

Monday, December 24, 2018 • 5am - 6pm

	G	S	CS	WGR	XYZ1	XYZ2	FC2
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	POWER 9:15-10:15am	Youth Active 9:00-10:15am	Group Cycling 9:15-10:15am	Gold Fusion 9:15-10:00am	Wake Up, Shake Up 9:15-11:00am		
9:30				Cardio Mix 10:15-11:00am			
10:00					Youth Fun 10:15-12:00pm		
10:30							
11:00	Wiggles & Giggles 10:45-12:00pm						
11:30							
12:00							
12:30	ACTIVE 12:15-1:15pm						
1:00							
1:30	Pickleball 1:30-3:30pm						
2:00							
2:30							
3:00							

Wednesday, December 26, 2018 • 9am - 3pm

	G	S	CS	WGR	XYZ1	XYZ2	PT
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00				Group Cycling 9:15-10:15am		Youth Fun 9:00-12:00pm	
10:30	Variety Fit 10:15-11:15am						
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							

Thursday, December 27, 2018 • 5am - 11pm

	G	S	CS	WGR	PT	XYZ1	XYZ2
6:00							
6:30							
7:00							Camp 7:00-9:00am
7:30							
8:00							
8:30							
9:00	Gold Strength 9:15-10:15am	Youth Active 9:00-10:30am		GROUP CENTERGY 9:00-10:00am		Wake Up, Shake Up 9:15-11:00am	
9:30							
10:00	Wiggles & Giggles 10:45am-12:00pm			Yoga Gold 10:30-11:30am		Youth Fun 10:30-12:00pm	
10:30							
11:00							
11:30							
12:00	Total Body Challenge 12:15-1:15pm						
12:30							
1:00							
1:30							Camp 12:00-4:00pm
2:00							
2:30							
3:00							
3:30							
4:00	Camp 4:00-6:00pm					Youth Fun 4:00-4:45pm Preschool Playzone 4:45-5:30pm	
4:30							
5:00							
5:30					Preschool Active 5:30-6:25pm		
6:00						Youth Fun 5:30-8:30pm	
6:30	POWER 6:30-7:30pm						
7:00							
7:30	Floor Hockey 7:35-8:30pm						
8:00							
8:30	Basketball 8:30-9:30pm						
9:00							
9:30	Volleyball 9:30-10:55pm						
10:00							
10:30							

Friday, December 28, 2018 • 5am - 11pm

	G	S	CS	WGR	XYZ1	XYZ2
6:00						
6:30						
7:00						Camp 7:00-9:00am
7:30						
8:00						
8:30						
9:00	Total Body Challenge 9:15-10:15am	Youth Active 9:00-10:00am	Group Cycling 9:15-10:15am	Gold Fusion 9:15-10:00am		Wake Up, Shake Up 9:15-11:00am
9:30						
10:00						
10:30	Wiggles & Giggles 10:45am-12:00pm	ZUMBA Mix 10:15-11:00am		Yoga Stretch 10:30-11:15am		Youth Fun 10:00-12:00pm
11:00						
11:30						
12:00	ACTIVE 12:15-1:15pm					
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00	Camp 4:00-6:00pm					Youth Fun 4:00-4:45pm
4:30						
5:00						
5:30						
6:00						Youth Fun 5:30-7:30pm
6:30	Basketball 6:35-7:30pm					
7:00						
7:30	Team Extreme 7:30-8:30pm					Teen Drop In 7:30-8:30pm
8:00						
8:30						
9:00	Basketball 8:30-10:55pm					
9:30						
10:00						
10:30						

Saturday, December 29, 2018 • 7am - 8pm

	G	S	CS	WGR	KIT	XYZ1	XYZ2
8:00							
8:30	Total Body Challenge 8:30-9:30am			Yoga 8:30-10:00am			Youth Fun 8:00am-11:00am
9:00	ZUMBA 9:30-10:30am		Group Cycling 9:30-10:30am		Jr. Chef 9:15-10:30am	Wake Up, Shake Up 9:00-11:00am	
9:30							
10:00							
10:30	Wiggles & Giggles 10:45am-12:00pm	Youth Games 11:00-12:00pm		Yoga 10:30am-12:00pm			
11:00							
11:30							
12:00	Youth Sports 12:00-1:30pm						
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							

