

## AQUATIC SCHEDULE EFFECTIVE OCT 12<sup>TH</sup> 2021

SWIM DESCRIPTION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>LEISURE SWIM</b> Lane Pool not available during these swims, please see Open Swim times for full access	10:30am – 12:00pm	7:00 – 8:30am 12:30 – 1:30pm 3:00 – 5:00pm 6:45 – 8:15pm	7:00 – 8:30am 12:30 – 1:30pm 3:00 – 5:00pm 6:45 – 8:15pm	7:00 – 8:30am 12:30 – 1:30pm 3:00 – 5:00pm 6:45 – 8:15pm	7:00 – 8:30am 12:30 – 1:30pm 3:00 – 5:00pm 6:45 – 8:15pm	7:00 – 8:30am 12:30 – 1:30pm 3:30 – 6:00pm	9:00am – 12:00pm	
<b>TOT SWIM</b> Family change room not available		8:30am – 3:00pm	8:30am – 3:00pm	8:30am – 3:00pm	8:30am – 3:00pm	8:30am – 3:30pm		
<b>OPEN SWIM</b> Access to all pools: lane, leisure, tot and hot	1:30 – 3:00pm					6:30 – 9:00pm	2:30 – 4:00pm 6:00 – 8:30pm	
<b>WATERFIT</b> Lane Pool		8:30 – 9:15am (Helena)	8:30 – 9:15am 11:00 – 11:45am (Deep Water Running - Edie) 7:30 – 8:15pm (Cam)	8:30 – 9:15am 7:30 – 8:15pm (Sharron)	8:30 – 9:15am 11:00 – 11:45am (Deep Water Running - Edie)	8:30 – 9:15am		
<b>GENTLEFIT</b> Leisure Pool	10:00 – 10:30am	8:30 – 9:00am	8:30 – 9:00am	8:30 – 9:00am	8:30 – 9:00am	8:30 – 9:00am		
<b>LANE SWIMS</b> Please note, these lane swim times will remain in effect until School Board Swimming Lessons resume	10:30am – 12:00pm	7:00am – 4:00pm 7:30 – 9:00pm	7:00am – 11:00am 12:00pm – 5:00pm 7:30 – 9:00pm	7:00am – 4:00pm 7:30 – 9:00pm	7:00am – 11:00am 12:00pm – 5:00pm 7:30 – 9:00pm	7:00am – 4:00pm	11:00am – 12:00pm	
<b>Rent the Pool</b>	12:15 – 1:15pm 3:15 – 4:15pm Sundays only	Birthday Parties & Private Rentals are available on Wekeends Call 467-2087 ext 0 to rent the pool						1:15 – 2:15pm 4:30 – 5:30pm Saturdays only

### Leisure Swim

Enjoy the leisure pool all to yourself! If you want to relax, work on some stretches or do some exercises this is the swim for you. This pool is at the right temperatures for post surgery stretches.

### Family Swim

Fun for the whole family! An adult family member must accompany children in the water. Please respect the Social Distancing Guidelines put in place by our Provincial and Local Health Authorities. Not all water toys will be available at this time, due to changes in cleaning protocols. Goggles are recommended, snorkels are not permitted at this time as they promote spitting of air and water through the mouth. The facility will not be able to loan out any goggles/masks.

### Lane Swim

Refresh yourself with an invigorating swim! Lap swimming for active swimmers age 13 years and over. Swimmers under the age of 13 may swim lanes if accompanied by a Parent. The Lane Pool will be set-up in lanes. One swimmer per lane, unless you are from the same social bubble, up to a max of 3 persons. Goggles are highly recommended, snorkels will not be permitted at this time. We encourage you to bring your own equipment (fins, paddles, etc). Flutter Boards and Pull Buoys will be available, please do not place them back on the rack when you are done.

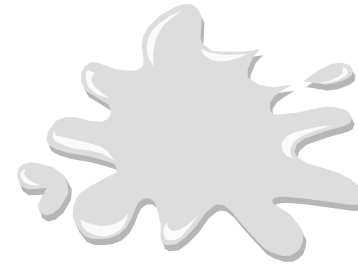
### WaterFit

If you enjoy the water and would like to improve your fitness level, this is the program for you! Try this fun and different way to trim and tone those muscles, while improving your cardiovascular system. There are 20 spaces available per class, you may reserve your space as of 9am the day before.

### Gentle WaterFit

A gentle stretching & exercising program. This is an excellent class for individuals with arthritis, joint pain, back trouble, recovering from recent surgery or wanting some gentle exercise! There are 9 spaces available per class, you may reserve your space as of 9am the day before.

# Welcome to the Aquatic Centre!



## Admission Requirements

Please plan to arrive with your bathing attire already on, under your clothing. This will reduce congestion in the changerooms. At the end of your swim, please rinse off and make your way through the changerooms quickly (face masks are required once you leave the shower area). Please leave the application of cosmetic and hygiene products for when you are at home.

### Water Slide

To ride the water slide you must be at least 42" (107 cm) tall and able to comfortably swim 3 metres unassisted. Floatation devices cannot be worn on the slide and jewelry must be removed. Parents cannot 'catch' children at the bottom of the slide.

### Tot Pool

Restricted to children age 5 years and under accompanied in the water and directly supervised by an adult. Accompanying adult is responsible for supervision of children in their care & **must** stay in the water & within arm's reach at all times. **Reduced capacity, only 12 persons in the Tot Pool at any time**

### Sauna

The Sauna is now open Monday – Friday 7am – 5pm; limited use, max of 3 persons.

### Hot Tub

Children under the age of 12 are not allowed in the hot tub unless accompanied and supervised by a person who is 16 years of age or older. **Reduced Capacity, only 6 persons in the Hot Tub at any time.**