

FACILITY SCHEDULE

705-461-7209

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 [5:00 - 6:00 pm 2 Lanes only] 8:15 - 9:00pm	6:30 - 9:00am 11:30am - 1:00pm [7:00 - 8:00 pm 2 Lanes only] 8:00 - 9:00pm	6:00 - 6:30am 7:30 - 9:00am 11:30am - 1:00pm 3:00 - 4:00pm [5:00 - 6:00 pm 2 Lanes only] 8:15 - 9:00pm	6:30 - 9:00am 11:30am - 1:00pm [7:00 - 8:00 pm 2 Lanes only] 8:00 - 9:00pm	6:00 - 6:30am 7:30 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 7:30 - 9:00pm	12:00 - 1:00pm 7:30 - 9:00pm	12:00 - 1:00pm 7:30 - 9:00pm
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 7:30 - 8:15pm		10:00 - 10:45am 7:30 - 8:15pm		10:00 - 10:45am [5:00 - 6:00 pm Teen]		
Aqua-Jog		10:00 - 10:45am 7:00 - 8:00pm		10:00 - 10:45am 7:00 - 8:00pm	[4:00 - 5:00 pm Teen]		
Public Swim	6:00 - 7:30pm		6:00 - 7:30pm		1:00 - 3:00pm 6:00 - 7:30pm	1:00 - 2:30pm	1:00 - 2:30pm
Family Swim						6:00 - 7:30pm	6:00 - 7:30pm
ELAC	6:30 - 7:30am 4:00 - 5:00pm	4:00 - 7:00pm	6:30 - 7:30am 4:00 - 5:00pm	4:00 - 7:00pm	6:30 - 7:30am	9:00 - 11:00am	
Lessons	5:00 - 6:00pm	7:00 - 8:00pm	5:00 - 6:00pm	7:00 - 8:00pm		11:00 - 12:00pm	
School Board	1:00 - 2:00 pm	10:00 - 11:30am 1:00 - 3:00	1:00 - 2:00 pm	10:00 - 11:30am 1:00 - 3:00pm			
Rental Times	After 9:00pm	After 9:00pm	After 9:00pm	After 9:00pm	After 9:00pm	2:30 - 6:00pm	9:00am - 12:00pm 2:30 - 6:00pm
FITNESS ROOM	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	9:00am - 3:00pm 6:00 - 9:00pm	12:00pm - 3:00pm 6:00 - 9:00pm

- ✓ 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.