

Drop-in Swimming: January 5 to March 30, 2020



Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8:10 am	Lane Swim 6 - 8:10 am	Lane Swim 6 - 8:10 am	Lane Swim 6 - 8:10 am	Lane Swim 6 - 8:10 am	Lane Swim 7:30 - 8:15 am	Lane Swim 7:30 - 8:15 am
Lane Swim 10:30 am - 12 pm	Lane Swim 10:30 am - 12 pm	Lane Swim 10:30 am - 12 pm	Lane Swim 10:30 am - 12 pm	Lane Swim* 10:30 am - 12 pm	Fun Swim 2 - 4 pm	Fun Swim 2 - 4 pm
Open Swim 12 - 1 pm	Swim to Survive 12 - 1 pm	Open Swim 12 - 1 pm	Swim to Survive 12 - 1 pm	Open Swim* 12 - 1 pm	Lane Swim 4 - 5:30 pm	Lane Swim 4 - 5:30 pm
Lane Swim 2 - 3:30 pm	Lane Swim 2 - 3:30 pm	Lane Swim 2 - 3:30 pm	Lane Swim 2 - 3:30 pm	Lane Swim 1 - 3:30 pm	Rental Available 5:30 - 6:30 pm	closed
Fun Swim 6:30 - 8:30 pm	closed	closed	closed	Fun Swim 6:30 - 8:30 pm	closed	closed
Lane Swim 8:30 - 10 pm	Lane Swim 9 - 10 pm	Lane Swim 8 - 10 pm	Lane Swim 9 - 10 pm	Ultimate Water Sports 8:30 - 10 pm	closed	closed

*On PA Days and March Break, Lane Swim time is adjusted to 10:30 - 11:15 and Open Swim becomes Fun Swim from 12 - 1 pm. See page 2 for dates.

Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness Swim 6 - 8:15 am	Wellness Swim 6 - 9 am	Wellness Swim 6 - 8:15 am	Wellness Swim 6 - 9 am	Wellness Swim 6 - 8:15 am	Wellness Swim 7:30 - 8:30 am	Wellness Swim 7:30 - 8:30 am
Nursery Swim 8:15 - 9 am	Nursery Swim 8:15 - 9 am	Nursery Swim 8:15 - 9 am	Nursery Swim 8:15 - 9 am	Nursery Swim 8:15 - 9 am	Fun Swim 2 - 4 pm	Fun Swim 2 - 4 pm
Wellness Swirl Area 8:15 - 11 am	Wellness Swirl Area 8:15 - 11:30 am	Wellness Swirl Area 8:15 - 11 am	Wellness Swirl Area 8:15 - 11:30 am	Wellness Swirl Area 8:15 - 11 am	Wellness Swim 4 - 5:30 pm	Wellness Swim 4 - 5:30 pm
Open Swim 11:30 am - 1 pm	Open Swim 11:30 am - 1 pm	Open Swim 11:30 am - 1 pm	Open Swim 11:30 am - 1 pm	Open Swim* 11:30 am - 1 pm	Rental Available 5:30 - 6:30 pm	closed
Wellness Swim 1 - 2 pm	Wellness Swim 1 - 2 pm	Wellness Swim 1 - 2 pm	Wellness Swim 1 - 2 pm	Wellness Swim 1 - 2:45 pm	closed	closed
Wellness Swirl Area 2 - 3:30 pm	Wellness Swirl Area 2 - 3:30 pm	Wellness Swirl Area 2 - 3:30 pm	Wellness Swirl Area 2 - 3:30 pm	Wellness Swirl Area 2:45 - 3:30 pm	closed	closed
Nursery Swim 2:45 - 3:30 pm	Nursery Swim 2:45 - 3:30 pm	Nursery Swim 2:45 - 3:30 pm	Nursery Swim 2:45 - 3:30 pm	Nursery Swim 2:45 - 3:30 pm	closed	closed
Fun Swim 6:30 - 8:30 pm	closed	closed	closed	Fun Swim 6:30 - 8:30 pm	closed	closed
Open Swim 8:30 - 10 pm	Open Swim 7:15 - 10 pm	Open Swim 7:15 - 10 pm	Open Swim 7:15 - 10 pm	Open Swim 8:30 - 10 pm	closed	closed

*On PA Days and March Break Open Swim is from 11:30 to 12 and then becomes Fun Swim from 12 - 1 pm.

Helpful Information

Please note this schedule is static and for reference only. Schedule is subject to change without notice. Visit our website for updates.

Drop-in Rates

- Included with all memberships
- \$5 per swimmer
- \$5 nursery swim (1 adult: 1 toddler)
- \$15 group rate (max 5 per group)

All participants who enter Aquatic Centre, including those who stay dry must have a membership or pay for a swim pass to enter.

Holiday Swimming

The public swimming schedule changes on **Monday, February 17** to:

- Lane Swim 7:30 - 10 am
- Wellness Swim 7:30 - 9:15 am
- Nursery Swim 9:15 - 10 am
- Fun Swim 10:15 am - 12:15 pm
- Fun Swim 12:30 - 2:30 pm

Day Camp Schedule

On PA Days and March Break the 10:30 lane swim ends at 11:15 to allow our PA Day campers to swim. The Therapy Pool is open from 11:30 to 12 during this time. We then offer a Fun Swim from 12 to 1 pm in both pools. This will take place on:

- Friday, January 31
- Friday, March 13
- The week of March 16 to March 20

March Break Fun Swims

From March 16 to March 20 additional Fun Swims are scheduled:

- Monday to Friday 12 to 1 pm
- Monday to Friday 4 to 6 pm

Drop-in Programs

Fun Swim: open to all ages with water features and water slide active. Participants must be 42" tall and pass swim test to ride water slide. Children under the age of 10 must be supervised in water by an adult age 16+ with a max ratio of 3 children to 1 adult.

Lane Swim: Leisure pool is divided into 3 lanes, with lap signs to indicate where to swim based on speed and ability. Slide area is available for leisure swimming. For ages 12 and up.

Nursery Swim: toddlers under 4 years of age are welcome to swim with a guardian. "Little Swimmers" are required and are available for purchase at the Front Desk for \$2.00. Maximum 30 participants.

Open Swim: pool is open to swimmers of all ages. Water features and water slide are not active.

Swim to Survive: this free 3 week program teaches important life saving skills to grade 3 students for if they fall into deep water. Swim to Survive is scheduled on January 7, February 4, 6, 11, 13, 18, 20, 25, 27, March 3, 5, 12, and 24. Schedule will operate as an Open Swim when this program is not running. Dates may be added or changed after the release of this schedule.

Ultimate Water Sports: try our new weekly interactive water games and activities! This drop-in program is free for members, or pay the \$5 swim pass fee to participate. For ages 17 and up.

Wellness Swim: Therapy pool is open to swimmers for therapeutic purposes, with equipment such as noodles and flutter boards provided. For ages 12 and up.

Wellness Swirl Area: the swirl area is available for a limited number of participants while programs take place in the remaining area of the pool. For ages 12 and up.