

AQUATICS DROP IN SCHEDULE

Schedule in Effect: Jan 8 - Mar 23, 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30 - 9:00 AM Lane Swim ** Only 2 lanes available for laps Tue & Thu from 7:45 - 8:45 AM **					
		7:45 - 8:45 AM Aqua Power Hour		7:45 - 8:45 AM Aqua Power Hour		
	9:00-10:00 AM Low Impact Aqua Fit	9:00-10:00 AM CVLS School Grp.	9:00-10:00 AM Low Impact Aqua Fit	9:00-10:00 AM HCLS School Grp.	9:00-10:00 AM Low Impact Aqua Fit	
	10:00 - 11:30 PM School Swimming Lessons				10:00 - 11:30 AM Family Swim	
11:30 - 1:00 PM Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**						
1:00 - 2:00 PM Rental/Toonie	1:00 - 2:00 PM School Swimming Lessons				1:00 - 3:30 PM Public Swim	1:00 - 2:00 PM Rental/Toonie
CLOSED	2:00 - 3:30 PM Family Swim * 2 lanes available for lap swimming during all Family Swims *					CLOSED
2:30 - 3:45 PM Family Toonie					2:30 - 3:45 PM Family Toonie	
CLOSED	Closed For Maintenance					CLOSED
4:00 - 6:30 PM Public Swim	4:00 - 6:30 PM Swimming Lessons				4:00 - 6:00 PM JLC/Toonie	4:00 - 6:30 PM Public Swim
	6:15 - 7:00 PM Deep H2O Run	6:30 - 8:00 PM Public Swim	6:15 - 7:00 PM Deep H2O Run	6:30 - 8:00 PM Public Swim	6:00 - 8 PM Public Swim	
	7:00 - 8:00 PM Toonie Swim		7:00 - 8:00 PM Toonie Swim			
	8:00 - 9:30 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

Modified Schedule

RENTAL
 Thursday
 Jan 11, 2018
 8:00 - 9:30 PM
 Pool closed during this time slot-no lane swim

FAMILY DAY
 Monday
 Feb 19, 2018
 1:00 - 4:00 PM

Low Impact Aqua Fit

This class is for individuals looking for a work out of medium intensity: joint mobility and 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.

Parent Link Family Swim

FREE to ParentLink families on:

Jan 26, 2018
Feb 23, 2018
Mar 16, 2018

from 10:00 - 11:00 am
 Patrons who wish to attend the FREE swims should contact Parent Link to register.

There are only 40 spots available, so sign up quick.

Family Swim

All pools and steam room available. A 'calmer' swim than our 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.