

# Pool Schedule Effective: Mar 9-June 28

Pool will be shared with groups or facility programs.

Exceptions: See Facility Holiday Hour page 12.

|                   | Monday-Thursday              | Friday                       | Saturday-Sunday         |
|-------------------|------------------------------|------------------------------|-------------------------|
| Public Swim       | 1:00-3:30pm<br>6:30-8:15pm   | **1:00-5:00pm<br>6:30-9:30pm | <b>New!</b> 1:00-7:30pm |
| Lane Swim         | 6:00am-3:30pm<br>6:30-9:30pm | 6:00am-3:30pm<br>6:30-9:30pm | Noon-8:30pm             |
| Parent & Tot Swim | *9:00am-1:00pm               | 9:00am-1:00pm                | Noon-1:00pm             |
| Family Swim       |                              |                              | <b>New!</b> Noon-1:00pm |
| Adult Swim        | *Noon-1:00pm<br>*8:15-9:30pm | Noon-1:00pm                  | <b>New!</b> 7:30-8:30pm |

**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 Mon/Wed Noon-1:00pm & Th 8:00-9:00pm.

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

**Extended weekday afternoon public swim times: March 18-29 & April 22 1:00-5:00pm**

## Expectations of Adults Swimming with Children

### Role of Parent/Guardian (16yrs +)

- Stay within arm's reach and in full sight of your child at all times in the pool.
- 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 facility safety 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.



## Drop-In Aqua Fitness Schedule Effective: Mar 4-June 28

Schedule and Instructors may change without notice. **NO CLASS APR 19, 22 AND MAY 20.**



| Time          | 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     |
|               | 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<br>*must register* |                  | Aqua Yoga<br>*must register* |                              |                  |
| 8:15-9:15pm   | Aqua Zumba                   |                  | Moderate Deep                | Aqua Yoga<br>*must register* |                  |

**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.