

Pool Schedule Effective: Feb 28-Jun 28

NO CLASS APR 10-12 and MAY 16-18 Noon-4:00pm. Pool will be shared with groups or facility programs.

	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 See detailed schedule below	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	*Noon-1:00pm *8:15-9:30pm	*Noon-1:00pm	7:30-8:30pm
Family Swim			Noon-1:00pm

Public Swim: Everyone welcome.

Lane Swim: 13yrs + welcome. See schedule below.

Parent and Tot Swim: Parents and children 5yrs and under. Beach area, round pool and hot tub available.

Adult Swim: Adults 18yrs + only.

***Exceptions: Round Pool closed to the public M/W Noon-1:00pm and Th 8:00-9:00pm**

Family Swim: Families welcome.

****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/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 the safe use of all equipment:** Such as slides, diving boards, mats and boats.
- **Help Lifeguards enforce facility safety rules:** No running, no standing on or diving off mats.
- **Encourage safety skills.** Teach children to wait for an adult when they come to water. Stop, Look and Listen.

SPRING BREAK PUBLIC SWIM TIMES MARCH 14-29

M-Th	1:00-5:00pm and 6:30-8:15pm
F	1:00-5:00pm and 6:30-9:30pm
Sa-Su	1:00-7:30pm

Swim Lanes & Water Walking Schedule Effective: Feb 28-Jun 28

APR 10-12 and MAY 16-18 1 swim lane Noon-4:00pm.

Pool will be shared with groups and facility programs.

	Monday-Friday	Saturday-Sunday	
1 Swim Lane	9:00am-Noon 1:00-3:30pm 6:30-9:30pm	Noon-7:30pm	
2 Swim Lanes	Noon-1:00pm	7:30-8:30pm	
3 Swim Lanes	6:00-6:45am 8:00-9:00am		
Water Walking	7:45-9:00am Noon-3:30pm	7:30-8:30pm	

Lane Swim: 13yrs + welcome.

Water Walking: No designated lane. Shares main pool with the public/programs.

Regular Swimming Builds Endurance, Muscle Strength and Cardiovascular Fitness.