

Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	630 - 9 AM Lane Swim ** Only 2 lanes available for laps Tue & Thu from 745 - 845 AM **					
		745 - 845 AM Aqua Power Hour		745 - 845 AM Aqua Power Hour		
	9 - 10 AM Low Impact Aqua Fit.	9 - 10 AM CVLS School Grp.	9 - 10 AM Low Impact Aqua Fit.	9 - 10 AM HCLS School Grp.	9 - 10 AM Low Impact Aqua Fit.	
	10 - 1130 AM School Swimming Lessons				10 - 1130 AM Family Swim	
1130 - 1 PM Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**						
1 - 2 PM Rental/Toonie	1 - 2 PM School Swimming Lessons				1 - 330 PM Public Swim	1 - 2 PM Rental/Toonie
CLOSED	2 - 330 PM Family Swim * 2 lanes available for lap swimming during all Family Swims *					CLOSED
230 - 345 PM Family Toonie						230 - 345 PM Family Toonie
CLOSED	Closed For Maintenance				CLOSED	CLOSED
4 - 630 PM Public Swim	4 - 630 PM Swimming Lessons				4 - 6 PM JLC/Toonie	4 - 630 PM Public Swim
	615 - 7 PM Deep H2O Run	630 - 8 PM Public Swim	615 - 7 PM Deep H2O Run	630 - 8 PM Public Swim	6- 8 PM Public Swim	
	7 - 8 PM Toonie Swim		7 - 8 PM Toonie Swim			
	8 - 930 PM Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**					

Please Note:

This schedule is subject to change. Call 780-865-6066 for current information.

Low Impact Aqua Fit

This class is for individuals looking for a work out of medium intensity; joint mobility & the development of core strength for posture is the focus of this swim.

Aqua Power Hour

This class is suitable for individuals looking for a high intensity workout. Cardio training combined with strength training for targeted muscle groups will be the focus of this class.

These classes will primarily be taught in the shallow end of the pool, but modifications can be given for individuals who prefer deeper water.

Family Swim

All pools and SR available. A 'calmer' swim than public swim. Children 14 and under must be accompanied by an adult (18+). 2 lanes provided for Lane Swim.

Rental/Toonie

If no rental, Toonie swim applies

Anticipated Closures:

Pool Shutdown: **Sep 4 - Oct 1**
 No Family Swim 10-11:30am on **Oct 27, Nov 24, Dec 15**
 Claire Jones Memorial Swim Meet: **Nov 17 (after 6pm), 18**
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