

SPRING Aquatics

APRIL

WEEKLY DROP IN AQUATIC SCHEDULE

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

SPRING Aquatics

MAY & JUNE

WEEKLY DROP IN AQUATIC SCHEDULE

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		
	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>	Masters Train 6:30-7:30		
Multi-use 9:30-11:45	Aqua-fit & Leisure 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>		School Block & Hot Tub 10:30-11:45	Aqua-fit & Leisure 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>	1 wide Lane & Leisure 10:00-11:45	Lessons & Hot Tub 9:15-11:45 <i>Multi-use June 15, 22, 29</i>
	1 wide Lane & Leisure 10:00-11:45	1 wide Lane & Leisure 10:00-11:45		School Block & Hot Tub 10:30-11:45	Multi-use 10:30-11:45	
Lap Lanes & Leisure Pool						11:45-
1:00						
Aqua-fit & Leisure 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	School Block & Hot Tub 1:00-2:00	Aqua-fit & Leisure 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	School Block & Hot Tub 1:00-2:00	Aqua-fit & Leisure 1:00-1:45 <i>Leisure Pool & Hot Tub available</i>	Everyone Welcome 1:00-3:30	
Multi-use 1:45-3:30	Multi-use 2:00-3:30	Multi-use 1:45-4:30	Multi-use 2:00-3:30	Multi-use 1:45-3:30		
Leisure Pool & Hot Tub 3:30-6:30 <i>Main Pool Closed</i>	Lessons & Hot Tub 3:30-6:30	Lessons & Hot Tub 3:30-6:30	Lessons & Hot Tub 3:30-6:30	Leisure Pool & Hot Tub 3:30-6:30 <i>Main Pool Closed</i>		
Monday Mix 6:30-9:00 Drop-in Water Polo 7:00-8:00	Multi-use 6:30-7:45 Masters Train 6-7pm until June 4	Everyone Welcome 6:30-9:00	Multi-use 6:30-7:45	Everyone Welcome 6:30-9:00	Statutory Holiday Hours May 20 Lanes & Leisure: 10:00-1:00 Everyone Welcome: 1:00-4:00	
	Lap Lane, Aqua-fit & Leisure 7:45-9:00 *7:45pm class start		Lap Lane, Aqua-fit & Leisure 7:45-9:00 *7:45pm class start			

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 - main pool has 1 double-wide lane & limited features

Monday Mix - no lap lanes & limited features



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.

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