

POOL SCHEDULE

Members: Included

Non-members: Swim Pass

MONDAY				TUESDAY				WEDNESDAY				THURSDAY							
Time	Leisure Pool	Main Pool			Time	Leisure Pool	Main Pool			Time	Leisure Pool	Main Pool			Time	Leisure Pool	Main Pool		
		1	2	3			1	2	3			1	2	3			1	2	3
6:00am					6:00am					6:00am					6:00am				
6:30am					6:30am					6:30am					6:30am				
7:00am					7:00am					7:00am					7:00am				
7:30am					7:30am					7:30am					7:30am				
8:00am	Everyone Welcome				8:00am	Everyone Welcome				8:00am	Everyone Welcome				8:00am				
8:30am					8:30am					8:30am					8:30am				
9:00am					9:00am					9:00am					9:00am				
9:30am					9:30am					9:30am					9:30am	Everyone Welcome			
10:00am					10:00am					10:00am					10:00am				
10:30am					10:30am	Lessons				10:30am					10:30am				
11:00am	Gentle Fit 11:15-12				11:00am					11:00am	Gentle Fit 11:15-12				11:00am				
11:30am					11:30am					11:30am					11:30am				
12:00pm	Everyone Welcome				12:00pm	Everyone Welcome				12:00pm	Everyone Welcome				12:00pm				
12:30pm					12:30pm					12:30pm					12:30pm				
1:00pm					1:00pm					1:00pm					1:00pm				
1:30pm	Leisure Lengths				1:30pm					1:30pm	Leisure Lengths				1:30pm				
2:00pm					2:00pm					2:00pm					2:00pm				
2:30pm					2:30pm					2:30pm					2:30pm				
3:00pm					3:00pm					3:00pm					3:00pm				
3:30pm					3:30pm					3:30pm					3:30pm				
4:00pm	Youth Swim				4:00pm	Everyone Welcome				4:00pm				4:00pm					
4:30pm					4:30pm					4:30pm					4:30pm				
5:00pm					5:00pm					5:00pm					5:00pm				
5:30pm	Strokes & Drills 5:15-6:15				5:30pm	Gentle Fit 5:15-6:00				5:30pm	Strokes & Drills 5:15-6:15				5:30pm	Aqua Fusion 5:15-6:00			
6:00pm	Everyone Welcome				6:00pm					6:00pm					6:00pm				
6:30pm					6:30pm	Everyone Welcome				6:30pm	Everyone Welcome				6:30pm	Everyone Welcome			
7:00pm					7:00pm					7:00pm					7:00pm				
7:30pm	Gym & Swim				7:30pm					7:30pm					7:30pm				
8:00pm					8:00pm					8:00pm					8:00pm				
8:30pm	Everyone Welcome				8:30pm	Everyone Welcome				8:30pm	Everyone Welcome				8:30pm	Everyone Welcome			
9:00pm					9:00pm					9:00pm					9:00pm				

FRIDAY				SATURDAY				SUNDAY				LEGEND				
Time	Leisure Pool	Main Pool			Time	Leisure Pool	Main Pool			Time	Leisure Pool	Main Pool				
		1	2	3			1	2	3			1	2	3		
6:00am					6:00am					6:00am						
6:30am					6:30am					6:30am						
7:00am					7:00am					7:00am						
7:30am					7:30am					7:30am						
8:00am	Everyone Welcome				8:00am	Everyone Welcome				8:00am	Everyone Welcome					
8:30am					8:30am					8:30am						
9:00am					9:00am					9:00am						
9:30am					9:30am					9:30am						
10:00am					10:00am					10:00am						
10:30am					10:30am					10:30am						
11:00am	Gentle Fit 11:15-12				11:00am					11:00am						
11:30am					11:30am					11:30am						
12:00pm	Everyone Welcome				12:00pm					12:00pm						
12:30pm					12:30pm					12:30pm						
1:00pm					1:00pm					1:00pm						
1:30pm	Leisure Lengths				1:30pm					1:30pm						
2:00pm					2:00pm					2:00pm						
2:30pm					2:30pm					2:30pm						
3:00pm					3:00pm					3:00pm						
3:30pm					3:30pm					3:30pm						
4:00pm					4:00pm					4:00pm						
4:30pm					4:30pm					4:30pm						
5:00pm	Everyone Welcome				5:00pm					5:00pm						
5:30pm					5:30pm					5:30pm						
6:00pm					6:00pm					6:00pm						
6:30pm					6:30pm					6:30pm						
7:00pm					7:00pm					7:00pm						
7:30pm	Friday Night Youth & Teen Swim				7:30pm					7:30pm						
8:00pm					8:00pm					8:00pm						
8:30pm					8:30pm					8:30pm						
9:00pm					9:00pm					9:00pm						

AQUATICS DESCRIPTIONS

Aquafit

AQUA FUSION	A blend of Pilates and Yoga exercises that will help to improve your body awareness, strength, flexibility, endurance and coordination.
DEEP AQUA JOG	A deep water class that mixes aquafit moves with jogging techniques.
DEEP WATER AQUAFIT	ZERO impact! Raise cardio endurance while improving strength, flexibility and muscle tone.
GENTLE FIT	Safe, effective, light, low-impact exercises increase mobility, dexterity and fitness. <i>Space is limited</i> – please pick up a ticket from the Membership Services Desk.
LEISURE AQUAFIT	Aquafit for the young at heart and those with physical limitations. One wide lane available for length swimming during these classes.
SHALLOW WATER AQUAFIT	Cardio training, strength exercises and stretching. Go at your own pace—or be challenged by our instructors.

Swims

ADULT ONLY LANES	Lanes reserved for adult swimming only.
EVERYONE WELCOME	Join us for lane swimming, leisure time, games, and fun on our boat.
FAMILY SWIM	Bring your entire family to the pool for a swim, an excellent way to spend an afternoon.
FRIDAY NIGHT YOUTH & TEEN SWIM	The pool is all yours during this dedicated time for youth and teens ages 7-18 years.
LANE SWIMS	Lanes available as noted on the schedule.
LEISURE LENGTHS	A leisurely length swim time for the young-at-heart and those with physical limitations.
YOUTH SWIM	For kids up to age 14. Join us for games and take a ride in our boat. <i>All children under 7 years must be within arms reach of an adult 16 years or older at all times.</i>

POOL HOURS:

Monday to Thursday	6:00am-9:30pm
Friday	6:00am-8:00pm
Saturday & Sunday	7:30am-5:00pm

HOLIDAY HOURS:

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

No drop-in pool access during the following times:

Monday, Wednesday & Friday	2:30-3:30pm
Tuesday & Thursday	1:30-3:30pm
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 website for the most up to date schedule.

No classes on statutory holidays