

Pool Schedule Effective: Sep 17-Dec 21

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

	Monday-Thursday	Friday	Sat & Sun
Public Swim	1:00-3:30pm 6:30-8:15pm	*1:00-5:00pm 6:30-9:30pm	1:00-5:00pm 6:00-8:30pm
Lane Swim	6:00am-3:30pm 6:30-9:30pm	6:00am-3:30pm 6:30-9:30pm	Noon-8:30pm
Hot Tub/Steam Room/Round Pool	*6:00am-3:30pm *6:30-9:30pm	6:00am-5:00pm 6:30-9:30pm	Noon-8:30pm
Parent & Tot Swim	9:00am-1:00pm	9:00am-1:00pm	5:00-6:00pm
Adult Swim	Noon-1:00pm 8:15-9:30pm	Noon-1:00pm	5:00-6:00pm
Family Swim			Noon-1:00pm

Public Swim: Everyone welcome.

Lane Swim: 13yrs + welcome.

Parent & Tot Swim: Parents and children 5yrs and under. Beach area, round pool and hot tub available. *see Round Pool for exceptions.

Adult Swim: Adults 18yrs + only.

Family Swim: Families welcome.

* **Round pool closed to the public M/W Noon-1:00pm and Th 8:00-9:00pm.**

***Friday Toonie Swim: 3:00-5:00pm. \$2/person.** Everyone welcome. (No swim lane available)

Drop-in Aqua Fitness Schedule Effective: Sep 17-Dec 21

Instructors and schedule may change without notice. **NO CLASS OCT 8 AND NOV 12.**



	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 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	Aqua Zumba		Intense Shallow/Deep	Aqua Yoga *must register*	

Instructors and schedule may 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.

Mild/Moderate Shallow: A mix of intensities.

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

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

Aqua Zumba: Incorporates dance and fitness moves.

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

**Tot Watch Available
Mon-Fri 8:30-11:00am**
See page 14 for more details.