

# Aquatics Centre Schedule

\* Shared pool space with lessons  
 \*\* Please register at the Membership Sales & Service Desk

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
TIME	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool
7:00AM	(7-9) Lane Swim	CLOSED	CLOSED		(7-9) Lane Swim	CLOSED	CLOSED		CLOSED		CLOSED		CLOSED	
8:00AM														
9:00AM	(9:15-10) Aqua Fit P & T	(9-10) Rec Swim	(9:15-10) Aqua Jog	(9-11:15) Rec/Lane		(9-11:15) Rec/Lane		(9-11) Rec/Lane		(9-11) Family Swim w/ Slide (9-10)		(9-12) Rec/Lane w/ Slide (10-12)		
9:15AM														
9:30AM														
9:45AM														
10:00AM	(10-11:15) Rec/Lane	(10-10:30) Tot Lessons	(10-11:15) Rec/Lane		(10-10:30) Tot Lessons		(10:15-10:45) Gentle Joints		(11:05-11:50) Aqua Fit P&T		(11-12) Rec		(11:15-12) Aqua Sport**	
10:15AM														
10:30AM														
10:45AM														
11:00AM														
11:15AM	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide	(11:15-12) Rec/Lane w/ Slide
11:30AM														
11:45AM														
12:00PM	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim	(12-1) Lane Swim
12:15PM														
12:30PM														
12:45PM														
1:00PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED	
1:15PM														
1:30PM														
1:45PM														
2:00PM	(2-6:15) Rec/Lane w/ Slide (4-5)	(2-6:15) Rec/Lane w/ Slide (2-3)	(2-6:15) Rec/Lane w/ Slide (2-3)		(2-4) Rec/Lane w/ Slide (3-4)		(2-4) Rec/Lane		(2-8) Rec/Lane w/ Slide (7-8)		(4-4:30) Tot Lessons		(4-7) Rec/Lane	
2:15PM														
2:30PM														
2:45PM														
3:00PM														
3:15PM														
3:30PM														
3:45PM														
4:00PM														
4:15PM														
4:30PM														
4:45PM														
5:00PM	Dash & Splash** (4:30-6)	(7-7:45) Aqua Fit	(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit	
5:15PM														
5:30PM														
5:45PM														
6:00PM	(6:15-7:15) Rec/Lane	(6:15-7) Lifeguard Club**	(6:15-8) Family Swim w/Slide (6:15-7)		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit	
6:15PM														
6:30PM														
6:45PM														
7:00PM														
7:15PM	(7:15-8) 18+ Lane*	(7:15-8) 18+ Rec	(7:15-8) 18+ Lane*		(7-8) Rec		(7-7:45) Aqua Fit		(7-8) Family Swim		(7-8) Lane Swim		(7-8) Rec Swim	
7:30PM														
7:45PM														
8:00PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED	
8:15PM														
8:30PM														
8:45PM														

**Adult Swim Lessons** \*\*  
**Mondays, 7:15 - 8:00 pm** Jan 29 - Mar 19, 2018  
**Wednesdays, 7:15 - 8:00 pm** Jan 31 - Mar 21, 2018  
**Mondays, 7:15 - 8:00 pm** Apr 9 - May 28, 2018 (excludes May 21)  
**Wednesdays, 7:15 - 8:00 pm** Apr 11 - May 30, 2018  
 \*\*Please register for swim lessons at the Membership Sales & Service Desk.