Sunday, December 30, 2018 • 7am - 8pm

	G	S	WGR	KIT	XYZ1	XYZ2
8:00						
8:30						Youth Fun 8:00-11:00am
9:00	ACTIVE 9:00-10:00am			Jr. Chef 9:15-10:30am	Wake Up, Shake Up 9:00-11:00am	
9:30						
10:00						
10:30	Wiggles & Giggles 10:45am-12:00pm	Youth Games 11:00-12:00pm	Essentrics 10:30-11:30am			
11:00						
11:30						
12:00	Youth Sports 12:00-1:30pm					
12:30						
1:00						
1:30						
2:00						

Legend

- 0 months to 6 years
- 3 to 6 years
- 6 to 9 years
- 6 to 12 years
- 10 to 12 years
- 10 to 14 years
- 13+ years (Teen/Adult)
- 13 to 18 years
- 18+ years
- Family
- Holiday Camp
- G** - Gym
- S** - Studio
- CS** - Cycle Studio
- WGR** - Woodland Glen Room
- PT** - Personal Training Room
- KIT** - Kitchen
- OR** - Outreach Room
- LOB** - Lobby
- FC2** - Fitness Centre 2
- XYZ 1/2** - Extreme Youth Zone

- Parent must attend
- Register in advance
- Additional Cost
- Gold Series
- New Program

The Guelph Y would like to wish you and your family a happy and healthy holiday season!

Monday, December 31, 2018 • 5am - 6pm

	G	S	CS	WGR	XYZ1	XYZ2	FC2
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30	MPOWER 9:15-10:15am	Youth Active 9:00-10:15am	Group Cycling 9:15-10:15am	Gold Fusion 9:15-10:00am	Wake Up, Shake Up 9:15-11:00am		
10:00							
10:30	Wiggles & Giggles 10:45am-12:00pm			Cardio Mix 10:15-11:00am	Youth Fun 10:15-12:00pm		
11:00							
11:30							
12:00	M ACTIVE 12:15-1:15pm						
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	Camp 4:00-6:00pm						
5:00							
5:30							

Tuesday, January 1, 2019 • 9am - 3pm

	G	S	PT	WGR	XYZ1	XYZ2	CS
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							Group Cycling 9:15-10:00am
9:30							
10:00	Variety Fit 10:15-11:15am						
10:30							
11:00							
11:30							
12:00							
1:00							
1:30							
2:00							
2:30							
3:00							

Wednesday, January 2, 2019 • 5am - 11pm

	G	S	CS	PT	WGR	XYZ1	XYZ2
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	M ACTIVE 9:15-10:15am	Youth Active 9:00-10:15am	Group Cycling 9:15-10:15am		Yoga 9:00-10:00am	Wake Up, Shake Up 9:15-11:00am	
9:30							
10:00	Wiggles & Giggles 10:45-12:00pm				Pilates 10:30-11:30am	Youth Fun 10:15-12:00pm	
10:30							
11:00							
11:30					Chat & Snack 12:00-1:00pm		
12:00	TRX 12:15-12:45pm	ZUMBA 12:15-1:00pm					
12:30	CORE 12:45-1:15pm						
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	Camp 4:00-6:00pm					Youth Fun 4:00-4:45pm	
4:30						Preschool Playzone 4:45-5:30pm	
5:00		MPOWER 5:30-6:30pm					
5:30			Preschool Vibe 5:30-6:30pm				
6:00							
6:30					M CENTERGY 6:35-7:35pm	Youth Fun 5:30-8:30pm	
7:00							
7:30	Dodgeball 7:30-8:30pm				Yoga 7:35-8:35pm		
8:00							
8:30	Basketball 8:30-9:30pm						
9:00							
9:30	Volleyball 9:30-10:55pm						
10:00							
10:30							

Thursday, January 3, 2019 • 5am - 11pm

	G	S	CS	WGR	PT	XYZ1	XYZ2
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	Gold Strength 9:15-10:15am	Youth Active 9:00-10:15am		M CENTERGY 9:00-10:00am		Wake Up, Shake Up 9:15-11:00am	
9:30							
10:00	Wiggles & Giggles 10:45am-12:00pm					Youth Fun 10:15-12:00pm	
10:30							
11:00					Yoga Gold 10:30-11:30am		
11:30							
12:00	Total Body Challenge 12:15-1:00pm						
12:30							
1:00							
1:30							
2:00	Pickleball 1:30-3:30pm						
2:30							
3:00							
3:30							
4:00	Camp 4:00-6:00pm					Youth Fun 4:00-4:45pm	
4:30						Preschool Playzone 4:45-5:30pm	
5:00							
5:30							
6:00							
6:30	M ACTIVE 6:30-7:30pm				Essentrics 6:30-7:30pm	Youth Fun 5:30-8:30pm	
7:00							
7:30	Floor Hockey 7:35-8:30pm						
8:00							
8:30	Basketball 8:30-9:30pm						
9:00							
9:30	Basketball 9:30-10:55pm						
10:00							
10:30							

