

Aquatics Pool Schedule

Fall/Winter Break Schedule: September 2 - January 5, 2019

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Some amenities (including lanes) will be closed during the swimming lesson & fitness blocks	Deep H2O Bootcamp 6:15 - 7:15am	SwimFit Masters 6:15 - 7:15am	Deep H2O Bootcamp 6:15 - 7:15am	SwimFit Masters 6:15 - 7:15am		No lanes are available when inflatables are in the water.
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		Lane Swim / Family Swim 6:00am - 12:00pm					
9:00 AM							
9:30 AM							
10:00 AM			Running Mat 9:30 - 11:30am		Running Mat 9:30 - 11:30am		
10:30 AM							
11:00 AM	Family Swim/ Lane Swim 11:00 - 1:00pm						Family Swim/ Lane Swim 11:00 - 1:00pm
11:30 AM							
12:00 PM		Public Swim 12:00 - 9:00pm					
12:30 PM							
1:00 PM	Public Swim 1:00 - 6:00pm						Public Swim 1:00 - 6:00pm
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM			Swim Lessons 3:30-6:00pm		Swim Lessons 3:30-6:00pm	Inflatable (25 Pool) 3:30 - 5:30pm	
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Shallow H2O HIITS 6:15-7:15pm	SwimFit -Masters 6:15-7:15pm	Aqua Fusion-DEEP 6:15-7:15pm Shallow H2O HIITS 6:15-7:15pm	SwimFit -Masters 6:15-7:15pm	Aqua Fusion-Shallow 6:15-7:15pm	Come check our 1m & 3m diving boards, rock wall!
6:30 PM							
7:00 PM	Lap Pool open for Lane Swim from 7:00 - 9:00pm						
7:30 PM							
8:00 PM							
8:30 PM							

Schedule Changes

Date	Reason/ Occasion	Time
September 3, 2018	Labour Day	Closed All Day
October 8, 2018	Thanksgiving	Open 12:00-4:00pm
October 28, 2018	Spooktacular Swim	3:00-6:00pm
November 11, 2018	Remembrance Day	Open 12:00-4:00pm
December 23, 2018	Holiday Swim	3:00-6:00pm
December 24, 2018	Christmas Eve	Closing at 3pm
December 25 & 26, 2018	Christmas Day & Boxing Day	Closed All Day
January 1, 2019	New Years Day	Closed All Day

Pool Schedule is Subject to Change or Cancellation Without Notice. Please check in with us via Facebook or by phone (250.774.2541 ext 2080) for any and all updates.