

Schedule Changes This Week!
The 1:30pm Leisure Swim this Wednesday is cancelled.
Jan 22nd – 28th Pool Schedule

Monday Jan 22nd

Lane Swim	7:00-8:30am
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am (Warm Water Pool only)
Baby & Me AquaFit	10:30-11:30am (Pre-Register Online, Main Pool)
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required - FULL
Leisure Swim	1:30-3:00pm (3 lanes starting at 2:30pm)
Indoor Walking	2:00-3:00pm (on deck, indoor footwear required)
Lane Swim	6:30-7:30pm

Tuesday Jan 23rd

Leisure Swim	8:30-9:30am
Swim Lessons	9:30-12:15pm – Wk 3
Lane Swim	12:15-1:45pm
Leisure Swim	1:45-3:00pm (3 lanes starting at 2:30pm)
Swim Lessons	4:00-9:00pm – Wk 3

Wednesday Jan 24th

Lane Swim	7:00-8:30am
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required – FULL
Indoor Walking	2:00-3:00pm (on deck, indoor footwear required)
Lane Swim	6:30-7:30pm

Thursday Jan 25th

Lane Swim	7:35-8:45am
Swim Lessons	9:00-9:30am – Wk 3
Leisure Swim	10:00-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required – FULL
Leisure Swim	1:30-3:00pm (3 lanes starting at 2:30pm)
Aquatherapy	2:40-3:30pm *Pre-registration required – Spaces Available

Friday Jan 26th

Lane Swim	7:00-8:30am
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	6:40-8:00pm

Sat Jan 27th

Swim Lessons	9:00-12:00pm – Wk 4
Lane Swim	12:15-1:15pm
Open Swim	1:30-2:30pm

Sun Jan 28th

Lessons	4:00-7:15pm – Wk 4
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Lane/Leisure/AquaFit – 16+ years

Baby & Me AquaFit – Guardians + Infants (4mths – 2 yrs)

Open Swim – All Ages

Family Swim – Parents & Children

****See Website for Admission Standards**