Friday, January 4, 2019 • 5am - 11pm

	G	S	CS	WGR	XYZ1	XYZ2
6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00	Total Body Challenge 9:15-10:15am	Youth Active 9:00-10:15am	Group Cycling 9:15-10:15am	Gold Fusion 9:15-10:00am	Wake Up, Shake Up 9:15-11:00am	
9:30						
10:00	Wiggles & Giggles 10:45-12:00pm			Yoga Stretch 10:30-11:15am	Youth Fun 10:15-12:00pm	
10:30						
11:00						
11:30						
12:00	M ACTIVE 12:15-1:15pm			Pilates 12:15-1:15pm		
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00	Camp 4:00-6:00pm					Youth Fun 4:00-4:45pm
4:30						
5:00						
5:30						
6:00						
6:30	Basketball 6:35-7:30pm					Youth Fun 5:30-7:30pm
7:00						
7:30	Team Extreme 7:30-8:30pm					Teen Drop In 7:30-8:30pm
8:00						
8:30						
9:00						
9:30	Basketball 8:30-10:55pm					
10:00						
10:30						
11:00						

Saturday, January 5, 2019 • 7am - 8pm

	G	S	CS	WGR	XYZ1	XYZ2	KIT
8:00							
8:30	Total Body Challenge 8:30-9:30am			Yoga 8:30-10:00am	Wake Up, Shake Up 9:00-11:00am	Youth Fun 8:00-11:00am	Jr. Chef 9:15-10:30am
9:00	ZUMBA 9:30-10:30am		Group Cycling 9:30-10:30am				
9:30							
10:00	Wiggles & Giggles 10:45am-12:00pm	Youth Games 11:00-12:00pm		Yoga 10:30am-12:00pm			
10:30							
11:00							
11:30							
12:00	Youth Sports 12:00-1:30pm						
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							

Sunday, January 6, 2019 • 7am - 8pm

	G	S	WGR	XYZ1	XYZ2	KIT
8:00						
8:30						
9:00	M ACTIVE 9:00-10:00am			Wake Up, Shake Up 9:00-11:00am	Youth Fun 8:00-11:00am	Jr. Chef 9:15-10:30am
9:30						
10:00						
10:30	Wiggles & Giggles 10:45-12:00pm	Youth Games 11:00-12:00pm	Essentrics 10:30-11:30am			
11:00						
11:30						
12:00	Youth Sports 12:00-1:30pm					
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						

Group classes may be altered due to holidays or special events and cancelled if attendance is consistently below six people. For specific dates and costs of registered programs, please visit us online at www.guelphy.org or speak to Member Services.

