

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Unavailable	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00	Lane Swim 6:00-9:00	
	School Lessons				Gentle Joints Senior Hour 9-10:30	
	Lane Swim / Parent & Tot Swim 11:30-1:00 pm MommyFit T/Th 11:30-12:30					Public Lessons 11:00-12:30
	School Lessons					Available to Rent 12:30-1:30
Family Swim 1:30-4:30						Public Swim 1:30-4:30
Lane Swim 4:30-5:30	Whitecaps Swim Club 4-5:30 Private/Public Lessons 4:30-5:30					Available to Rent 4:30-5:30
Public Swim 5:30-7:30	Public Lessons 5-6:30	AquaFit & Childcare 5:30-6:30	JLC / Lessons 5-6:30	AquaFit & Childcare 5:30-6:30	Synchro/JLC DadSplash	Family Swim 5:30-7:30
	Public Swim 6:30-8:30	Public Swim 6:30-8:30	Family Swim 6:30-8:30	Public Swim 6:30-8:30	Toonie Swim 6:30 - 8:30	
AquaFit & Childcare 7:30-8:30						Unavailable
	8:30-9:30 Deep H2O Aqua/ Triathlon Training	8:30-9:30 Shallow H2O Aqua/ Lane Swim	8:30-9:30 Deep H2O Aqua/ Lane Swim	8:30-9:30 Shallow H2O Aqua/ Triathlon Training		

- * Family Swim - Under 17 must be accompanied by and active with a responsible person over the age of 18
- * Public Swim - Any child 7 years old and under must be accompanied by a parent/ guardian
- * Children 6 years and under MUST be within arms reach of a responsible person at all times at any swim.