

AQUATICS SCHEDULE

May - June



Explore • Engage • Experience

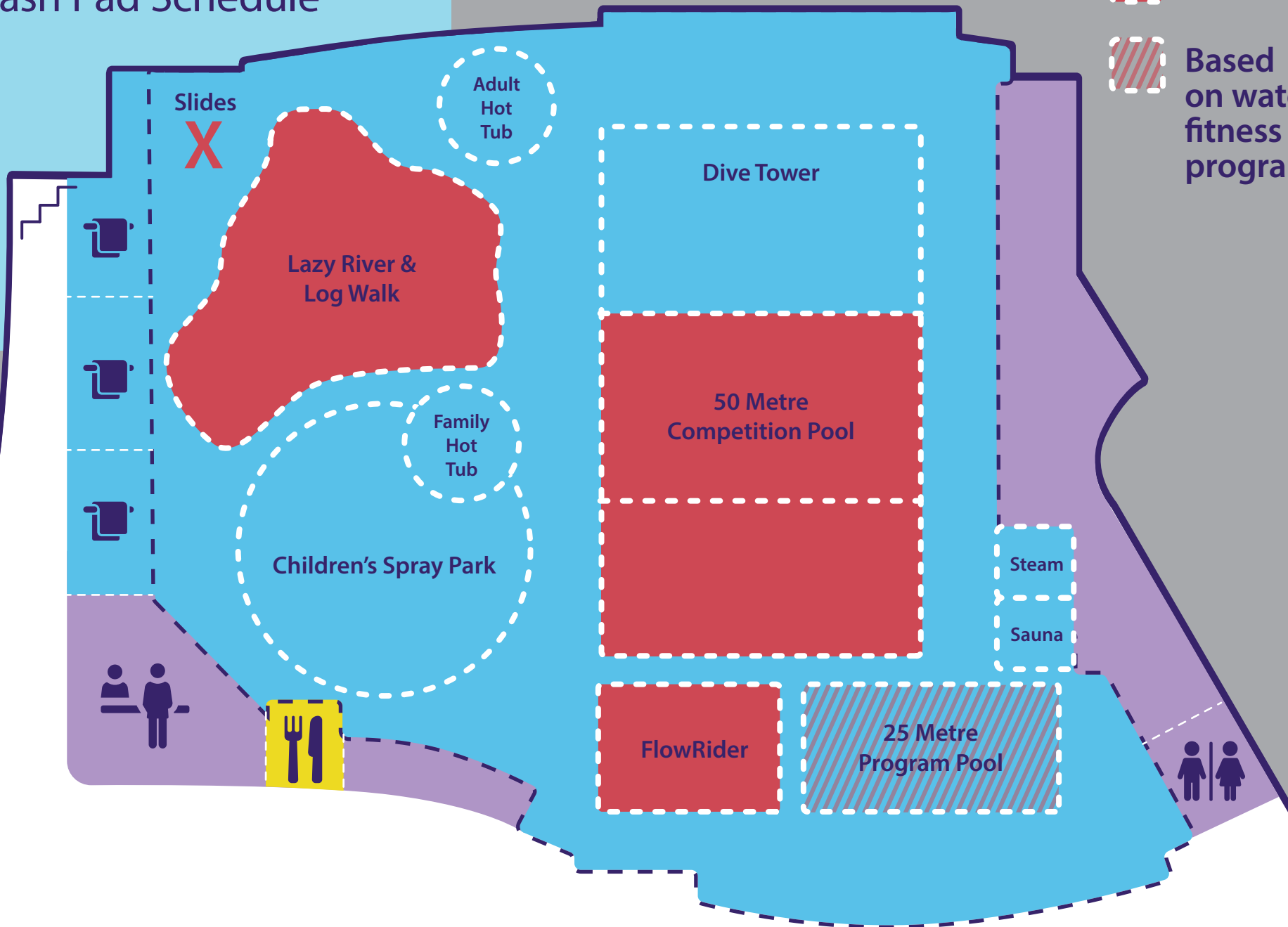
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m. - 6:30 a.m.	Swim Club/ Lane Swim	Swim Club/ Lane Swim	Swim Club/ Lane Swim	Swim Club/ Lane Swim	FlowRider	Swim Club/ Lane Swim	Facility Opens at 8:00 a.m.
6:30 a.m. - 7:00 a.m.							
7:00 a.m. - 7:30 a.m.							
7:30 a.m. - 8:00 a.m.	HITT	Deep Water	Aqua Tone n' Burn	50-50 Fit	Deep Aqua Tone n' Burn	Swim Club/ Lane Swim	Swim Club/ Lane Swim
8:00 a.m. - 8:30 a.m.							
8:30 a.m. - 9:00 a.m.							
9:00 a.m. - 9:30 a.m.	Deep Aqua Tone n' Burn	Go Hard Aqua Fitness	Aqua Tone n' Burn	Go Hard Aqua Fitness	Deep Aqua Tone n' Burn	Swim Club/ Lane Swim	Swim Club/ Lane Swim
9:30 a.m. - 10:00 a.m.							
10:00 a.m. - 10:30 a.m.							
10:30 a.m. - 11:00 a.m.	River Walk/ Sr. in Motion Shallow	River Walk	River Walk/ Sr. in Motion Shallow	River Walk	Sr. in Motion Shallow	Swim Club/ Lane Swim	Lessons
11:00 a.m. - 11:30 a.m.							
11:30 a.m. - 12:00 p.m.							
12:00 p.m. - 12:30 p.m.	Baby Boot Camp/ Sr. in Motion Deep		Baby Boot Camp/ Sr. in Motion Deep		Sr. in Motion Deep	Swim Club/ Lane Swim	Lessons
12:30 p.m. - 1:00 p.m.							
1:00 p.m. - 1:30 p.m.							
