

Monday 5:00 am - 11:00 pm

Monday class schedule grid with columns G, S, CS, WGR, OR, PT, FC2, XYZ1, XYZ2 and rows from 6:00 to 10:30.

Tuesday 5:00 am - 11:00 pm

Tuesday class schedule grid with columns G, S, WGR, FC1, OR, XYZ1, XYZ2 and rows from 6:00 to 10:30.

Wednesday 5:00 am - 11:00 pm

Wednesday class schedule grid with columns G, S, CS, WGR, PT, OR, XYZ1, XYZ2 and rows from 6:00 to 10:30.

Thursday 5:00 am - 11:00 pm

Thursday class schedule grid with columns G, S, FC1, WGR, PT, OR, XYZ1, XYZ2 and rows from 6:00 to 10:30.

Friday 5:00 am - 11:00 pm

Friday class schedule grid with columns G, S, CS, WGR, FC2, XYZ1, XYZ2 and rows from 6:00 to 10:30.

Saturday 7:00 am - 8:00 pm

Saturday class schedule grid with columns G, S, CS, WGR, FC1, OR, KIT, XYZ1, XYZ2 and rows from 8:00 to 3:00.

Sunday 7:00 am - 8:00 pm

Sunday class schedule grid with columns G, S, CS, WGR, FC1, KIT, XYZ1, XYZ2 and rows from 8:00 to 7:00.

LEGEND

- Color-coded boxes for age groups (0-6, 3-6, 6-9, 6-12, 10-12, 10-14, 13+, 13-18, 18+ years).
Icons for program types: Parent must attend, Register in advance, Additional Cost, Time Change, Gold Series, New Program.
Room abbreviations: G - Gym, S - Studio, CS - Cycle Studio, WGR - Woodland Glen Room, PT - Personal Training Room, XYZ1/2 - Extreme Youth Zone, KIT - Kitchen, OR - Outreach Room, LOB - Lobby, FC2 - Fitness Centre 2 (upstairs), BR - Boardroom, Restorative Yoga.

Group classes may be altered due to holidays or special events and cancelled if attendance is consistently below six people.