Aquatics Holiday Schedule

December 17 - 23, 2018

	Monday, Dec. 17 5am-11pm	Tuesday, Dec. 18 5am-11pm	Wednesday, Dec. 19 5am-11pm	Thursday, Dec. 20 5am-11pm	Friday, Dec. 21 5am-11pm	Saturday, Dec. 22 7am-8pm	Sunday, Dec. 23 7am-8pm																																								
5:00am	Lane Swim 5:00-8:50am																																														
5:30am						Adult/Teen Lessons 8:00-8:30am																																									
6:00am											Adult/Teen Lessons 8:00-8:30am																																				
6:30am																Adult/Teen Lessons 8:00-8:30am																															
7:00am																					Adult/Teen Lessons 8:00-8:30am					Lane Swim 7:00-7:55am	Lane Swim 7:00-8:55am																				
7:30am																										Adult/Teen Lessons 8:00-8:30am					Aquafit 8:00-8:45am																
8:00am																															Adult/Teen Lessons 8:00-8:30am					Open Swim 8:55-11:55am	Preschool Swim 9:00-10:55am										
8:30am																																						Adult/Teen Lessons 8:00-8:30am									
9:00am																																				Shallow Aquafit 9:00-9:45	Deep Aquafit 9:00-9:45						Shallow Aquafit 9:00-9:45	Deep Aquafit 9:00-9:45	Aqua Zumba 9:00-9:45		
9:30am																																				Preschool Swim 9:50-10:55am							Open Swim 8:55-11:55am	Preschool Swim 9:00-10:55am			
10:00am	Preschool Swim 9:50-10:55am																																														
10:30am						Preschool Swim 9:50-10:55am																																									
11:00am											Shallow Aquafit 11:05-11:50am	Shallow Aquafit 11:05-11:50am	Shallow Aquafit 11:05-11:50	Shallow Aquafit 11:05-11:50	Shallow Aquafit 11:05-11:50																												Deep Aquafit 11:05-11:50am				
11:30am											Lane Swim 11:55-1:30 Adult/Teen Lessons 12:00-12:30					Lane Swim 12-12:50 Adult/Teen Lessons 12:00-12:30pm	Lane Swim 12-12:55 Adult/Teen Lessons 12:00-12:30pm																														
12:00pm																Lane Swim 11:55-1:30 Adult/Teen Lessons 12:00-12:30																															
12:30pm																					Lane Swim 11:55-1:30 Adult/Teen Lessons 12:00-12:30																										
1:00pm																										Lane Swim 11:55-1:30 Adult/Teen Lessons 12:00-12:30																					
1:30pm																															Open Swim 1:35-3:50pm										Open Swim** 1:00-5:55pm						
2:00pm																																											Open Swim 1:35-3:50pm				
2:30pm																																				Open Swim 1:35-3:50pm											
3:00pm	Open Swim 1:35-3:50pm																																														
3:30pm						Open Swim 1:35-3:50pm																																									
4:00pm																																															
4:30pm											Open Swim 4:00 - 6:55pm																																				
5:00pm																Open Swim 4:00 - 6:55pm																															
5:30pm																					Open Swim 4:00 - 6:55pm																										
6:00pm																										Open Swim 4:00 - 6:55pm																					
6:30pm																															Open Swim 4:00 - 6:55pm																
7:00pm																																									Shallow Aquafit 7:05-7:45pm	Open Swim 7:00-7:55pm	Open Swim 7:00-7:55pm	Aqua Zumba 7:30-8:15pm	Open Swim 7:00-7:55pm	Lane Swim 7:00-7:30pm	
7:30pm																																				Open Swim 8:00-8:55pm											
8:00pm	Open Swim 8:00-8:55pm																																														
8:30pm						Open Swim 8:00-8:55pm																																									
9:00pm																																									Adult/Teen Lesson 9:00-9:30 Lane Swim 9:00-10:00						
9:30pm											Adult/Teen Lesson 9:00-9:30 Lane Swim 9:00-10:00																																				
10:00pm																Adult/Teen Lesson 9:00-9:30 Lane Swim 9:00-10:00																															

Admission standards (provincial guidelines) and new changes:

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.

AQUATICS LEGEND

■ 1 Lane Available

□ No Lane Swim

W Wellness Program

📅 Register

** Slide can be opened upon request

🕒 Time Change

■ 2 Lanes Available

🆕 New Program

✖ Pool Closure

✖ Bobber 3 Class

💰 Additional Cost

🔥 Camp Swim on PD Days

🎭 Encore Program

SLP Star Leadership Program

✖ Parent & Dipper Class

Aquatics Holiday Schedule

December 24 - 30, 2018

	Monday, Dec. 24 5am-6pm	Tuesday, Dec. 25 CLOSED	Wednesday, Dec. 26 9am-3pm	Thursday, Dec. 27 5am-11pm	Friday, Dec. 28 5am-11pm	Saturday, Dec. 29 7am-8pm	Sunday, Dec. 30 7am-8pm
5:00am	Lane Swim 5:00-8:50am	CLOSED		Lane Swim 5:00-8:50am			
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am	Adult/Teen Lessons 8:00-8:30am			Adult/Teen Lessons 8:00-8:30am	Lane Swim 7:00-7:55am	Lane Swim 7:00-8:55am	
8:30am							
9:00am	Shallow Aquafit 9:00-9:45		Lane Swim 9:00-10:10am	Deep Aquafit 9:00-9:45	Shallow Aquafit 9:00-9:45	Aquafit 8:00-8:45am	
9:30am							
10:00am	Preschool Swim 9:50-10:55am		Holiday Aquafit 10:15-11:00	Preschool Swim 9:50-11:00		Open Swim 8:55-11:55am	Preschool Swim 9:00-10:55am
10:30am							
11:00am	Shallow Aquafit 11:05-11:50am		Preschool Swim 11:05-12:00	Shallow Aquafit 11:05-11:50	Shallow Aquafit 11:05-11:50		Deep Aquafit 11:05-11:50am
11:30am							
12:00pm	Lane Swim 11:55-1:30pm	CLOSED	Lane Swim 12-1:30	Lane Swim 11:55-1:30		Lane Swim 12-12:50	Lane Swim 12-12:55
12:30pm	Adult/Teen Lessons 12:00-12:30pm		Adult/Teen Lessons 12-12:30	Adult/Teen Lessons 12:00-12:30		Adult/Teen Lessons 12:00-12:30pm	Adult/Teen Lessons 12:00-12:30pm
1:00pm							
1:30pm	Open Swim 1:35-3:45pm		Open Swim 1:30-2:45pm	Open Swim 1:35-3:30pm		Open Swim** 1:00-5:55pm	Open Swim** 1:00-2:55pm
2:00pm							
2:30pm	Camp Swim 2:30-3:30pm			Camp Swim 2:30-3:30pm	Camp Swim 2:30-3:30pm		
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							