1:30 p.m. - 2:00 p.m.	Lane Swim/ School Lessons	Lane Swim/ School Lessons	Lane Swim/ School Lessons	Lane Swim/ School Lessons	Spontaneous Use Incl. Lanes Available	Swim Club/ Lane Swim	Lessons
2:00 p.m. - 2:30 p.m.							
2:30 p.m. - 3:00 p.m.							
3:00 p.m. - 3:30 p.m.	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Spontaneous Use Incl. Lanes Available	Swim Club/ Lane Swim	Lessons
3:30 p.m. - 4:00 p.m.							
4:00 p.m. - 4:30 p.m.							
4:30 p.m. - 5:00 p.m.	Lessons/ User Groups	Lessons/ User Groups	Lessons/ User Groups	Lessons/ User Groups	Spontaneous Use w/ 50m Limited Use	Swim Club/ Lane Swim	Lessons
5:00 p.m. - 5:30 p.m.							
5:30 p.m. - 6:00 p.m.							
6:00 p.m. - 6:30 p.m.	Spontaneous Use Incl. Lanes Available	Spontaneous Use Incl. Lanes Available	Spontaneous Use Incl. Lanes Available	Spontaneous Use Incl. Lanes Available	Spontaneous Use Incl. Lanes Available	Swim Club/ Lane Swim	Lessons
6:30 p.m. - 7:00 p.m.							
7:00 p.m. - 7:30 p.m.							
7:30 p.m. - 8:00 p.m.	Aqua Kickboxing	River Mix Fitness	Deep Water Fitness	Shallow Water	Spontaneous Use Incl. Lanes Available	Swim Club/ Lane Swim	Lessons
8:00 p.m. - 8:30 p.m.							
8:30 p.m. - 9:00 p.m.							
9:00 p.m. - 9:30 p.m.							

