

Pool Schedule Effective as of Sep 18 Schedule may be subject to change.

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	Reserved Lane Swim / Adult Spa						
7:00-8:00am	Reserved Lane Swim / Adult Spa						
8:00-9:00am	Aqua Fitness / Drop-in Lane Swim / Adult Spa						
9:00am-Noon	Aqua Fitness / Lessons / Parent & Tot Swim / Drop-in Lane Swim / Adult Spa					Lessons**	
Noon-1:00pm	Reserved Lane Swim / Aqua Yoga (M,W,F) / Parent & Tot Swim / Adult Spa					Reserved Lane Swim / Lessons	
1:00-3:00pm	Public Swim / Rental Groups					Public Swim (1:00-4:00pm)	
3:00-5:00pm	Lessons** / Swim Club				CLOSED		
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 / Adult Yoga	Masters Swim/ Adult Spa	Lane Swim / Adult Spa / Adult Yoga	Masters Swim/ Adult Spa			

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

DESCRIPTIONS:

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

Aqua Fit: For a detailed schedule of classes please see page 13.

Public Swim: All children under 7yrs must be accompanied by a responsible adult (16yrs +) and be within arms reach at all times. No lane available M/W during evening public swim.

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

Aqua Yoga: Round pool closed to public. See page 16 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.

Holiday Weekend Public Swims

Noon-4:00pm

Truth & Reconciliation Weekend

Sep 30-Oct 2

Thanksgiving Weekend

Oct 7-9

Remembrance Weekend

Nov 11-13

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.

