

# Aquatics Centre Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
TIME	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool		
7:00AM	(7-9) Lane Swim	CLOSED	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED			
8:00AM																
9:00AM	(9:15-10) Aqua Fit	(9-10) Family Swim w/ Slide	(9:15-10) Aqua Jog	(9-10) Family Swim w/ Slide	(9-10) Rec/Lane w/ Slide		(9-11:15) Lessons		(9-11) Rec/Lane w/ Slide		(9-10:30) Rec/Lane		(9-10) Lane Swim			
9:15AM																
9:30AM																
9:45AM																
10:00AM	(10-12) Rec/Lane*		(10-1) Rec/Lane*		(10-10:30) Rec/Lane	(10-10:30) Tot Lessons	(11:05-11:50) Aqua Jog		(10:30-11:50) Family Swim		(9-11:15) Lessons		(10-11:30) Dash & Splash**		(10-11:30) Family Swim w/ Slide	
10:15AM																
10:30AM																
10:45AM																
11:00AM																
11:15AM																
11:30AM																
11:45AM																
12:00PM	(12-1) Lane Swim		(12-1) Lane Swim		(12-1) Lane Swim		(11:15-1) Rec/Lane		(11:05-11:50) Aqua Fit P&T		(11:05-11:50) Family Swim w/ Slide		(11:15-12) Family Swim w/ Slide		(11:30-12) Family Swim	
12:15PM																
12:30PM																
12:45PM																
1:00PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED			
1:15PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED			
1:30PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED			
1:45PM	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED		CLOSED			
2:00PM	(2-4:30) Rec/Lane w/ Slide		(2-4:30) Rec/Lane w/ Slide		(2-4) Rec/Lane		(2-4:30) Rec/Lane*		(2-7) Rec/Lane*		(2-2:30) Tot Lessons		(1-3:30) Rec/Lane		(1-4) Rec/Lane	
2:15PM																
2:30PM																
2:45PM																
3:00PM																
3:15PM																
3:30PM																
3:45PM																
4:00PM	(4:30-5:30) JR Swim Team		(4:30-5:30) JR Swim Team		(4-7) Lessons		(4:30-5:30) JR Swim Team		(5:30-6:30) Rec/Lane w/ Slide		(5:30-7) Gym & Swim**		(3:30-4) 18+ Lessons		(3:30-4) Tot Time	
4:15PM																
4:30PM																
4:45PM																
5:00PM	(5:30-6:30) SR Swim Team		(5:30-7) Rec/Lane		(6:25-7) Skills & Drills		(5:30-6:30) Rec/Lane w/ Slide		(5:30-7) Gym & Swim**		(4:45-8) Rec/Lane		(4-4:45) Lifeguard Club**		(4-4:45) Family Swim	
5:15PM																
5:30PM																
5:45PM																
6:00PM	(6:45-7:30) Lifeguard Club**		(6:30-8) Family Swim		(7-7:45) Aqua Fit		(6:30-7) 18+ Lessons		(6:30-7) Family Swim		(7-8) JR Swim Team		(5-6) SR Swim Team		(6-7) Rec/Lane w/ Slide	
6:15PM																
6:30PM																
6:45PM																
7:00PM	CLOSED		(8-9) SR Swim Team		CLOSED		(8-9) SR Swim Team		(8-9) SR Swim Team		CLOSED		(7-7:45) Aqua Fit		(7-7:45) Aqua Fit	
7:15PM																
7:30PM																
7:45PM																
8:00PM	CLOSED		(8-9) SR Swim Team		CLOSED		(8-9) SR Swim Team		(8-9) SR Swim Team		CLOSED		(8-9) Lane Swim		(8-9) Lane Swim	
8:15PM																
8:30PM																
8:45PM																

\*Pool space shared with private lessons

## Pool Supervision Guidelines

### Pool Supervision Guidelines

Children under age 12 must be directly supervised at all times. The additional guidelines apply to all pools, swims and parties:

- Children under age 8 must be within arm's reach of a responsible person age 16+ in the water (1:1 or 1:3 in life jackets)
- Children age 8-11 who can successfully complete the facility swim test (\*swimmers) must be supervised by a responsible person age 16+ in the water or on deck (1:8)
- Children age 8-11 who cannot successfully complete the facility swim test (non-swimmers) must be within arm's reach of a responsible person age 16+ in the water (1:3 or 1:8 in life jackets)

\* A swimmer is defined as an individual who can jump feet first into deep water, surface and swim 25m without assistance or stopping.

### Water Slide

Available to bathers 40 inches (100cm)+. The use of PFDs is not permitted. Operating times will be made available at the Membership Sales & Service Desk daily.

### Children's Birthday Parties

Maximum number of children per party: 20

#### Bouncer Party (Inflatable bouncer optional)

Saturdays: 12:30 - 2:30 pm

Sundays: 12:30 - 2:30 pm

Members - \$100.00 / Non-Members - \$150.00

#### Pool Party

Saturdays 2:45 - 4:45 pm

Sundays: 2:45 - 4:45 pm

Members - \$130.00 / Non-Members - \$180.00

#### Ball Hockey Party

Saturdays: 12:30 - 2:30 pm

Sundays: 12:30 - 2:30 pm

Members - \$100.00 / Non-Members - \$150.00

\*All prices exclude HST

## Cancellation of Birthday Parties and Courses

Please note that all payment is due at the time of registration. Two weeks' notice is required to withdraw from any courses or to cancel party bookings. A non-refundable administration fee (25% of the registration cost) is applicable to all cancellations and withdrawals.

## Program Descriptions

### Aqua Fit

This class, held in the comfort of water, is designed for all fitness levels and is designed to improve your cardio, strength and range of motion.

### Aqua Jog

Aqua Jogging mimics the movement of jogging but without the impact. This class may take place in deep or shallow areas of the main pool.

### Aqua Fit - Parent & Tot

All are welcome! Bring along your little one for an Aqua Fit class of cardiovascular training, toning and stretching. Child accompaniment optional.

### Aqua Sport\*\*

Children ages 6-12 are introduced to a variety of aquatic sports such as water polo, volleyball and more. Participants must be able to swim two lengths of the Main Pool. Supervised. Swim test mandatory.

### Dash & Splash\*\* / Gym & Swim\*\*

Go from the track or the gym to swimming in the pool! Supervised. Swim test mandatory.

### Family Swim

For families and adults accompanied with children. No lanes available.

### Lane Swim

Slow, medium and fast lanes are provided. A leisure lane is also available for those who wish to water walk, exercise or swim leisurely.

### Lifeguard Club\*\* (ages 10-14)

The Lifeguard Club is a chance to build a network of like-minded individuals with a passion for skill development and knowledge within the lifesaving community. Supervised.

### Rec Swim

Everyone welcome. No lanes available.

### Rec / Lane Swim

Everyone welcome. Three lanes available.

### Skills & Drills

This drop-in program allows you to build your swimming skills between lessons. Must be able to swim a minimum of 25 meters. Supervised.

### Steam Room

Sit back and relax. Available to members and guests age 19+.

### Swim Lessons (18+ / 50+)

Whether upgrading your skills or a first time swimmer, these lessons will help you meet your swimming goals. No registration required.

### Tot Lessons (ages 0-2)

Parent participation required for these Splasher and Bubbler levels. No registration required. Children ages 3+ may be registered in our Staff supervised lessons.

### Tot Time (ages 0-4)

Enjoy time in the Play Pool with your little one. For parents/guardians with children ages 0-4. Slide not available.

\*\* Register at the Membership Sales & Service Desk