



## Aquatics October Schedule

(October 1–30, 2022)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am	<b>Early Bird</b> ♦ 6:00–9:00am
<b>Leisure and Lengths</b> ♦ 9:00am–3:00pm	<b>Swim Lessons</b> 9:00–10:30am	<b>Swim Lessons</b> 9:00–10:30am	<b>Swim Lessons</b> 9:00–10:30am	<b>Leisure and Lengths</b> ♦ 9:00am–1:00pm	<b>Swim Lessons</b> 9:00–11:30am	<b>Swim Lessons</b> 9:00am–1:00pm
	<b>Leisure and Widths</b> ♦ 10:30–11:30am	<b>Leisure and Lengths</b> ♦ 10:30am–3:00pm	<b>Leisure and Widths</b> ♦ 10:30–11:30am		<b>Integrated Swim</b> 11:30am–1:00pm	
	<b>Leisure and Lengths</b> ♦ 11:30am–1:30pm		<b>Leisure and Lengths</b> ♦ 11:30am–1:30pm	<b>School Swim</b> 1:00–3:00pm	<b>Kids Fun Swim</b> 1:00–5:00pm	<b>Kids Fun Swim</b> 1:00–5:00pm
<b>Everyone Welcome</b> 3:00–5:00pm	<b>50 &amp; Better</b> 1:30–3:00pm	<b>Swim Lessons</b> 3:00–5:00pm	<b>50 &amp; Better</b> 1:30–3:00pm	<b>Parent and Tot</b> 3:00–5:00pm		
<b>Adult Lengths</b> 5:00–6:30pm	<b>Swim Lessons</b> 3:00–7:00pm	<b>Adult Lengths</b> 5:00–6:30pm	<b>Swim Lessons</b> 3:00–7:00pm	<b>Adult Lengths</b> 5:00–6:30pm	<b>Adult Lengths</b> 5:00–7:00pm	<b>Adult Lengths</b> 5:00–6:30pm
<b>Everyone Welcome</b> 6:30–8:30pm	<b>Adult Lengths</b> 7:00–8:30pm	<b>Everyone Welcome</b> 6:30–8:30pm	<b>Adult Lengths</b> 7:00–8:30pm	<b>Kids Fun Swim</b> 6:30–9:30pm		<b>Everyone Welcome</b> 6:30–9:30pm
<b>Leisure and Lengths</b> ♦ 8:30–9:30pm	<b>Leisure and Lengths</b> ♦ 8:30–9:30pm (WITH MASTERS 8:30-9:30PM)	<b>Leisure and Lengths</b> ♦ 8:30–9:30pm	<b>Leisure and Lengths</b> ♦ 8:30–9:30pm (WITH MASTERS 8:30-9:30PM)			

## Aquafit Schedule

<b>Deep Water</b> 7:45–8:45am	<b>Shallow Water</b> 7:45–8:45am	<b>Shallow Water</b> 7:45–8:45am	<b>Shallow Water</b> 7:45–8:45am	<b>Deep Water</b> 7:45–8:45am	<b>Shallow Water</b> 7:45–8:45am
	<b>Shallow Water</b> 10:30–11:30am		<b>Shallow Water</b> 10:30–11:30am	<b>Shallow Water</b> 9:00–10:00am	
<b>Waterworks*</b> 10:00–11:00am		<b>Waterworks*</b> 10:15–11:15am		<b>Waterworks*</b> 10:00–11:00am	
<b>50 &amp; Better</b> 11:15am–12:15pm		<b>50 &amp; Better</b> 11:15am–12:15pm		<b>50 &amp; Better</b> 11:15am–12:15pm	
<b>Shallow Water</b> 1:45–2:45pm	<b>50 &amp; Better</b> 1:45–2:45pm	<b>Shallow Water</b> 1:45–2:45pm	<b>50 &amp; Better</b> 1:45–2:45pm		

**Legend** \* Registered class ♦ Families are welcome in the small pool

All children, under seven years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

School Swims: Bookings vary, please call ahead to reception to see if the pool is available for booking.

Swim Lessons: The pool and hot tub are not available as a lifeguard is not on duty. The sauna and steam room are available.

Statutory Holidays: Group swim lessons run; reduced aquafit schedule and private lessons are not available.