

# WINTER Aquatics

## WEEKLY DROP IN AQUATIC SCHEDULE BEGINNING JANUARY 8 - MARCH 16

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>Masters Meet 6:45-7:45</i>		
	Gentle Multi-use 8:00-9:15 <i>Leisure Pool closed</i>	Multi-use 8:45-10:30	Gentle Multi-use 8:00-9:15 <i>Leisure Pool closed</i>		Multi-use & Deep fit* 8:00-9:15 <i>*8:30 class start</i>	Lap Lanes & Leisure Pool 8:00-9:30
Multi-use 9:30-11:45	Aqua-fit 9:15-10:00 <i>Leisure Pool &amp; Hot Tub available</i>		Aqua-fit 9:15-10:00 <i>Leisure Pool &amp; Hot Tub available</i>	Multi-use 9:30-10:30	Lessons & Hot Tub 9:15-11:45	<i>*Kayak session on the last Sunday of the Month at 9:30</i>
	1 wide Lane & Leisure 10:00-11:45	School Block or Multi-use 10:30-11:45	1 wide Lane & Leisure 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 &amp; Hot Tub available</i>	School Block or Multi-use 1:00-2:00	Aqua-fit 1:00-1:45 <i>Leisure Pool &amp; Hot Tub available</i>	School Block or Multi-use 1:00-2:00	Aqua-fit 1:00-1:45 <i>Leisure Pool &amp; 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 4:00-6:30 <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 4:00-6:30 <i>Main Pool Closed</i>	Closed 4:15-5:15 <i>Private Rentals</i>	Lap Lanes & Hot Tub 4:00-5:30 <i>Leisure pool closed</i>
	<i>Masters Meet 6:00-7:00</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>*7:45pm class start</i>		Lap Lane & Aqua-fit 7:45-9:00 <i>*7:45pm class start</i>			

### Gym hours

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

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.

# DROP IN SWIMMING LEGEND

**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/ 1 Wide Lane - limited features**



## Children's Lifejackets

- Check the label to see that it is Transport Canada approved.
- Make sure lifejackets fit snugly and do not slip over chin and ears.
- Make non-swimmers wear a lifejacket at the beach or pool.



## Youth/Adult PFD

- In Canada it is the law to have lifejackets and PFDs for everyone in the boat.
- All should wear a lifejacket or PFD in the boat.
- Make all children and non-swimmers wear one.



## SWIMMING LESSON TIPS FOR SUCCESS:

- **beginners:** practice blowing bubbles in the bathtub and lowering ears into the water while reclined
- register in the appropriate level for safety reasons and for building swimming confidence
- avoid wearing long baggy shorts or t-shirts as these cause drag; choose snug fitting swimming attire
- goggles that fit well can help with swimmer comfort
- masks that cover the nose are **NOT** recommended as this hinders safety skill development
- tie up long hair away from the face or cover it with a swim cap
- swim for fun and practice the skills you've learned while you take a break from lessons
- ask your instructor if there is something particular you can practice on your own time to improve

**ALL children should learn to swim.  
We can teach them.**



For more information visit  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)  
or contact your local pool

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