

FALL Aquatics

WEEKLY DROP IN AQUATIC SCHEDULE BEGINNING SEPTEMBER 16 - DECEMBER 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Lanes & Leisure Pool 6:00-9:30	Lap Lanes & Leisure Pool 6:00-8:00 <i>Shared with Club</i>	Lap Lanes & Leisure Pool 6:00-8:45	Lap Lanes & Leisure Pool 6:00-8:00 <i>Shared with Club</i>	Lap Lanes & Leisure Pool 6:00-8:00		
	Gentle Multi-use 8:00-9:15 <i>Leisure Pool closed</i>	Multi-use 8:45-11:45	Gentle Multi-use 8:00-9:15 <i>Leisure Pool closed</i>	Gentle Multi-use 8:00-9:15 <i>Leisure Pool closed</i>	Lap Lane, Deep-fit* & Leisure 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 & Leisure 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>		Aqua-fit & Leisure 9:15-10:00 <i>Leisure Pool & Hot Tub available</i>	1 wide Lane & Leisure 9:30-10:30	Lessons & Hot Tub 9:15-11:45	Multi-use 9:30-11:45 <i>*Registered Kayak session 9:30-10:30 Main Pool Closed</i> <i>Dates: Sept 28, Oct 26, Nov 30 & Dec 28</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		
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 4:00-5:00 <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 4:00-5:00 <i>Main Pool Closed</i>	Closed 4:00-5:30 <i>Private Rentals</i>	Lessons & Hot Tub 4:00-5:30
1 Wide Lane & Leisure 5:00-6:30				1 wide Lane & Leisure 5:00-6:30	Lap Lanes & Leisure Pool 5:30-6:30	Multi-use 5:30-8:30
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>			Private pool rentals are available when facility is open

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.

Call 604-485-8912 to book, at least 1 week in advance.

DROP IN SWIMMING LEGEND

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/ 1 Wide Lane - limited space in all pools



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.



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



For more information visit
www.lifesavingsociety.com
or contact your local pool

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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**

