

# Fall Pool Schedule

Schedule in effect: **Sunday, October 6 - Saturday, December 21, 2019**  
(schedule subject to change)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Available for rental	Lane Swim (2 lanes) & Swim Clubs (4 lanes) M/W/F 6:00-8:00am Tu/Th 6:00-9:00am					Available for rental		
	Fitness Class 8:00-9:00am	Lessons 9:00-11:00am	Fitness Class 8:00-9:00am	Lessons 9:00-11:00am	Fitness Class 8:00-9:00am			
Lessons & Swim Club 9:00-10:30am	Hydrotherapy 9:00-10:00am	Schools 11:00am-Noon	Gentle Fitness 9:00-10:00am	Schools 11:00am-Noon	Gentle Fitness 9:00-10:00am	Lessons & Family Swim 9:00am-1:00pm		
Lessons & Family Swim 10:30am-1:00pm		Seniors Swim 12:30-2:30pm		Swim Club (2 Lanes) 12:00-1:00pm			Seniors Swim 12:30-2:30pm	
Public Swim 1:00-8:00pm		Schools 11:00-3:00pm		Seniors Fitness 1:00-2:00pm			Schools 11:00-3:00pm	Seniors Fitness 1:00-2:00pm
				Public Swim 2:30-3:30pm				Public Swim 2:30-3:30pm
Swim Club 4:30-7:30pm	Monday to Friday between 3:30pm and 7:00pm is the busiest time at the pool. During this time, you are welcome to use: the WARM POOL, the HOT TUB, the STEAM ROOM, and ONE LANE.					Public Swim 1:00-9:00pm		
Adult Only Swim 8-9pm	1/2 Pool Public Swim 7:00-9:00pm	1/2 Pool Public Swim 7:00-9:00pm	1/2 Pool Public Swim 7:00-9:00pm	1/2 Pool Public Swim 7:00-9:00pm	1/2 Pool Public Swim 7:00-10:00pm			
	Swim Clubs 7:00-8:30pm	Swim Clubs 7:00-8:00pm	Swim Clubs 7:00-8:30pm	Swim Clubs 7:00-8:00pm				
Available for rental	Adult Only Swim 9:00-10:00pm				Swim Clubs 7:00-8:00pm	Available for rental		



## PARENT SUPERVISION:

Children under the age of 7 must be within arm's reach of a responsible adult (16 or older) while in the water. Maximum of 3 children per adult.



## TRAINING ALTERNATIVES:

If you are wanting a more intensive workout, plan for weekdays 6:00-9:00am, 2:30-3:30pm or any Adults Only time. Facility use is usually lower so we can often add additional lanes. All other times, drop-in lanes are limited to 1 or 2 lanes & must be shared by all swimming abilities.



## FALL STAT SWIMS:

Thanksgiving Stat Swim:  
**Oct 14, 2019**  
**3:30-6:30 pm**

Remembrance Day Stat Swim:  
**Nov 11, 2019**  
**3:30-6:30 pm**

## TOONIE SWIM IS BACK:

Monday - Friday  
11:30 am - 1:00 pm