

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Distance	6:00 - 6:30am 7:30 - 9:00am 11:30am - 1:00pm 3:00 - 4:00pm 7:45 - 8:30pm	6:30 - 9:00am 11:30am - 1:00pm 7:45 - 8:30pm	6:00 - 6:30am 7:30 - 9:00am 11:30am - 1:00pm 3:00 - 4:00pm 7:45 - 8:30pm	6:30 - 9:00am 11:30am - 1:00pm 7:45 - 8:30pm	6:00 - 6:30am 7:30 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 7:00 - 8:00pm	12:00 - 1:00pm 7:00 - 8:00pm	12:00 - 1:00pm 7:00 - 8:00pm
Silver Dolphins	9:00 - 10:00am	9:00 - 10:00am	9:00 - 10:00am	9:00 - 10:00am	9:00 - 10:00am		
Arthritis Program	10:45 - 11:30am 2:00 - 3:00pm		10:45 - 11:30am 2:00 - 3:00pm		10:45 - 11:30am 2:00 - 3:00pm		
Aqua-fit	10:00 - 10:45am 7:00 - 7:45pm		10:00 - 10:45am 7:00 - 7:45pm		10:00 - 10:45am		
Aqua-Boot Camp		7:00 - 7:45pm		7:00 - 7:45pm			
Public Swim	6:00 - 7:00pm		6:00 - 7:00pm		1:00 - 2:00pm 6:00 - 7:00pm	1:00 - 2:00pm	1:00 - 2:00pm
Family Swim						6:00 - 7:00pm	6:00 - 7:00pm
ELAC	6:30 - 7:30am	4:00 - 7:00pm	6:30 - 7:30am	4:00 - 7:00pm	6:30 - 7:30am	9:00 - 11:00am	
Lessons	5:00 - 6:00pm		5:00 - 6:00pm		5:00 - 6:00pm		
School Board	1:00 - 2:00pm	10:00 - 11:30am 1:00 - 3:00pm	1:00 - 2:00pm	10:00 - 11:30am 1:00 - 3:00pm			
Rental Times	After 8:30pm	After 8:30pm	After 8:30pm	After 8:30pm	4:00 - 5:00pm After 8:00pm	2:00 - 6:00pm	9:00am - 12:00pm 2:00 - 6:00pm
FITNESS ROOM	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:00pm	9:00am - 2:00pm 6:00 - 8:00pm	12:00pm - 2:00pm 6:00 - 8:00pm

- ✓ Anyone with hair longer than 7cm must wear a bathing cap.
- ✓ During all scheduled pool time children under 8 years old must be directly supervised by a responsible person 16 years or older; the child's supervisor must be wearing a bathing suit, direct supervision is defined as within arms reach.
- ✓ Memberships cards must be handed in when using any of the facilities.

Use of Whirlpool during Distance, Silver Dolphins, Public and Family Swims.