*PLEASE NOTE THAT ON MONDAY, THURSDAY & FRIDAY, OPEN SWIM AND CAMP SWIM WILL RUN SIMULTANEOUSLY FROM 2:30-3:30 P.M.

Admission standards (provincial guidelines) and new changes:

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.

AQUATICS LEGEND

- 1 Lane Available
- 2 Lanes Available
- 3 Lanes Available
- No Lane Swim
- New Program
- Encore Program
- Wellness Program
- Pool Closure
- Star Leadership Program
- Register
- Bobber 3 Class
- Parent & Dipper Class
- ** Slide can be opened upon request
- Additional Cost
- Time Change
- Camp Swim on PD Days

Aquatics Holiday Schedule

December 31, 2018 - January 6, 2019

	Monday, Dec. 31 5am-6pm	Tuesday, Jan. 1 9am-3pm	Wednesday, Jan. 2 5am-11pm	Thursday, Jan. 3 5am-11pm	Friday, Jan. 4 5am-11pm	Saturday, Jan. 5 7am-8pm	Sunday, Jan. 6 7am-8pm				
5:00am	Lane Swim 5:00-8:50am		Lane Swim 5:00-8:50am	Lane Swim 5:00-8:50am	Lane Swim 5:00-8:50am						
5:30am											
6:00am											
6:30am											
7:00am		Adult/Teen Lessons 8:00-8:30am					Adult/Teen Lessons 8:00-8:30am	Adult/Teen Lessons 8:00-8:30am	Adult/Teen Lessons 8:00-8:30am	Lane Swim 7:00-7:55am	Lane Swim 7:00-8:55am
7:30am											
8:00am						AquaFit 8:00-8:45am					
8:30am											
9:00am	Shallow AquaFit 9:00-9:45	Lane Swim 9:00-10:10am	Shallow AquaFit 9:00-9:45	Deep AquaFit 9:00-9:45	Shallow AquaFit 9:00-9:45	Open Swim 8:55-11:55am					
9:30am								Preschool Swim 9:00-10:55am			
10:00am	Preschool Swim 9:50-10:55am	Holiday AquaFit 10:15-11:00am	Preschool Swim 9:50-10:55am								
10:30am											
11:00am	Shallow AquaFit 11:05-11:50am	Preschool Swim 11:05-12:00pm	Shallow AquaFit 11:05-11:50	Shallow AquaFit 11:05-11:50	Shallow AquaFit 11:05-11:50		Deep AquaFit 11:05-11:50am				
11:30am											
12:00pm	Lane Swim 11:55-1:30pm	Lane Swim 12:05-1:25pm	Lane Swim 11:55-1:30			Lane Swim 12-12:50	Lane Swim 12-12:55				
12:30pm	Adult/Teen Lessons 12:00-12:30pm	Adult/Teen Lessons 12:00-12:30pm	Adult/Teen Lessons 12:00-12:30			Adult/Teen Lessons 12:00-12:30pm	Adult/Teen Lessons 12:00-12:30pm				
1:00pm											
1:30pm	Open Swim 1:35-3:45pm	Open Swim 1:35-2:45pm	Open Swim 1:35-3:25pm	Open Swim 1:35-3:25pm	Open Swim 1:35-3:25pm	Open Swim** 1:00-5:55pm	POOL CLOSED National Lifeguard exam 1:00-6:00pm				
2:00pm											
2:30pm	Camp Swim 2:30 - 3:30pm		Camp Swim 2:30 - 3:30pm	Camp Swim 2:30 - 3:30pm	Camp Swim 2:30 - 3:30pm						
3:00pm											
3:30pm			Open Swim 3:30 - 7:00pm								
4:00pm											
4:30pm											
5:00pm											
5:30pm											
6:00pm						Open Swim 6:00-6:55pm					
6:30pm											
7:00pm						Lane Swim 7:00-7:30pm					
7:30pm			Open Swim 7:05-8:55pm								
8:00pm											
8:30pm											
9:00pm			Adult/Teen Lesson 9:00-9:30								
9:30pm			Lane Swim 9:00-10:00								
10:00pm											

