

Pool Schedule Effective: Sep 16-Dec 31 NO CLASS OCT 12-14, NOV 9-11 & DEC 24-26, 31.

Pool will be shared with groups or facility programs. **Stat days/weekends Noon-4:00pm.**

	Monday-Thursday	Friday	Saturday-Sunday
Public Swim	1:00-3:30pm 6:30-8:15pm	**1:00-5:00pm 6:30-9:30pm	1:00-7:30pm
Lane Swim	6:00am-3:30pm 6:30-9:30pm	6:00am-3:30pm 6:30-9:30pm	Noon-8:30pm
Parent & Tot Swim	*9:00am-1:00pm	9:00am-1:00pm	Noon-1:00pm
Adult Swim	6:00-9:00am *8:15-9:30pm	6:00-9:00am	7:30-8:30pm
Family Swim			Noon-1:00pm

Noon-1:00PM DAILY: Lane swim/water walking/parent & tot/facility programs

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.

Family Swim: Families welcome.

Adult Swim: Adults 18yrs + only. **You must be 18yrs + to use the Hot Tub, Steam Room or Round Pool.**

*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 after 3:30pm.)



Expectations of Adults Swimming with Children

- **All children under 7 years must be within arm's reach of a responsible adult (16yrs +) at all times in land and around the pool.**
- **Actively engage with children in the water.** Safely enter and exit the water, maintain sight and attention of children in your care.
- **Encourage safety skills.** Teach children to wait for an adult when they come to water. Stop, Look and Listen.
- **Help Lifeguards enforce facility safety rules:** no running, no standing on or diving off mats.
- **Encourage the safe use of all equipment:** slides, diving boards, mats and boats.

Drop-In Aqua Fitness Schedule Effective: Sep 16-Dec 31



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-7:45am	Moderate Shallow	Moderate Deep	Moderate Shallow	Moderate Deep	Aqua Zumba
9:00-10:00am	Intense Deep	Intense Deep	Intense Deep	Intense Deep	Intense Deep
	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow
10:00-11:00am	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep
	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow
11:00am-Noon	Mild Deep		Mild Deep		
	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 Shallow/Deep *Must Call In* See below		Moderate Deep *Must Call In* See below	Aqua Yoga *Must Register*	

Call In Drop-In 8:15pm Aqua Fitness Classes Only Effective: Sep 16-Dec 31

Register anytime in person or by phone. The below classes have a **12-hour** cancellation policy. We need a minimum of four people to run a class, so don't delay Call in today! **Schedule and Instructors may change without notice.**

DESCRIPTIONS:

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.