

Aquatic Centre schedule in effect to MAY 31, 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Everyone welcome swim & slide	10:30 am-1 pm 6-8 pm	11:30 am-1 pm	10:30 am-1 pm 6-8 pm	11:30 am-1 pm	10:30 am-1 pm 6-9:30 pm	1-4:30 pm 6-8:30 pm	1-5 pm
Toonie swim everyone welcome					3:30-5:30 pm		
Length swim (min. two lanes)	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	9 am-8:30 pm	8:30 am-5 pm
Aquatic rehab swim	6-9:30 am	6-9 am 5-6 pm	6-9:30 am	6-9 am 5-6 pm	6-9:30 am		9:30-11 am
Tots swim (6 & under)	9:30-10:30 am	5-6 pm	9:30-10:30 am	5-6 pm	9:30-10:30 am		9:30-11 am
16 & over swim & slide	8-9:30 pm		8-9:30 pm				
Adult swim (19 & over)		8-9:30 pm		8-9:30 pm			
Swim fit (A coached swim workout)	9-10 am		9-10 am		9-10 am		
Family only swim & slide							11 am-1 pm
Drop-in water fitness	Deep 7:35-8:35 am Deep 10:15-11:15 am	Shallow 9:15-10:15 am Warm 2-3 pm Deep 7:15-8:15 pm	Deep 7:35-8:35 am Deep 10:15-11:15 am	Shallow 9:15-10:15 am Warm 2-3 pm Deep 7:15-8:15 pm	Deep 7:35-8:35 am Deep 10:15-11:15 am	Shallow 9:15-10:15 am	
Sauna, Steam Room, Hot Tub & Fitness Studio	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	6 am-9:30 pm	9 am-8:30 pm	8:30 am-5 pm
Facility schedules are subject to change - for daily schedule information please call 250-334-9622 ext 1. Special schedules will be in effect Dec 19, 2009 to Jan 3, 2010 (page 7) & Spring break Mar 6-14, 2010							

Children under the age of seven must be accompanied in the water and be within arms reach at all times of a guardian 16 years or older.

Our facilities are fragrance free.

Schedule Changes

Swim Meet - Fri, Nov 27
25m pool unavailable 12-4 pm

Swim Meet - Sun, Jan 24
25m pool unavailable 12-4 pm

SPECIAL SCHEDULE

PRO D DAY
Thursday, Nov 26
Everyone welcome swim
11:30 am-2 pm
Toonie admission!

SPIRIT OF BC WEEK
Saturday, Feb 6
Everyone welcome swim
6-8:30 pm - FREE admission!

PRO D DAY
Monday, Feb 8
Everyone welcome swim
10:30 am-3 pm
Toonie admission!