See the following pages for colour-coded availability maps.

Aquatics Area

Splash Pad Schedule

-  Available
-  Closed
-  Based on water fitness programs



Aquatics Area

Lazy River Schedule

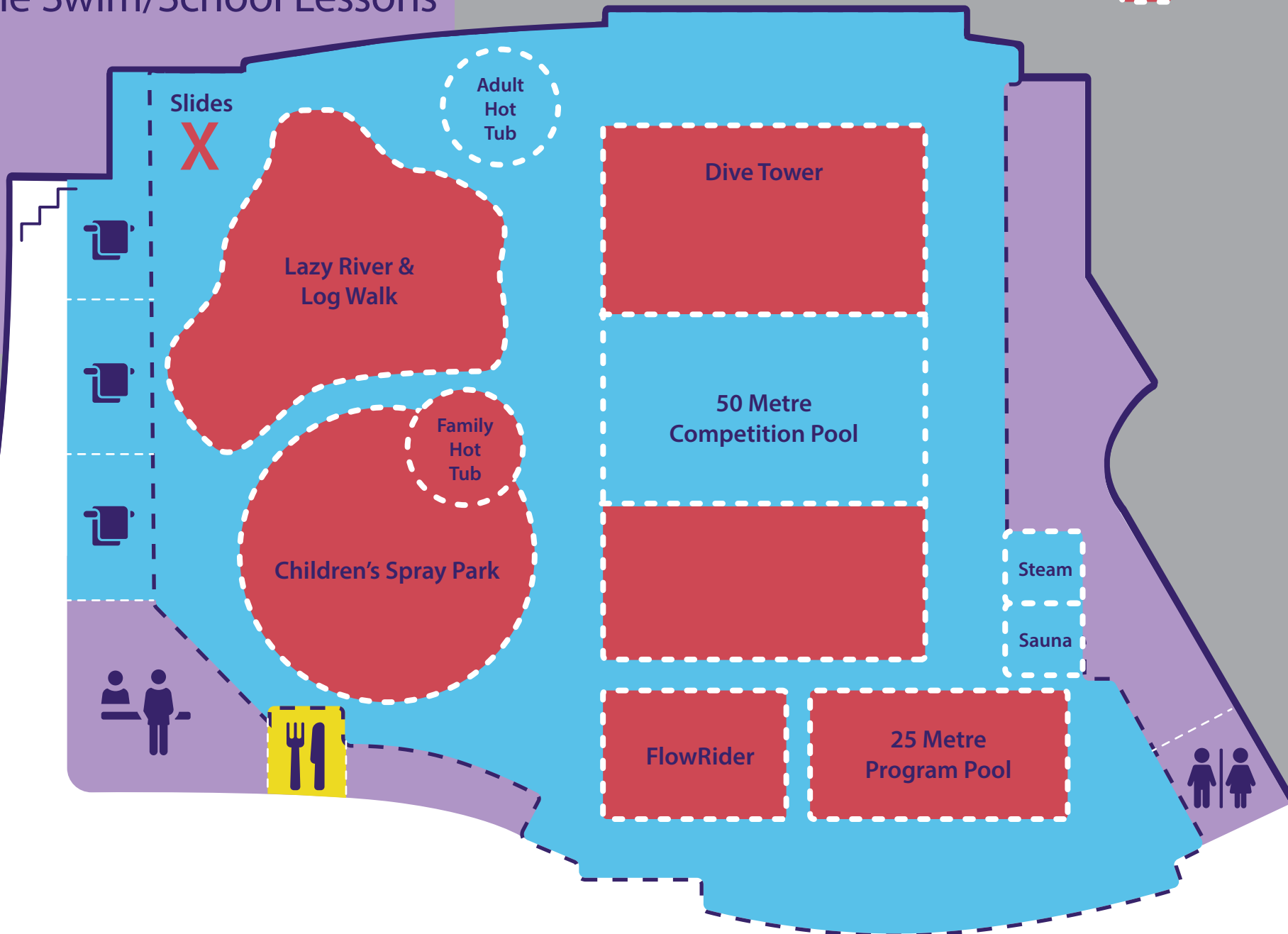
-  Available
-  Closed
-  Based on water fitness programs



