

Pool Schedule Effective: Nov 24-Mar 16 Exceptions: See page 13.

Children under 7yrs must be within arm's reach of an adult and be actively supervised by an adult at all times.

	Monday-Thursday	Friday	Saturday-Sunday
Public Swim	1:00-3:30pm 6:30-8:15pm	**1:00-5:00pm 6:30-9:30pm	1:00-5:00pm 6:00-8:30pm
Lane Swim	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 5:00-6:00pm
Adult Swim	*Noon-1:00pm *8:15-9:30pm	Noon-1:00pm	Noon-1:00pm 5:00-6:00pm

Public Swim: Everyone welcome. Stat days/weekends Noon-4:00pm.

****Friday Toonie Swim:** 3:00-5:00pm. \$2/person.

Everyone welcome. No swim lane available.

Lane Swim: 13yrs + welcome.

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

Adult Swim: Adults 18yrs + only. Swim lane available.

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

**Extended weekday afternoon public swim times:
Dec 27, 28 and Jan 2-4 1:00-5:00pm**

Drop-In Aqua Fitness Schedule Effective: Jan 2-Mar 16

Schedule and Instructors may change without notice. **NO CLASS FEB 18.**



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
9:00-10:00am	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow
10:00-11:00am	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep
10:00-11:00am	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow
11:00am-Noon	Mild Deep		Mild Deep		
11:00am-Noon	Mild/Moderate Shallow		Mild Shallow		Aqua Zumba
11:15am-Noon		Gentle Fit		Gentle Fit	
12:05-12:50pm	Aqua Yoga *must register*		Aqua Yoga *must register*		
8:15-9:15pm	Aqua Zumba		Moderate Deep	Aqua Yoga *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 21.**

Swim Safe... Get Fit... Be Active...