

# AQUATICS PROGRAM SCHEDULE SPRING 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	7:30—9:00 LANE SWIM	7:00—9:30 LANE SWIM	7:30—9:00 LANE SWIM	7:00—9:30 LANE SWIM	7:30—9:00 LANE SWIM		
	9:00—9:45 POOL RUNNING (JENN)		9:00—9:45 POOL RUNNING (JENN)		9:00—9:45 POOL RUNNING (JENN)	9:00—12:30 SWIM LESSONS	
Mid Morning		10:00—11:00 CARLETON STS AND LESSONS	10:00-11:00 PORT MAITLAND STS AND LESSONS	10:00-11:00 SWIM TO SURVIVE (SCHOOLS)	10:00-11:00 MAINTENANCE		
	11:00-11:45 PARENT/TOT SWIM	11:00-11:45 SENIORS REC SWIM	11:00—11:45 OPEN REC SWIM	11:00-11:45 SENIORS REC SWIM	11:00-11:45 PARENT/ TOT SWIM		11:00—1:00 LANE SWIM
Late Morning							
	12:00—2:00 LANE SWIM	12:00—2:00 LANE SWIM	12:00—2:00 LANE SWIM	12:00—2:00 LANE SWIM	12:00—2:00 LANE SWIM	12:30—1:30 LANE SWIM	1:00-2:00 POOL RUNNING (DEEP END NO INSTRUCTOR)
Lunch	2:00-3:00 OPEN REC SWIM					1:30—2:30 PARTY RENTAL	1:00-2:00 PARENT/TOT (SHALLOW END)
						2:30—3:30 OPEN SWIM	2:00—3:00 PARTY RENTAL
Afternoon		3:00—4:00 COMMUNITY SWIM		3:00—4:00 COMMUNITY SWIM	3:00—4:00 COMMUNITY SWIM	3:30-4:30 COMMUNITY SWIM	3:00-4:00 COMMUNITY SWIM
	4:00—6:30 SWIM TEAM	4:00—5:30 PRIVATE LESSONS	4:00—5:00 SWIM LESSONS	4:00—4:45 JR WHITECAPS	4:00—5:30 PRIVATE LESSONS		4:30-5:30 FREE SWIM (SPONSORED BY PET VALU)
Early Evening	6:30-7:15 STAR 5,6,LEADERSHIP	5:30—7:00 SWIM TEAM	5:00—6:30 SWIM TEAM	4:45—7:00 SWIM TEAM	5:30—7:00 SWIM TEAM		
	6:30—8:30 PRIVATE LESSONS	7:00—8:30 POOL RUNNING (NO INSTRUCTOR)/ LANE SWIM	6:30-730 FREE SWIM (SPONSORED BY TIM HORTONS)	7:00—8:00 AQUA POWER (ELAINE)	7:00—8:00 FRIDAY NIGHT FUN		
Late Evening			7:30-8:30 LANE SWIM				

## RECREATIONAL SWIMS

**Community Swim** — All ages. Non-members \$3.00.

**Seniors Rec Swim**— Members Free. Non-members \$3.00

**Open rec swim**— pool open to all ages for recreational swimming. Members free, non members day fee

**Open Swim** — Children under 8 must be with an adult. Day fee for non-members.

**Parent/tot Swim** — Open to parents and children 5 or under. Children must be supervised by and adult. Non-members \$5.00/family (two adults, one child). Each additional person \$2.50.

**Friday Night Fun** — For ages 8—16. Includes activities in games room, gym, and swimming. Sign up starts at 5:30pm. Free for all

**Pool running**— put on a floatation belt and run in the deep water. Mornings are classes. Evenings and Sundays are on your own

Children under the age of 8 must be accompanied in the pool by someone 14 or over within arms reach during entire swim.

Parents of children 8-12 years of age must remain in the building during recreational swims or parents must sign a waiver at the front desk prior to the swim.

