to Thursday	6:00am-9:30pm
Friday	6:00am-8:00pm
Saturday & Sunday	8:30am-4:00pm

#### HOLIDAY HOURS:

Lane Swim	11:00am-1:00pm
Everyone Welcome	1:00-3:00pm

#### No drop-in pool access during the following times:

Monday to Friday	2:30-3:30pm
Saturday	8:30am-12:00pm

**Children under 7 years must be accompanied in the water and remain within arms reach of a responsible adult / guardian 16 years or older at all times.**

**Please see web site for the most up to date schedule.**

No classes on statutory holidays