

Winter Spring 2012 Public Swim Schedule

<b>Monday &amp; Wednesday</b>	
6:00 - 9:15 am	Adult Lane Swim (lanes till 9:15 am)
9:15 - 10:00 am	Adult AquaFit (16 yrs+)
11:30 - 1:00 pm	Noon Adult Swim
11:30 -12:00 noon	Intro to Gentle AquaFit
12:00 -12:30 pm	Modified (Gentle) AquaFit (Tu-Wed-Thu)
1:00 - 2:30 pm	Adult Lanes & Everyone Welcome Swim
6:30 - 8:00 pm	Everyone Welcome Swim
8:00 - 9:00 pm	Adult AquaFit & One Lane Swim (16+)
<b>Friday</b>	
6:00 - 9:15 am	Adult Lane Swim (lanes till 9:15 am)
9:15 - 10:00 am	Adult AquaFit (16 yrs+)
11:30 - 1:00 pm	Noon Adult Lane Swim
1:00 - 2:30 pm	Adult Lanes & Everyone Welcome Swim
5:00 - 6:00 pm	Lanes Available
5:15 - 6:00 pm	Adult AquaFit (16 yrs+)
6:00 - 7:30 pm	Everyone Welcome Swim
7:30 - 9:00 pm	Teen Swim Night (12 yrs+)
<b>Sunday</b>	
8:00 - 10:00 am	Adult Lane Swim (16 yrs+)
10:00 - 12:00 noon	Everyone Welcome Swim
12:00 - 1:30 pm	Adult Lane Swim (16 yrs+)
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
8:00 - 10:00 pm	Rentals Available

<b>Tuesday &amp; Thursday</b>	
6:00 - 9:15 am	Adult Lane Swim (lanes till 9:15 am)
9:15 - 10:00 am	Adult AquaFit (16 yrs+)
11:30 - 1:00 pm	Noon Adult Swim
11:30 -12:00 noon	Intro to Gentle AquaFit
12:00 -12:30 pm	Modified (Gentle) AquaFit (Tu-Wed-Thu)
1:00 - 3:00 pm	Adult Lanes & Everyone Welcome Swim
3:00 - 7:00 pm	Pre-registered Swimming Lessons
7:30 - 8:15 pm	Adult AquaFit & Two Lanes Swim (16 yrs+)
8:15 - 9:00 pm	Adult Lane Swim
<b>Saturday</b>	
8:00 - 10:00 am	Adult Lane Swim (16 yrs+)
10:00 - 12:00 noon	Pre-registered Swimming Lessons
12:00 - 1:30 pm	Adult Lane (16 yrs+)
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
8:00 - 10:00 pm	Rentals Available



**Winter Leadership Classes**

*Bronze Star*

Sundays, January 15 - February 12  
2 - 4 pm; \$71 (\$107 NCR)

*Bronze Medallion/Cross Combo*

Saturdays, January 14 - March 3  
10 am - 3:30 pm; \$250 + HST

*AWSI - Assistant Water Safety Instructor*

Tuesdays & Thursdays, February 7 - March 8  
4:30 - 7:30 pm; \$235 + HST