

FREE Swims Friday nights
Holiday Schedule for Monday!
October 13th to 19th

Monday October 13th - HOLIDAY

Lane Swim	8:30-9:30am
Aquafit	9:35-10:30am
Open Swim	10:45-11:45am (no lanes)

Tuesday October 14th

Leisure Swim	8:30-9:30am
Baby & Me	9:35-10:30am (Pre-registration online, Main Pool)
Family Swim	10:30-11:30am (no lanes)
Lane Swim	12:00-1:30pm
Aqua Tai Chi	12:00-1:00pm (Warm Water Pool drop-in)
Low Sensory Swim	5:45-6:45pm
Lane Swim	7:00-8:00pm (2 lanes for Youth ages 10+)

Wednesday October 15th

Lane Swim	7:00-8:30am (5 lanes for Adults, 1 lane for Youth ages 10+)
Aquafit	9:35-10:30am
Adult Open Swim	10:30-11:30am (no lanes)
Lane Swim	12:00-1:30pm
Leisure Swim	1:30-2:30pm
Open/Lane Swim	6:30-7:25pm (2 lanes for Swim Inst Course)

Thursday October 16th

Lane Swim	7:00-8:00am
Leisure Swim	8:00-9:00am
Baby & Me	9:10-10:00am (Pre-registration online, Main Pool)
Family Swim	10:30-11:30 (no lanes)
Lane Swim	12:00-1:30pm
Aqua Tai Chi	12:00-1:00pm (Warm Water Pool drop-in)
Leisure Swim	1:30-2:30pm

Friday October 17th

Lane Swim	7:30-8:30am
Aquafit	9:35-10:25am
Family Swim	10:30-11:30am
Lane Swim	12:00-1:30pm
Leisure Swim	1:30-2:30pm
FREE OPEN SWIM	7:00-8:00pm (no lanes)

Saturday October 18th

Lessons	9:00-12:30 – Week 1
Lane Swim	12:45-1:45pm **New time
Open Swim	2:00-3:00pm **New time

Sunday October 19th

Open Swim	2:00-3:00pm (two lanes available)
Lessons	4:00-6:15pm – Week 1

ADMISSION & PROGRAM DESCRIPTIONS:

**See Website for Admission Standards and most current program schedule
(last minute changes may happen)

www.collingwood.ca/aquatics-programs

Lane Swim - Main pool designated for lengths & warm-water pool for exercise. Ages 16 years+ (unless otherwise indicated on the schedule). Lane markers for "slow, medium, fast" swimmers, lanes are to be shared

Leisure Swim - Lanes available for lengths in the main pool & open for general exercise. Both pools available. 16 years+

Family Swim - Designated for families (guardians/parents + child(ren)), both pools available. No adult swimming available during these times.

Youth Swim - Open access to both pools. Ages 10-17.

Open Swim - Open access to both pools. All ages may attend.

Aquafit - Instructed Aqua Aerobics access to both pools with music. Ages 16 years+

Aquatherapy - Instructed therapeutic exercises, warm water pool only. Registration is required.