Aquatics Area

Lane Swim/School Lessons

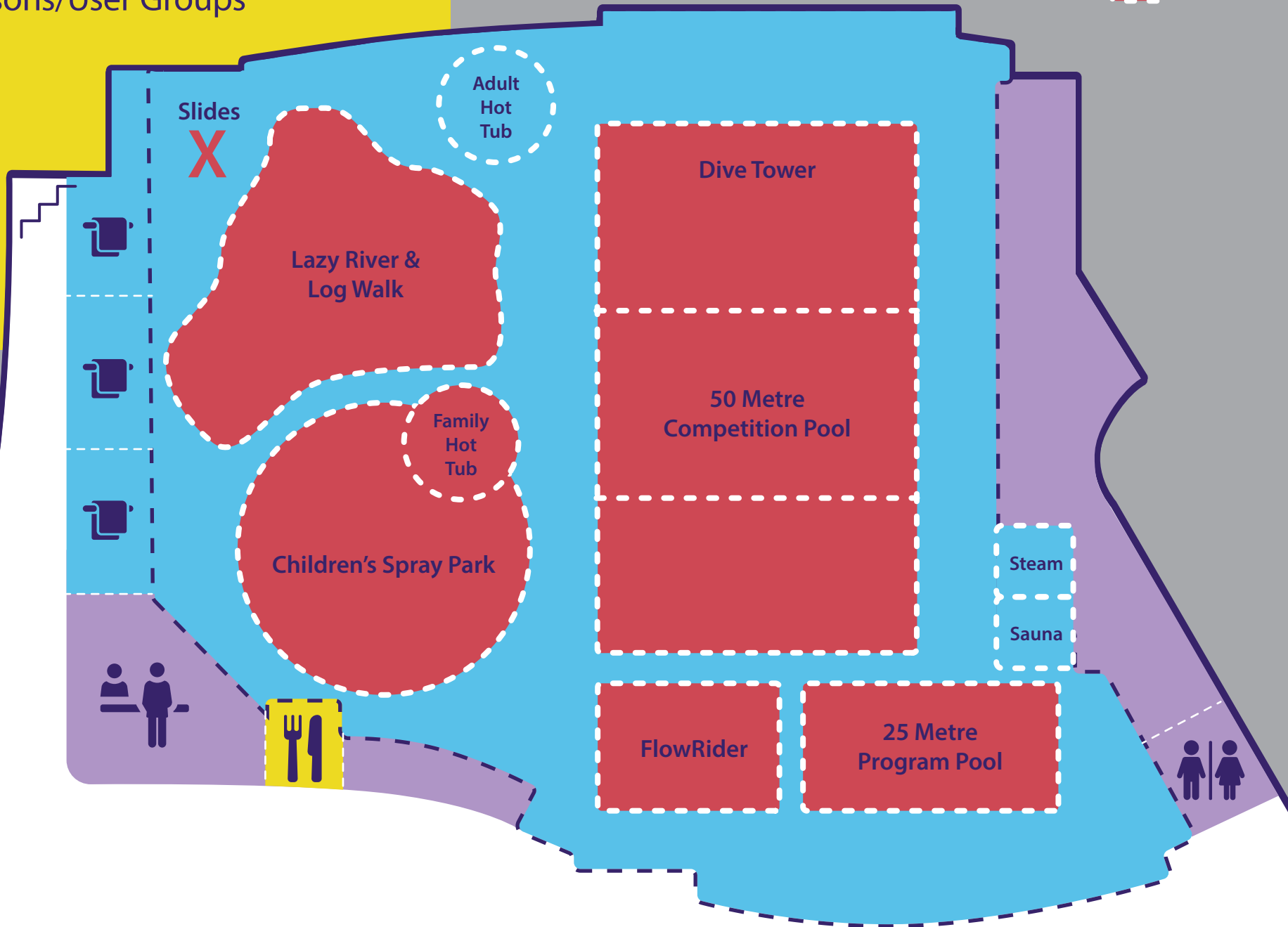
-  Available
-  Closed



Aquatics Area

Lessons/User Groups

-  Available
-  Closed



Aquatics Area

