

SEPTEMBER POOL SCHEDULE

SEPTEMBER 3 - OCTOBER 13

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aquafit 6:15-7:00am	Adult Swim 6:15-9:00am	Aquafit 6:15-7:00am	Adult Swim 6:15-9:00am	Aquafit 6:15-7:00am	
	Adult Fitness 7:00-9:00am		Adult Fitness 7:00-9:00am		Adult Fitness 7:00-9:00am	
	Aquafit 9:00-9:45am* members only	Parent & Tot Toonie Swim 9:30-10:30	Aquafit 9:00-9:45am* members only	Spin Bike 9:00-9:45am	Aquafit 9:00-9:45am* members only	
	Aqualite 10:00-10:45am		Aqualite 10:00-10:45am		Aqualite 10:00-10:45am	
						Swim Club 11:30-2:30pm
Family Swim 12:00-1:45pm	Lunch Fitness 12:00-12:55pm	Lunch Fitness 12:00-12:55pm	Lunch Fitness 12:00-12:55pm	Lunch Fitness 12:00-12:55pm	Lunch Fitness 12:00-12:55pm	
						Toonie Swim 2:30-4:30pm
	Swim Club 4:00-6:00pm		Swim Club 4:00-6:00pm		Swim Club 4:00-6:00pm	Public Swim 6:00-8:00 pm
Public Swim 6:00-7:30 pm		Swim Club 6:00-8:00pm	Toonie Swim 6:00-8:00pm	Advanced Lessons 6:00-9:30pm	Public Swim 6:30-8:00pm	
	Spin Bike 7:00-7:45pm		13+ Fitness 8:00-9:15pm		13+ Fitness 8:00-9:15pm	

AQUAFITNESS at 9 am is member only, all others you may register for.

ADULT SWIM/LUNCH LENGTHS - 18 years of age and older, swimming lengths of the pool or staying in a lane and stretching.

FAMILY SWIM - Parent accompanies children into the water, only immediate family members allowed. Only the adults pay.

13+ FITNESS - Swim lengths or exercise in a lane.

TOONIE SWIM - Toys are allowed in the pool, buoyline divides the shallow and deep end. Pool policy must be adhered to during this swim. Toonie is paid by each swimmer.

PUBLIC SWIM - Toys are allowed in the pool, buoyline divides the shallow and deep end. Pool policy must be adhered to during this swim. Daily admittance is paid by each swimmer.