

WINTER Aquatics

WEEKLY DROP IN AQUATIC SCHEDULE BEGINNING JANUARY 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Lanes & Leisure Pool 6:00-9:30	Lap Lanes & Leisure Pool 6:00-8:00	Lap Lanes & Leisure Pool 6:00-8:45	Lap Lanes & Leisure Pool 6:00-8:00	Lap Lanes & Leisure Pool 6:00-9:30 <i>Coached Masters 6:30-7:30, 2-3 lanes</i>	Multi-use & Deep fit 8:00-9:15 <i>*8:30 class</i>	Lap Lanes & Leisure Pool 8:00-9:30 <i>Kayak session on the last Sunday of the Month</i>
	Multi-use 8:00-9:15 <i>Leisure Pool closed</i>	Multi-use 8:45-10:30	Multi-use 8:00-9:15 <i>Leisure Pool closed</i>			
Multi-use 9:30-11:45	Aqua-fit 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>		School Block or Multi-use 10:30-11:45	Aqua-fit 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>	Multi-use 9:30-10:30	Lessons & Hot Tub 9:15-11:45
	Multi-use 10:00-11:45	Multi-use 10:00-11:45		School Block or Multi-use 10:30-11:45		
Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00	Lap Lanes & Leisure Pool 11:45-1:00
Aqua-fit 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	School Block or Multi-use 1:00-2:00	Aqua-fit 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	School Block or Multi-use 1:00-2:00	Aqua-fit 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	Everyone Welcome 1:00-4:00	Everyone Welcome 1:00-4:00
Multi-use 1:45-4:00	Multi-use 2:00-4:00	Multi-use 1:45-4:00	Multi-use 2:00-4:00	Multi-use 1:45-4:00		
Leisure Pool & Hot Tub 4:00-5:30 <i>Main Pool Closed</i>	Lessons & Hot Tub 4:00-6:30	Lessons & Hot Tub 4:00-6:30	Lessons & Hot Tub 4:00-6:30	Leisure Pool & Hot Tub 4:00-5:30 <i>Main Pool Closed</i>	Closed 4:15-5:15 <i>Private Rentals</i>	Limited Lanes & Leisure Pool 4:00-6:30 <i>WOW Masters</i>
Lap Lanes & Leisure Pool 5:30-6:30				Lap Lanes & Leisure Pool 5:30-6:30		
Everyone Welcome 6:30-9:00	Multi-use 6:30-7:45	Everyone Welcome 6:30-9:00	Multi-use 6:30-7:45	Everyone Welcome 6:30-9:00	Everyone Welcome 6:30-8:30	Everyone Welcome 6:30-8:30
	Lap Lane & Aqua-fit 7:45-9:00 <i>Leisure Pool & Hot Tub available</i>		Lap Lane & Aqua-fit 7:45-9:00 <i>Leisure Pool & Hot Tub available</i>			

Gym hours
MONDAY - FRIDAY 6:00am - 9:00pm
(closed between 2:15- 3:15pm)
SATURDAY & SUNDAY 8:00am - 8:30pm

Aqua-fit & Leisure - no lap lane unless specified
Everyone Welcome - no lanes available
Lessons & Schools - hot tub and sauna available
Lanes & Leisure - main pool all lanes, leisure pool available
Multi-use - main pool has 1 double-wide lane

Non swimmers and children under the age of 7 years old must always remain with-in arms reach of a swimming adult.

 Babies and persons who are not toilet-trained must wear specially designed swim diapers.

Private pool rentals are available when facility is closed. Cost is approx. \$165 per hour. Call 604-485-8908 to book, at least 1 week in advance.

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SWIM LESSONS

This new swim program features new and challenging skills in the preschool and swimmer levels. Note, children ages 6+ years will need to move down one number level, but there are several new and challenging skills taught in these levels.



		SAT	WED	TUE/THU	MON OR FRI
NEW LEVELS!	Ages & ability	Jan 7 - Mar 9 9 classes No class Feb 18	Jan 11 - Mar 8 9 classes	Jan 17 - Feb 16 10 classes	Mondays x 5 Fridays x 8
Tot 1 – Jellyfish with Adult	4-12 months	x	x	5 Tuesdays 5:45 pm	5 Mondays 9:30 am
Tot 2 – Goldfish with Adult	12-24 months	x	x	5 Thursdays 5:45pm	5 Mondays 9:30 am
Tot 3 – Seahorse with Adult	2-3 years	9:30 am	6:00 pm	x	x
Preschool 1 Octopus	3-5 yr Sea Otter	10:00 am 11:00 am	4:00 pm 5:00 pm 5:30 pm	4:00 pm 4:30 pm	8 Fridays 9:30 am
Preschool 2 Crab	3-5 yr Salamander	10:00 am 11:00 am	4:00 pm 4:30 pm 5:00 pm	4:00 pm 5:00 pm	8 Fridays 10:00 am
Preschool 3 Orca	3-6 yr Sunfish	10:30 am	4:30 pm	4:30 pm	x
Preschool 4 Sea Lion	4-6 yr Crocodile	11:00 am	4:00 pm	4:00 pm	x
Preschool 5 Narwhal	4-6 yr Whale Swimmer 2	11:00 am	4:00 pm	4:00 pm	x
Swimmer 1	6-8 yr Beginner or Red Cross Level 2	9:30 am	4:30 pm 6:00 pm	5:00 pm	x
NEW Swimmer 1	*9-12 yr* Beginner	10:30 am	5:30 pm	5:00 pm	x
Swimmer 2	6-12 yr Red Cross Level 3	9:30 am 11:00 am	4:30 pm 5:00 pm	4:30 pm	x
Swimmer 3	6-12 yr Red Cross Level 4	10:30 am	5:00 pm	4:00 pm 5:15 pm	x
Swimmer 4	Red Cross Levels 5	10:00 am	4:00 pm	4:30 pm	x
Swimmer 5	Red Cross Level 6	9:30 am	5:45 pm	5:00 pm	x
Swimmer 6	Red Cross Level 7	10:00 am	5:00 pm	5:45 pm	x
Rookie Patrol	Red Cross Level 8	x	4:00 pm	5:30 pm	x
Ranger Patrol	Red Cross Level 9	11:00 am	x	5:45 pm	x
Star Patrol	Red Cross Level 10	11:00 am	x	5:45 pm	x
Bronze Star	10-12yr	x	5:30 pm	For those who have completed all previous levels and are under 13 yrs. 9 classes x 1 hour. \$95	

5 classes x 30 minutes: \$32

8 classes x 30 minutes: \$50.40

9 classes x 30 minutes: \$56.70

9 classes x 45 minutes: \$72.45

10 classes x 30 minutes: \$63

10 classes x 45 minutes: \$80.50 (Swimmer 5+)