*PLEASE NOTE THAT ON MONDAY, WEDNESDAY, THURSDAY & FRIDAY, OPEN SWIM AND CAMP SWIM WILL RUN SIMULTANEOUSLY FROM 2:30-3:30 P.M.

Admission standards (provincial guidelines) and new changes:

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.

AQUATICS LEGEND

- 1 Lane Available
- 2 Lanes Available
- 3 Lanes Available
- No Lane Swim
- New Program
- Encore Program
- Wellness Program
- Pool Closure
- Star Leadership Program
- Register
- Bobber 3 Class
- Parent & Dipper Class
- ** Slide can be opened upon request
- Additional Cost
- Time Change
- Camp Swim on PD Days

Aquatics Holiday Schedule

January 7 - 13, 2019

	Monday, Jan. 7 5am-11pm	Tuesday, Jan. 8 5am-11pm	Wednesday, Jan. 9 5am-11pm	Thursday, Jan. 10 5am-11pm	Friday, Jan. 11 5am-11pm	Saturday, Jan. 12 7am-8pm	Sunday, Jan. 13 7am-8pm					
5:00am	Lane Swim 5:00-8:50am											
5:30am												
6:00am												
6:30am												
7:00am						Adult/Teen Lessons 8:00-8:30am					Lane Swim 7:00-7:55am	
7:30am												Lane Swim 7:00-8:55am
8:00am												
8:30am												
9:00am	Shallow Aquafit 9:00-9:45	Deep Aquafit 9:00-9:45	Shallow Aquafit 9:00-9:45	Deep Aquafit 9:00-9:45	Aqua Zumba 9:00-9:45							
9:30am	Preschool Swim 9:50-10:55am 					Open Swim 8:55-11:55am						
10:00am								Preschool Swim 9:00-10:55am 				
10:30am												
11:00am	Shallow Aquafit 11:05-11:50am	Shallow Aquafit 11:05-11:50am	Shallow Aquafit 11:05-11:50	Shallow Aquafit 11:05-11:50	Shallow Aquafit 11:05-11:50		Deep Aquafit 11:05-11:50am					
11:30am												
12:00pm	Lane Swim 11:55-1:30 Adult/Teen Lessons 12:00-12:30					Lane Swim 12-12:50 Adult/Teen Lessons 12:00-12:30pm	Lane Swim 12-12:55 Adult/Teen Lessons 12:00-12:30pm					
12:30pm												
1:00pm	Open Swim 1:35-3:50pm					Open Swim** 1:00-5:55pm						
1:30pm												
2:00pm												
2:30pm												
3:00pm												
3:30pm												
4:00pm	Open Swim 4:00 - 6:55pm					Open Swim 6:00-6:55pm						
4:30pm												
5:00pm												
5:30pm												
6:00pm												
6:30pm												
7:00pm	Shallow Aquafit 7:05-7:45pm	Open Swim 7:00-7:55pm	Open Swim 7:00-7:55pm		Open Swim 7:00-7:55pm		Lane Swim 7:00-7:30pm					
7:30pm			Open Swim 7:00-7:55pm	Aqua Zumba 7:30-8:15pm								
8:00pm	Open Swim 8:00-8:55pm		Open Swim 8:00-8:55pm		Open Swim 8:00-8:55pm							
8:30pm												
9:00pm	Adult/Teen Lesson 9:00-9:30 Lane Swim 9:00-10:00											
9:30pm												
10:00pm												

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AQUATICS LEGEND

 1 Lane Available	 No Lane Swim	 Wellness Program	 Register	 ** Slide can be opened upon request	 Time Change
 2 Lanes Available	 New Program	 Pool Closure	 Bobber 3 Class	 Additional Cost	 Camp Swim on PD Days
 3 Lanes Available	 Encore Program	 Star Leadership Program	 Parent & Dipper Class		