

## Fall Pool Schedule Effective as of Sep 19

**Lane Swim:** Reserve starting Fridays at 8:30am for the upcoming week. **Max of three active spots/week.** Online registration encouraged.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	Lane Swim/ Adult Spa						
7:00-8:00am	Lane Swim/ Adult Spa						
8:00-9:00am	Aqua Fitness/ Adult Spa						
9:00am-Noon	Aqua Fitness/ Lessons/ Parent & Tot Swim					Lessons**	Lessons**
Noon-1:00pm	Lane Swim/Aqua Yoga (MW)/ Parent & Tot Swim					Lane Swim/ Lessons	Lane Swim/ Lessons
1:00-3:00pm	Water Walking/ Adult Spa/ Parent & Tot Swim					Public Swim (1:00-5:00pm)	Public Swim (1:00-5:00pm)
3:00-5:00pm	Lessons** / Swim Club				Public Swim		
5:00-6:30pm	Lessons** / Swim Club						
6:30-8:00pm	Public Swim (Aqua Fitness running M/W 6:30-7:15pm -no swim lane available)						
8:00-9:00pm	Lane Swim/ Adult Spa/ Aqua Yoga	Masters Swim/ Adult Spa	Lane Swim/ Adult Spa/ Aqua Yoga	Masters Swim/ Adult Spa			

Schedule may be subject to change.

**\*\*Pool facilities (main pool, hot tub, steam room) closed to public.**

### DESCRIPTIONS:

**Lane Swim:** Fast, medium or slow lane. No water walking.

**Aqua Fitness:** For a detailed schedule of classes, please see page 17.

**Water Walking:** No lane for swimming lengths.

**Public Swim:** All children under 7yrs must be accompanied by a responsible adult (16yrs +) and be within arms reach at all times. *One single lane available for public use during Public Swim. (Single lane unavailable M/W 6:30-7:15pm.)*

**Parent & Tot Swim:** Beach area/round pool available. Children under 6yrs only, accompanied by an adult (16yrs +).

**Aqua Yoga:** Round pool closed to public during Aqua Yoga classes. See page 20 for details.

**Adult Spa:** Adults (18yrs+) only, hot tub and steam room available.

**Masters Swim:** Masters Swim Club will be using half the pool Tu/Th from 8:00-9:00pm. *One single lane will be available for public use during Masters Swim.*

### Expectations of Adults Swimming with Children

**All children under 7yrs must be within arm's reach of a responsible adult (16yrs +) at all times in/and around the pool.**

#### We expect adults with children to:

- **Actively engage with children in the water.** ie: Safely enter and exit the water, maintain sight and attention of children in your care.
- **Encourage the safe use of all equipment**  
Such as: slides, diving boards, mats and boats.
- **Help Lifeguards enforce safety pool rules**  
Support facility rules such as: no running, no standing on or diving off mats.
- **Encourage safety skills.** Teach children to wait for an adult when they come to water. ie: Stop, Look and Listen.



**Holiday Weekend  
Public Swims  
Noon-4:00pm**

**Thanksgiving Weekend  
Oct 8-10  
&  
Remembrance Day  
Nov 11-13**

**Truth &  
Reconciliation  
Weekend  
Public Swims**

Sept 30  
**Noon-4:00pm**

Oct 1 & 2  
**1:00-5:00pm**