

## POOL SCHEDULE

January to April 2008

Drop-in Included in Y membership

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						
5:30am																										5:30am
6:00am																										6:00am
6:30am																										6:30am
7:00am	Everyone Welcome																									7:00am
7:30am																										7:30am
8:00am	Gentle Fit 8:15-9:00																									8:00am
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9:30am	Everyone Welcome																									9:30am
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10:30am																										10:30am
11:00am	Water Works 11:00-11:45																									11:00am
11:30am																										11:30am
12:00pm	Aqua Chi 11:45-12:30																									12:00pm
12:30pm	Everyone Welcome																									12:30pm
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1:30pm	50 & Better Swim																									1:30pm
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TIME	FRIDAY					SATURDAY					SUNDAY					LEGEND, POLICIES & EXCEPTIONS		
TIME	LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL					LEISURE POOL	MAIN POOL				
5:30am																5:30am	<p><b>LEGEND, POLICIES &amp; EXCEPTIONS</b></p> <ul style="list-style-type: none"> <li><span style="border: 1px dashed black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> DROP-IN</li> <li><span style="background-color: #cccccc; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> LANE AVAILABLE</li> <li><span style="background-color: #4a7ebb; color: white; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> AQUAFIT</li> <li><span style="background-color: #e67e22; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> SWIMMING LESSONS</li> <li><span style="background-color: #f1c40f; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> MASTERS &amp; TRI CLUBS</li> <li><span style="background-color: #808080; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> RENTAL TIME</li> <li><span style="background-color: #333; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> CLOSED</li> </ul> <p><b>HOLIDAY HOURS</b></p> <p>Lane Swim 11:00am-1:00pm</p> <p>Everyone Welcome 1:00-3:00pm</p> <p>Children under the age of seven must be supervised by an adult who is in the pool</p> <p>During Lane Swims the pool may be divided into 3, 4 or 5 lanes</p>	
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5:30pm	Everyone Welcome															5:30pm		
6:00pm	Teddy Bear 6:00-7:00															6:00pm		
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7:30pm	Friday Night Youth & Teen Swim															7:30pm		
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## AQUATICS DESCRIPTIONS

### Downtown Y

#### Aquatic Fitness

<b>AQUA BOX</b>	All levels. A shallow water, total body, intense workout that combines kickboxing and boxing moves.
<b>AQUA CHI</b>	A new way to release your chi (energy) using the flow of water. Learn a set of rhythmic moves using equal and opposite forces to improve your strength and balance. We recommend continuous attendance.
<b>AQUA JOG</b>	A deep water class that mixes aquafit moves with jogging techniques.
<b>AQUA MIX</b>	A shallow water combination class to challenge and improve your fitness level.
<b>AQUA YOGA</b>	A natural in the pool: enhance your flexibility, balance, strength and body awareness.
<b>DEEP WATER FIT</b>	ZERO impact! Raise cardio endurance while improving strength, flexibility and muscle tone.
<b>GENTLE FIT</b>	The next step up from Water Works.
<b>QUICK FIT</b>	All levels. Combines aerobic fun and interval stretch & strength for a complete, well-rounded workout.
<b>SHALLOW WATER WORKOUT</b>	Cardio training, strength exercises and stretching. Go at your own pace—or be challenged by our instructors.
<b>50 &amp; BETTER</b>	Deep water and shallow water aquafit for the young-at-heart. One wide lane available during these classes.
<b>WATER WORKS</b>	Endorsed by the Arthritis Society. Safe, effective, light, low impact exercises increase mobility, dexterity & fitness.

#### Swims

<b>TYKE TIME</b>	Join other parents in the warm pool for a social time with your children. Self-directed and staff-led games.
<b>TEDDY BEAR</b>	Play in the pool before changing into your pajamas and listening to a bed-time story.
<b>EVERYONE WELCOME</b>	Join us for lane swimming, leisure time, games, and fun on our waterslide and new boat.
<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 6 years and under must be within arms reach of an adult 16 years or older at all times.</i>
<b>FRIDAY NIGHT YOUTH &amp; TEEN SWIM</b>	For youth up to age 18. Enjoy the waterslide and our new boat—check out the movie upstairs before joining us!
<b>LANE SWIMS</b>	Lanes available as noted on the schedule.
<b>STROKE CORRECTION</b>	A time to get a lifeguard to evaluate and improve your strokes.
<b>50 &amp; BETTER</b>	A swim for the young-at-heart
<b>EASTER WEEKEND</b>	Join us for a fun swim and stroke improvement coaching from the lifeguards on deck during lesson time.

#### Everyone Welcome Theme Swims

<b>CELEBRATE THE NEW YEAR</b>	<b>Saturday, January 12</b> 1:30-4:00 pm	Celebrate the beginning of 2008! Play games for all ages, go down the water slide, or just relax with family & friends.
<b>VALENTINE'S DAY</b>	<b>Saturday, February 16</b> 1:30-4:00 pm	Relax and enjoy the company of those you love. Games for all.
<b>ST PATRICK'S DAY</b>	<b>Saturday, March 15</b> 1:30-4:00 pm	Colour the walls green, play games and search for treasure at the end of the rainbow.
<b>EASTER</b>	<b>Saturday, March 22</b> 1:00-3:30 pm	Search for Easter eggs with the Easter bunny. Wear your bunny costume and play games with our lifeguards.
<b>EARTH DAY CELEBRATION</b>	<b>Saturday, April 19</b> 1:30-4:00 pm	Celebrate the earth during this sustainable swim. Tell us how you save energy every day, and use your fun energy to play games with our lifeguards.

No classes on statutory holidays