Lessons

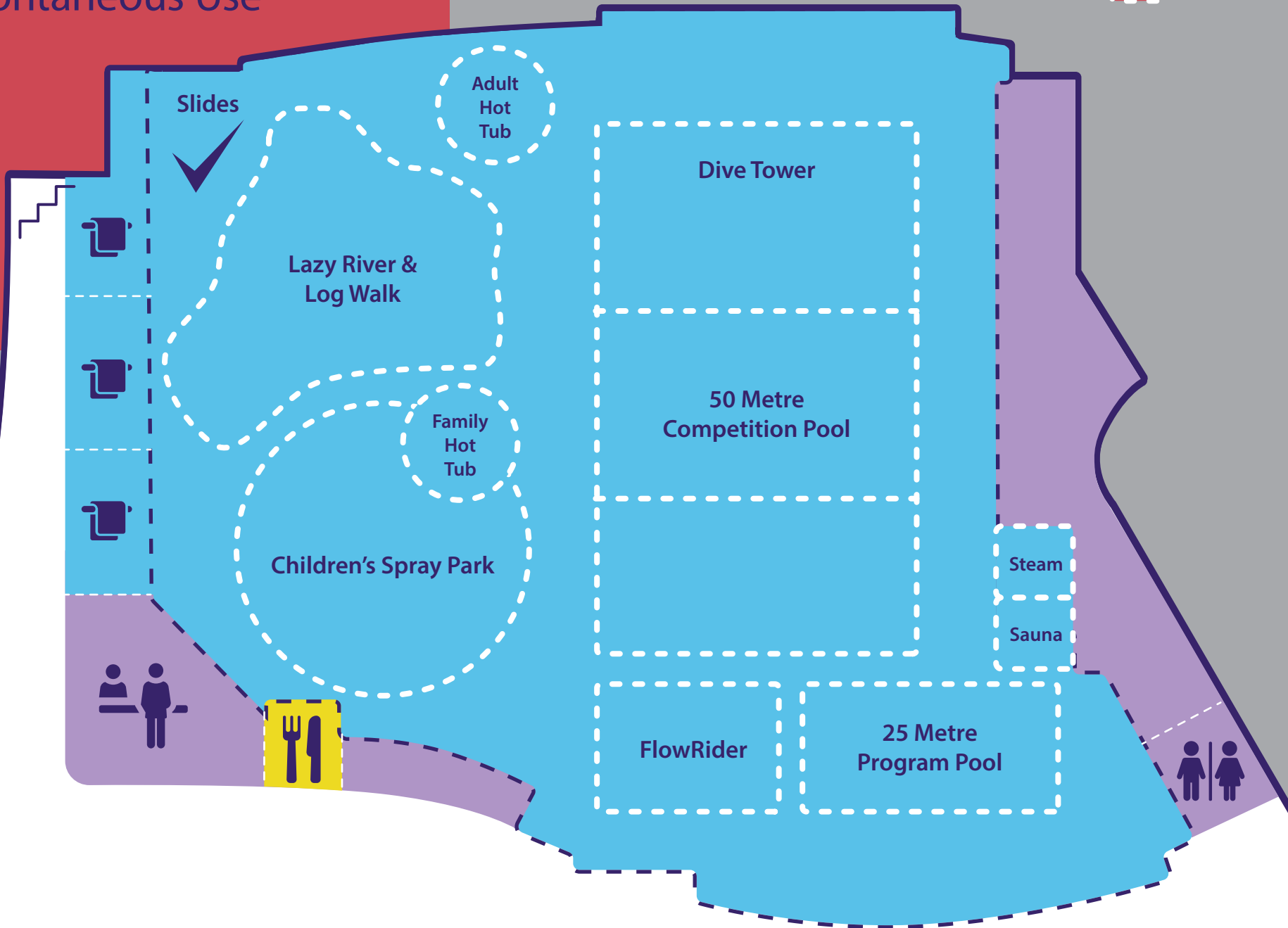
-  Available
-  Closed



Aquatics Area

Spontaneous Use

-  Available
-  Closed



Aquatics Area

Swim Club/Lane Swim

-  Available
-  Closed

