

Spring Pool Schedule Effective Mar 29-Jul 2

Aqua Fitness: Reserve for the upcoming week (phone/in person only) starting Sundays. **Max of two active spots/week.**
Water Walking/Physio: Reserve for the upcoming week (phone/in person only) starting Fridays at 8:30am. **Max of two active spots/week.**
Lane Swim: Online reservation available: Reserve starting Fridays at 8:30am for the upcoming week. **Max of two active spots/week.**
Parent & Tot Swim: Reserve online starting Thursdays at 9:00am. **Max of one active spot/week.**
Public Swim-Online reservation only: Reserve online starting Thursdays at 9:00am for the upcoming week. **Max of one active spot/week.**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
7:00-7:45am		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
8:00-8:45am		Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	
9:00-9:45am	Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Parent & Tot	Lessons
10:00-10:45am	Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Parent & Tot	Lessons
11:00-11:45am	Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Lessons	Aquafit/ Parent & Tot	Lessons
Noon-12:45pm	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
1:00-2:00pm	CLOSED FOR MID DAY CLEANING AND DISINFECTION						
2:00-2:45pm	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
3:00-3:45pm	Public Swim (3:00-4:30pm)	Lessons	Lessons	Lessons	Lessons	Lessons	Public Swim (3:00-4:30pm)
4:00-4:45pm		Lessons	Lessons	Lessons	Lessons	Lessons	
5:00-6:30pm	Public Swim	Lessons/ Swim Club	Lessons/ Swim Club	Lessons/ Swim Club	Lessons/ Swim Club	Lessons/ Swim Club	Public Swim
6:30-8:30pm	Closed	Mar 29-May 17 Aquafit (6:30-7:15pm) Mar 29-Jun 28 Public Swim (6:45-8:15pm)	Lane Swim (6:45-7:30pm) (7:45-8:30pm)	Mar 31-May 19 Aquafit (6:30-7:15pm) Lane Swim (7:45-8:30pm) May 26-Jun 30 Public Swim (6:45-8:15pm)	Lane Swim (6:45-7:30pm) (7:45-8:30pm)	Public Swim (7:00-8:30pm)	Closed

DESCRIPTIONS:

Lane Swim: 45-minute swim block. Fast, medium or slow lane. No water walking.

(Wed Evening Lane Swim: Ends May 19)

Aquafit: 45-minute aqua fit class. For a detailed schedule of classes please see page 16.

(Mon/Wed Evening Aquafit: Ends May 17 and 19)

Water Walking: 45-minute activity block. No Lane for swimming lengths.

Public Swim: 1.5-hour swim block. All children 12 years and under must be accompanied by a responsible adult (16+) at all times. Children 6 years and under must be within arms reach of an adult at all times.

Parent & Tot Swim: Beach area/round pool available. Children 5 years and under only accompanied by an adult over 16 years.

Wednesday Evening Aquafit: (limited time) Will change into a Public Swim during the Spring.

Change Rooms: Only available after activities. Please arrive in your bathing suit.

Steam Room: Unavailable due to Provincial Health Orders.

Viewing Area: Closed to spectators.



Holiday Weekend Public Swims
Apr 2-5 & May 22-24
 Noon-1:30pm OR
 2:00-3:30pm

JOHNSON BENTLEY
 MEMORIAL AQUATIC CENTRE
 778-797-POOL