

PUBLIC SWIM SCHEDULE

DAY	TIME	SESSION	LANES AVAIL	ADULT AQUAFIT
Mon & Wed	6:00 - 10:00 am	Morning Lane Swim (lanes till 9:15 am)	3 - 6	
	9:15 - 10:00 am	Adult AquaFit	0	9:15 am
	11:30 - 1:00 pm	Noon Adult Lane Swim	4 - 6	
	12:30 - 1:15 pm	Modified (Gentle) Aquafit (Tu-We-Thu*)		12:30 pm*
	1:00 - 2:30 pm	Adult Lanes & Everyone Welcome	2 - 3	
	6:30 - 8:15 pm	Everyone Welcome Swim		
	8:15 - 9:00 pm	Adult AquaFit	0	8:15 pm
	9:00 - 10:00 pm	Adult Lane Swim (15+)	4 - 6	
Tues & Thurs	6:00 - 10:00 am	Morning Lane Swim (lanes till 9:15 am)	3 - 6	9:15 am
	9:15 - 10:00 am	Adult AquaFit	0	
	11:30 - 1:00 pm	Noon Adult Lane Swim	4 - 6	
	12:30 - 1:30 pm	Modified (Gentle) AquaFit (Tu-We-Thu*)		12:30 pm *
	1:00 - 3:00 pm	Adult Lanes & Everyone Welcome	2 - 3	
	3:00 - 7:30 pm	Swim Lessons		
	6:45 - 7:30 pm	Adult Swim Classes (<i>Pre-register</i>)		
	7:30 - 8:15 pm	Adult AquaFit	0	7:30 pm
	8:15 - 10:00 pm	Adult Lane Swim (15+)	4 - 6	
Fri	6:00 - 10:00 am	Morning Lane Swim (lanes till 9:15 am)	3 - 6	
	9:15 - 10:00 am	Adult Aquafit	0	
	11:30 - 1:00 pm	Noon Adult Lane Swim	4 - 6	
	1:00 - 2:30 pm	Adult Lanes & Everyone Welcome	2 - 3	
	5:15 - 6:00 pm	Aquafit (Fridays)	0	5:15 pm
	6:00 - 7:45 pm	Everyone Welcome Swim		
	8:00 - 10:00 pm	TEEN SWIM NIGHT (12 & older)		
Sat	10:30 - 12:00 pm	Children's Swim Lessons - Red Cross		
	12:00 - 1:30 pm	Adult Lane Swim (15+)	4 - 6	
	12:30 - 2:00 pm	Birthday Party Swim Bookings (max 14)		
	2:00 - 4:00 pm	Everyone Welcome Swim		
	4:00 - 5:30 pm	"Best Rate" Children's Rentals (max 25)		
	6:30 - 8:00 pm	Everyone Welcome Swim		
	8-9 or 8-10 pm	RENTALS AVAIL.(enquire at 720-2514)		
Sun	10:00 - 12:00 pm	Everyone Welcome Swim		
	12:00 - 1:30 pm	Adult Lane Swim (15+)	4 - 6	
	12:30 - 2:00 pm	Birthday Party Swim Bookings (max . 14)		
	2:00 - 4:00 pm	Everyone Welcome Swim		
	4:00 - 5:30 pm	"Best Rate" Children's Rentals (max 25)		
	6:00 - 8:00 pm	Everyone Welcome Swim		
	8-9 or 8-10 pm	RENTALS AVAIL.(enquire @ 720-2514)		

NOTE: For Safety - Children under 7 years must be directly supervised by an adult. Children under 4 years must have a parent / adult in the water to directly supervise them (within arms reach).

*Leadership is offered at Gentle AquaFit Tuesdays, Wednesdays and Thursdays. Patrons are welcomed to exercise without a leader on other days.