


Pool Schedule Effective: Nov 24-Mar 17

See page 14 for Expectations of Adults Swimming with Children

Children under 7yrs must be within arm's reach of an adult and be actively supervised by an adult at all times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
	Lane Swim 6:00-6:45am (Whole Pool)				Facility Closed
	Aqua Fitness / Lane Swim 6:45-7:45am				
	Lane Swim 7:45-9:00am (Whole Pool)				
	Aqua Fitness / Lane Swim / Parent & Tot / Swim Lessons 9:00am-Noon				Swim Lessons 9:00am-Noon (No Public Access to Pool)
	Adult Swim / Lane Swim / Parent & Tot Noon-1:00pm <i>*Two swim lanes available *Classes will be using the Round Pool (RP)</i>				Lane Swim / Family Swim Noon-1:00pm
	Public Swim / Aquatic Rentals 1:00-3:30pm				Public Swim 1:00-5:00pm
	**EXTENDED AFTERNOON PUBLIC SWIM Dec 23-Jan 7 1:00-5:00pm			Toonie Swim (No Swim lane) 3:00-5:00pm	Adult Lane Swim / Parent & Tot 5:00-6:00pm
	Swim Lessons 3:30-6:30pm (No Public Access to Pool)			Pool Closed 5:00-6:30pm	
	Public Swim 6:30-8:15pm				Public Swim 6:00-8:30pm
	Adult Lane / Swim 8:15-9:30pm (One swim lane available) <i>*Classes will be using the Main Pool (MP) and Round Pool (RP)</i>			Public Swim 6:30-9:30pm	Facility Closed

Pool Schedule Descriptions:

Swim Lessons: During swim lessons, the pool, hot tub and steam room are closed to the public.

Lane Swim: 13yrs + welcome, swim lane available.

Public Swim: Everyone welcome, swim lane available.

Family Swim: Families welcome, swim lane available.


Friday Toonie Swim: Everyone welcome. No swim lane available.

Parent & Tot Swim: Parents and children 6yrs and under. Beach area, round pool and hot tub available.

Adult Swim: Adults 18yrs + only. Swim lane, steam room and hot tub available.

Aqua Fitness/Aqua Zumba: See description below.

RP Closed for Aqua Yoga Only See page 20 for times.

 **Extended afternoon public swim times-see page 13 for more detail.

Drop-in Aqua Fitness Schedule Effective: Nov 24-Mar 17



Instructors and schedule may change without notice. NO CLASS DEC 25, 26, JAN 1 AND FEB 12.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-7:45am	Moderate Shallow	Moderate Deep	Moderate Shallow	Moderate Deep	Moderate Shallow
9:00-10:00am	Intense Deep	Intense Deep	Intense Deep	Intense Deep	Intense Deep
9:00-10:00am	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow
10:00-11:00am	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep
10:00-11:00am	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow
11:00am-Noon	Mild Deep		Mild Deep		
11:00am-Noon	Mild/Moderate Shallow		Mild Shallow		Aqua Zumba
11:15am-Noon		Gentle Fit		Gentle Fit	
12:05-12:50pm	Aqua Yoga Must Register		Aqua Yoga Must Register		
8:15-9:15pm	Moderate Deep		Moderate Deep	Aqua Yoga Must Register	

Schedule and instructor are subject to change without notice.

Gentle Fit: A warm water class focused on strength, flexibility and breathing techniques.

Mild Shallow or Deep: This class offers strength and flexibility for participants with mild physical challenges.

Moderate Shallow or Deep: A water class of moderate intensity.

Intense Shallow or Deep: A mix of strength and cardio moves.

Mild/Moderate Shallow: A mix of intensities.

Aqua Zumba: Incorporates dance and fitness moves.

***Aqua Yoga:** RP closed to public during Aqua Yoga-see page 20 for details.

250-768-4442 • Johnson Bentley
Memorial Aquatic Centre