

Aquatic Centre Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
6:00 AM			
	Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00
7:00 AM			
8:00 AM	AquaFit 8:00 - 8:30		AquaFit 8:00 - 8:30
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
	Public Swim 1:00 - 4:00 On no school days	Public Swim 1:00 - 4:00 On no school days	Public Swim 1:00 - 4:00 On no school days
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM	Shallow Water AquaFit 7:30 - 8:15	Deep Water AquaFit 7:30 - 8:15	Shallow Water AquaFit 7:30 - 8:15
	Lane/Adult Swim 8:15 - 9:00	Lane/Adult Swim 8:15 - 9:00	Lane/Adult Swim 8:15 - 9:00
8:00 PM			
9:00 PM			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00		
	AquaFit 8:00 - 8:30		
12:00 PM	Family Swim 11:30 - 1:00		
	Public Swim 1:00 - 4:00 On no school days	Public Swim 1:00 - 4:00 On no school days	Public Swim 1:30 - 4:00
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM	Deep Water AquaFit 7:30 - 8:15		
	Lane/Adult Swim 8:15 - 9:00		
8:00 PM			
9:00 PM			