

# Aquatics - Drop-in Schedule

**Schedule Effective Mon Oct 2, 2023 - Fri Dec 9, 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30 - 9:00 AM Lane Swim <i>** Play Pool, Hot Tub &amp; Steam Room Available during all Lane Swims**</i>					
9:30 - 11:30 AM Swimming Lessons	9:00-10:00 AM Low Impact Aqua Fit.	9:00-10:00 AM Family Swim	9:00-10:00 AM Low Impact Aqua Fit.	9:00-10:00 AM Drop-in Circuit Training	9:00-10:00 AM Low Impact Aqua Fit.	9:30 - 11:30 AM Swimming Lessons
	10:00 - 11:30 AM School Swimmng Lessons <i>*This slot will be Family Swim when no lessons*</i>					
11:30 - 1:00 PM Lane Swim <i>** Play Pool, Hot Tub &amp; Steam Room Available during all Lane Swims**</i>						
1:00 - 2:00 PM Rental of Public Toonie Swim	1:00 - 2:00 PM School Swimmng Lessons <i>*This slot will be Family Swim when no lessons*</i>				1:00 - 2:00 PM Family Swim	1:00 - 2:00 PM Rental of Public Toonie Swim
CLOSED	2:00 - 3:30 PM Family Swim				2:00 - 3:30 PM Public Swim	CLOSED
2:30 - 3:45 PM Family Toonie Swim						2:30 - 3:45 PM Family Toonie Swim
CLOSED					CLOSED	CLOSED
4:00 - 6:30 PM Public Swim	3:30 - 6:30 PM Swimming Lessons & JLC				4:00 - 6:30 PM Toonie Swim/JLC/ Circuit Training	4:00 - 6:30 PM Public Swim
	6:30 - 8:00 PM Public Swim					
	8:00 - 9:30 PM Lane Swim <i>** Play Pool, Hot Tub &amp; Steam Room Available during all Lane Swims**</i>					

### Family Swims

Individuals under the age of 14 must be supervised by an adult during this calm, family-oriented swim.

All pools and steam room available. 2 lanes will be provided for lane swim

### Modified or Closed Dates

#### Modified Hours:

- Oct 09: Thanksgiving Day Open 1:00-4:00 pm
- Nov 11: Closed - Remembrance Day
- Nov 24: Closed @ 6:30 pm for setup of Claire Jones Swim Meet.
- Nov 25: Closed - Claire Jones Memorial Swim Meet.
- Nov 26: Closed for Private booking from 1:00 - 3:00 pm [West Fraser]
- Dec 10: Swim with Elves 1:00 - 4:00 pm FREE SWIM

### Notes:

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

JLC "Try It Week" - Oct 2-5  
 4:30-5:30 pm and  
 5:30-6:30 pm  
**\$2 Admission**