### Aquatics Schedule

**September 2 – December 22, 2019**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Holidays</th>
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</thead>
<tbody>
<tr>
<td>5:00 am</td>
<td>5:30 am</td>
<td>6:00 am</td>
<td>6:30 am</td>
<td>7:00 am</td>
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<td>8:00 am</td>
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<tr>
<td>Lane Swim 5:00 – 8:00</td>
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**8:00 am**
- Lane Swim, Teen/Adult Swim Lessons (Drop-In) 8:00 – 8:30

**8:30 am**
- Lane Swim 8:30 – 8:50

**9:00 am**
- Aquafit 9:00 – 9:45
- AquaFit (Deep) 9:00 – 9:45
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**9:30 am**
- Preschool Swim 9:50 – 10:25

**10:00 am**
- Registered Swim Lessons 10:30 – 11:00

**11:00 am**
- AquaFit (Shallow) 11:05 – 11:50

**12:00 pm**
- Lane Swim 11:55 – 12:30
- Teen/Adult Swim Lessons (Drop-In) 12:00 – 12:30

**12:30 pm**
- Lane Swim 12:30 – 12:50

**1:00 pm**
- Open Swim 1:35 – 4:20

**1:30 pm**
- Registered Swim Lessons 1:30 – 3:30
- Triton Swim 2:30 – 3:30

**2:00 pm**
- Open Swim 4:00 – 6:00

**2:30 pm**
- Open Swim 4:30 – 6:00

**3:00 pm**
- Open Swim 5:00 – 6:00

**3:30 pm**
- Open Swim 6:00 – 7:00

**4:00 pm**
- Open Swim 7:00 – 7:30

**4:30 pm**
- Open Swim 7:30 – 8:00

**5:00 pm**
- Open Swim 8:00 – 8:55

**5:30 pm**
- Open Swim 8:00 – 8:55

**6:00 pm**
- Open Swim 8:00 – 8:55

**6:30 pm**
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**7:00 pm**
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**8:30 pm**
- Open Swim 8:00 – 8:55

**9:00 pm**
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- Teen/Adult Swim Lessons (Drop-In) 9:00 – 9:30

**9:30 pm**
- Lane Swim 9:30 – 10:00

**10:00 pm**
- Lane Swim 9:30 – 10:00

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### Admission standards (provincial guidelines):

**Pool Access:** The pool is only accessible through the change rooms (the glass door from the foyer to the pool is locked).

**Swimming Lessons:** Children aged 0 – 9 years old must be signed in and out of lessons on the pool deck.

- Children aged 0 – 5 years old must also be accompanied by a responsible adult who is within view of the pool during lessons.

**Open Swim:** Children aged 0 – 5 years old, as well as children aged 6 – 9 years old who have not passed a swim test, must be accompanied in the water by a responsible adult who is 16 years of age or older.

**Children aged 6 – 9 years old who have successfully passed a swim test must have a responsible adult present on the pool deck to supervise.**

**Children aged 10 – 15 years old can swim independently but need to complete deep end test to swim in deep end.**

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### Attention Members

**Health Management Program (Wednesday):** Please note that the Health Management program partakes in aquatic exercises from 12:30 pm – 1:30 pm during Lane Swim.

**On PD Days:** Day Campers will be swimming during the open swim between 2:30 pm – 3:30 pm.

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### Aquatics Legend

- 1 Lane Available
- 2 Lanes Available
- 3 Lanes Available
- No Lane Swim
- Registered Program

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