

FALL Aquatics

WEEKLY DROP IN AQUATIC SCHEDULE BEGINNING SEPTEMBER 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lanes & Leisure 6:30-9:30	Lanes & Leisure 6:30-8:00 <i>masters</i>	Multi-use 6:30-8:00 <i>swim club</i>	Lanes & Leisure 6:30-8:00	Lanes & Leisure 6:30-9:30 <i>masters</i>	Multi-use & Deep-fit 8:30-9:30	Lanes & Leisure 8:30-10:00 <i>kayak session last Sunday of month</i>
	Multi-use Leisure closed 8:00-9:00 <i>aqua yoga</i>	Multi-use 8:00-9:30	Multi-use Leisure closed 8:00-9:00 <i>aqua yoga</i>			
Multi-use 9:30-11:45	Aqua-fit 9:15-10:00	Multi-use 9:30-10:30	Aqua-fit 9:15-10:00	Multi-use 9:30-10:30	Lessons & Hot Tub 9:30-11:45	Multi-use 10:00-11:45
	Multi-use 10:00-11:45 <i>physio</i>	Lessons & Hot tub 10:30-11:45	Multi-use 10:00-11:45 <i>physio</i>	Lessons & Hot tub 10:30-11:45		
Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00	Lanes & Leisure 11:45-1:00
Aqua-fit & Leisure 1:00-2:00	Lessons & Hot tub 1:00-2:00	Aqua-fit & Leisure 1:00-2:00	Lessons & Hot tub 1:00-2:00	Aqua-fit & Leisure 1:00-2:00	Everyone Welcome 1:00-3:00	Everyone Welcome 1:00-3:00
					Group Rentals 3:15-4:45	Group Rentals 3:15-4:45
Multi-use 4:00-6:30	Lessons & Hot tub 4:00-6:30	Lessons & Hot tub 4:00-6:30	Lessons & Hot tub 4:00-6:30	Multi-use 4:00-6:30	Lanes & Leisure 5:00-6:30	Multi-use 5:00-8:30 <i>swim club</i>
Everyone Welcome 6:30-8:30	Multi-use 6:30-7:30	Everyone Welcome 6:30-8:30	Multi-use 6:30-7:30	Everyone Welcome 6:30-8:30	Everyone Welcome 6:30-8:30	
	Multi-use & Aqua-fit 7:30-8:30			Multi-use & Aqua-fit 7:30-8:30		

Aqua-fit & Leisure - no lanes available
Everyone Welcome - no lanes available
Lessons - hot tub and sauna only
Lanes & Leisure - main pool all lanes, leisure pool available
Multi-use - limited space in all pools

SPECIAL TOONIE SWIMS

PRO-D Day Toonie Swim
Friday, September 24
& October 22
from 2:00-3:00pm

Teen Spooktacular Toonie Swim
For ages 13 - 18
Friday, October 29
from 8:30-9:30pm

Ask us about our Group Rentals and Birthday Parties!

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SWIM LESSONS

SATURDAY Sept 25 - Dec 4 10 classes	WEDNESDAY Sept 29 - Dec 1 10 classes	TUE/THU Oct 5 - Nov 4 10 classes	TUE/THU Nov 16 - Dec 9 8 classes	WED/FRI Oct 6 - Nov 5 10 classes	WED/FRI Nov 17 - Dec 10 8 classes
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Starfish / Duck with parent	4-24 months	11:00am	6:00pm	x	x	x	x
Sea Turtle with parent	2-3 yrs	9:30am	5:00pm	x	x	x	x
Sea Otter	3-6 yrs easy	10:00am	4:00pm 4:30pm	4:30pm 5:30pm	4:30pm	9:30am	x
Salamander	3-6 yrs mod	10:00am 10:30am	4:30pm 5:30pm	4:00pm 5:30pm	4:00pm 5:30pm	10:00am	9:30am
Sunfish	3-6 yrs adv	10:30am	4:00pm	5:00pm	5:00pm	x	10:00am
Crocodile	3-6 yrs adv	9:30am	4:00pm	6:00pm	4:00pm	x	x
Whale	3-6 yrs adv	9:30am	x	6:00pm	4:00pm	x	x
Level 1	6+ easy	10:00am 11:00am	5:30pm	4:00pm	6:00pm	x	x
Level 2	6+ easy	9:30am	6:00pm	4:00pm	6:00pm	x	x
Level 3	6+ mod	10:30am	5:00pm	4:30pm	5:30pm	x	x
Level 4	6+ mod	10:30am	5:30pm	4:30pm	5:30pm	x	x
Level 5	6+ mod	9:30am	4:45pm	5:00pm	4:30pm	x	x
Level 6	6+ adv	11:00am	4:00pm	5:00pm	4:45pm	x	x
Level 7	6+ adv	11:00am	4:00pm	5:45pm	4:45pm	x	x
Level 8	6+ adv	11:00am	4:00pm	5:45pm	4:00pm	x	x
Level 9/10	6+ adv	11:00am	4:00pm	x	4:00pm	x	x

8 classes x 30 minutes: \$50

8 classes x 45 minutes: \$64.20 (L 5 - 10)

10 classes x 30 minutes: \$62.50

10 classes x 45 minutes: \$80.20 (L 5 - 10)

Register online at powellriverprc.ca, call 604 485-2891,
or visit us at the Recreation Complex to secure your spot.