Aquatics Schedule

March 18 - June 30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holidays															
5:00am	Lane Swim 5:00am - 8:50am																						
5:30am						Adult / Teen Lesson 8:00am - 8:30am																	
6:00am											Adult / Teen Lesson 8:00am - 8:30am												
6:30am																Adult / Teen Lesson 8:00am - 8:30am							
7:00am																					Adult / Teen Lesson 8:00am - 8:30am		
7:30am	Adult / Teen Lesson 8:00am - 8:30am																						
8:00am						Adult / Teen Lesson 8:00am - 8:30am																	
8:30am											Adult / Teen Lesson 8:00am - 8:30am												
9:00am																Shallow Aquafit 9:00am - 9:45am	Deep Aquafit 9:00am - 9:45am	Shallow Aquafit 9:00am - 9:45am	Deep Aquafit 9:00am - 9:45am	Aqua ZUMBA 9:00am - 9:45am			
9:30am																Preschool Swim 9:50am - 10:25am							
10:00am	Registered Swim Lessons 10:30am - 11:00am																				Registered Swim Lessons 9:45 - 12:00 pm	Registered Swim Lessons 10:00-11:00 am	Holiday Aquafit 10:15 - 11:00am
10:30am						Registered Swim Lessons 10:30am - 11:00am																	
11:00am											Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am		Deep Aquafit 11:05am - 11:50am	Preschool Swim 11:05am - 12:00pm					
11:30am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am	Shallow Aquafit 11:05am - 11:50am							Deep Aquafit 11:05am - 11:50am	Preschool Swim 11:05am - 12:00pm										
12:00pm	Lane Swim 11:55am - 1:30pm	Lane Swim 11:55am - 12:55pm	Lane Swim 11:55am - 12:55pm	Lane Swim 11:55am - 12:55pm	Lane Swim 11:55pm - 12:25pm Adult/Teen Lesson 12-12:30pm	Lane Swim 12:05-12:30pm Adult/Teen Lesson 12-12:30	Lane Swim 12:05-12:30pm Adult/Teen Lesson 12-12:30																
12:30pm	Adult/Teen Lesson 12:00-12:30pm	Adult/Teen Lesson 12:00-12:30pm	Wellness Program 12:30-1:30pm	Adult/Teen Lesson 12:00-12:30pm				Lane Swim 12:05 - 1:25 pm															
1:00pm	Adult/Teen Lesson 12:00-12:30pm	SHARKS 1:00 - 2:00 pm	Wellness Program 12:30-1:30pm	SHARKS 1:00 - 2:00 pm	SHARKS 12:30 - 2:30 pm	Registered Swim Lessons 12:30 - 4:00 pm	Registered Swim Lessons 12:30 - 2:30 pm																
1:30pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 2:30pm - 3:30pm	Registered Swim Lessons 12:30 - 4:00 pm	Guelph Y Triton Swim 2:30pm - 3:30pm	Open Swim 1:30 - 2:45 pm															
2:00pm																							
2:30pm																							
3:00pm																							
3:30pm																							
4:00pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 2:30pm - 3:30pm	Registered Swim Lessons 12:30 - 4:00 pm	Guelph Y Triton Swim 2:30pm - 3:30pm	Open Swim 1:30 - 2:45 pm															
4:30pm																							
5:00pm																							
5:30pm																							
6:00pm																							
6:30pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 1:35pm - 4:20pm	Open Swim 2:10pm - 4:20pm	Open Swim 2:30pm - 3:30pm	Registered Swim Lessons 12:30 - 4:00 pm	Guelph Y Triton Swim 2:30pm - 3:30pm	Open Swim 1:30 - 2:45 pm															
7:00pm																							
7:30pm																							
8:00pm																							
8:30pm																							
9:00pm	Registered Swim Lessons 4:30pm - 7:00pm					Open Swim ** 4:00pm - 6:00 pm	Open Swim ** 3:30pm - 6:00pm																
9:30pm	Speak with a Member Services Representative to register today!							Open Swim ** 4:00pm - 6:00 pm	Open Swim ** 3:30pm - 6:00pm														
10:00pm	Speak with a Member Services Representative to register today!									Open Swim ** 4:00pm - 6:00 pm	Open Swim ** 3:30pm - 6:00pm												
7:00pm	Registered Swim Lessons 7:00 - 8:00 pm	Registered Swim Lessons 7:00 - 8:00 pm		Registered Swim Lessons 7:00 - 8:00 pm	Registered Swim Lessons 7:00 - 8:00 pm								Lane Swim 7:00-7:30 pm	Lane Swim 7:00-7:30 pm									
7:30pm	Registered Swim Lessons 7:00 - 8:00 pm	Registered Swim Lessons 7:00 - 8:00 pm	Aqua ZUMBA 7:30 - 8:15 pm	Registered Swim Lessons 7:00 - 8:00 pm	Registered Swim Lessons 7:00 - 8:00 pm							Registered Swim Lessons 7:15-8:00 pm											
8:00pm	Shallow Aquafit 8:05 - 8:50 pm	Registered Swim Lessons 8 - 8:30 pm	Open Swim 8:05 - 8:55pm	Open Swim 8:15 - 8:55 pm	Open Swim 8:05 - 8:55 pm	Jr. Lifeguard Club 8:00-8:55 pm	Leadership 7:30 - 10pm					Open Swim 8:05 - 8:55pm											
8:30pm	Shallow Aquafit 8:05 - 8:50 pm	Registered Swim Lessons 8 - 8:30 pm	Open Swim 8:05 - 8:55pm	Open Swim 8:15 - 8:55 pm	Open Swim 8:05 - 8:55 pm	Jr. Lifeguard Club 8:00-8:55 pm	Leadership 7:30 - 10pm	Open Swim 8:05 - 8:55pm															
9:00pm	Lane Swim 9:00pm - 10:00pm					Lane Swim 9:00pm - 10:00pm																	
9:30pm	Adult / Teen Lessons 9:00pm - 9:30pm					Drop In Lesson 9:00-9:30pm																	
10:00pm	Adult / Teen Lessons 9:00pm - 9:30pm																						

ATTENTION MEMBERS

There will be no swimming lessons from April 15-28th. Open swim will take place during all of these swim lesson timeslots.

Open Swim (Friday)

On April 5th, April 22nd, June 7th, and June 28th, Open Swim from 2:30-3:30 will be shared with Guelph Y Day Camps.

Wellness Program (Wednesday)

Please note that the Wellness program partakes in aquatic exercises from 12:30-1:30pm during Lane Swim.

Encore Program

Please note that the Encore program partakes in aquatic exercises from 7:45-8:15pm during some of the Tuesday evening open swims.

SHARKS (Safe, Healthy, Aquatic Recreation for Kids) Program

For SHARKS, we partner with the University of Guelph and the City of Guelph, as well as valued sponsors, to deliver free Swim to Survive lessons to all Grade 3 and Grade 5 students in Guelph.



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	Wellness Program	Register	Slide can be opened upon request	Encore Program
2 Lanes Available	SHARKS - pool unavailable	Pool Closure	Bobber 3 Class	Additional Cost	Camp Swim on PD Days
3 Lanes Available	New Program	Star Leadership Program	Parent & Dipper Class Offered	Time Change	