

Pool Schedule Effective Jan 2-Mar 14

Aqua Fitness: Reserve for the upcoming week starting on Sundays at 9:00am

Lane Swim, Water Walking/Physio: Reserve for the upcoming week starting on Fridays at 8:30am

There will be no water walking allowed during lane swim times.

New! **Public Swim- Online registration only:**

- All children under the age of 13 must be accompanied by an adult to help enforce physical distancing and pool maximums
- Register online for public swim during regular business hours on the same day (Fri/Sat or Sun)
- **Exception: Family Day Weekend.** Register online for Sa-M starting Friday, Feb 12 during business hours
- Limited attendance

New! **Adult Spa:** M-Th 6:45-7:30pm. Call us in the morning if you would like a hot tub that evening! Maximum 6 people.

Monday-Friday

6:00-7:30am	Lane Swim <ul style="list-style-type: none"> • Fast lane, medium lane, slow lane (max 4 people per double lane) • 45 minute swim slot only (6:00-6:45am or 6:45-7:30am)
7:30-8:00am	POOL CLOSED FOR CLEANING
8:00-11:45am	Aqua Fitness <ul style="list-style-type: none"> • 8:00-8:45am Moderate Shallow/Deep Combo (M-Th) & Aqua Zumba (F) • 8:00-8:45am Morning Stretch (M, Tu & F Round Pool) & Registered Aqua Yoga Groove (W & Th) • 9:00-9:45am Moderate Shallow/Deep Combo (M-F) • 10:00-10:45am Moderate Shallow/Deep Combo (M-F) • 11:00-11:45am Mild Shallow/Deep Combo (M & W) & Aqua Zumba (F) • 11:00-11:45am Moderate Shallow/Deep (Tu & Th) • 11:00-11:45am Stretch & Strength (M & W Round Pool) • 11:00-11:45am Gentle Fit (Tu & Th Round Pool)
11:45am-12:15pm	POOL CLOSED FOR CLEANING
12:15-1:00pm	Lane Swimming <ul style="list-style-type: none"> • Fast lane, medium lane (M-F), slow lane (M, W & F) (max 4 people per double lane) Registered Programs: <ul style="list-style-type: none"> • Aqua Yoga (M & W) • Baby and Me Aquafit (Tu & Th)
1:00-1:30pm	POOL CLOSED FOR CLEANING
1:30-2:30pm	Water Walking/Physio
2:30-3:00pm	POOL CLOSED FOR CLEANING
3:00-6:30pm	Swim Lessons (Mon-Thu 3:00-6:00pm) & Swim Club (Mon-Fri 3:30-6:30pm)
6:30-7:00pm	POOL CLOSED FOR CLEANING
6:30-7:15pm	Registered Aqua Yoga (Tu & Th)
6:45-7:30pm	Aqua Fitness (M & W only) <ul style="list-style-type: none"> • Moderate Shallow/Deep Combo
7:15-8:00pm	Lane Swimming (Tu & Th only) <ul style="list-style-type: none"> • Fast lane, medium lane, slow lane (max 4 people per double lane)
7:00-8:30pm (F only)	Public Swim - online registration New! <ul style="list-style-type: none"> • Limited attendance

Saturday-Sunday (Pool will be cleaned Noon-12:30pm and 3:00-3:30pm)

9:00am-Noon	Red Cross Swim Lessons (No lessons on Stat Holiday Weekends)
12:30-2:00pm	Lane Swim <ul style="list-style-type: none"> • Fast lane, medium lane, slow lane (max 4 people per double lane) • 45 minute swim slot only at these times (12:30-1:15pm or 1:15-2:00pm)
2:15-3:00pm	Water Walking/Physio
3:30-5:00pm	Public Swim - online registration New! <ul style="list-style-type: none"> • Limited attendance

**Family Day Wkend
Public Swim**

Sa-M Feb 13-15
 Noon-1:15pm **OR**
 1:45-3:00pm
 See page 13.

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL