

Summer Recreational Swim and AquaFit Schedules

Centennial Pool July 2 – September 4, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim							3:30-6:30 p.m.
Fitness Swim	12:30-1:30 p.m. 8-9 p.m.	12:30-1:30 p.m. 8-9 p.m.	12:30-1:30 p.m. 8-9 p.m.	12:30-1:30 p.m. 8-9 p.m.	12:30-1:30 p.m.	4-5 p.m.	
Public Swim	2:30-4 p.m. 6-8 p.m.*	2:30-4 p.m.	2:30-4 p.m. 6-8 p.m.*	2:30-4 p.m.	2:30-4 p.m.	1-4 p.m.	6:30-8 p.m.
Women's Only Swim							1:30-3 p.m.
AquaFit	8 a.m.	8 p.m.	8 a.m.	8 p.m.			

*Public Swim offered in July only

Lyon Leisure Pool June 29 – September 5, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Swim	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.	noon-1 p.m.
Public Swim*	1-8 p.m.	1-8 p.m.	1-8 p.m.	1-8 p.m.	1-8 p.m.	10 a.m.-noon 1-8 p.m.	10 a.m.-noon 1-8 p.m.
Leisure Swim	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon	10 a.m.-noon		
AquaFit		8 a.m.		8 a.m.		9 a.m.	

*As of August 22, Public Swim will end at 7 p.m.

West End Community Centre July 2 – September 4, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Swim	6:15-8 a.m. 11:45 a.m.-1 p.m. 9-10 p.m.	11:45 a.m.-1 p.m. 9-10 p.m.	6:15-8 a.m. 11:45 a.m.-1 p.m. 9-10 p.m.	11:45 a.m.-1 p.m. 9-10 p.m.	6:15-8 a.m. 11:45 a.m.-1 p.m.	1-2 p.m.	1-2 p.m.
Public Swim	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.
Leisure Swim	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.		
Family Swim	7:30-9 p.m.		7:30-9 p.m.		6:30-8 p.m.	1-2 p.m.	1-2 p.m.
Therapeutic Swim	7-7:55 a.m. 10:30-11:55 a.m. 9-10 p.m.	10:30-11:30 a.m. 8-10 p.m.	7-7:55 a.m. 10:30-11:55 a.m. 9-10 p.m.	10:30-11:30 a.m. 8-10 p.m.	7-7:55 a.m. 10:30-11:55 a.m.		10-11 a.m.
AquaFit	8 a.m. 1 p.m. 6 p.m. 8:15 p.m.	7:15 a.m. 1 p.m. 8:15 p.m.	8 a.m. 1 p.m. 6 p.m. 8:15 p.m.	7:15 a.m. 1 p.m. 8:15 p.m.	8 a.m. 1 p.m. 6 p.m.		10 a.m.
Movement Enhancement	9:30 a.m. noon 1 p.m. 6 p.m.	9:30 a.m.	9:30 a.m. noon 1 p.m. 6 p.m.	9:30 a.m.	9:30 a.m. noon 1 p.m.		
Aquatic Rehabilitation		Hips 11:30 a.m. Knees 12:15 p.m. Stroke 1 p.m. Back & Shoulders 1:45 p.m.		Hips 11:30 a.m. Knees 12:15 p.m. Stroke 1 p.m. Back & Shoulders 1:45 p.m.			
DiaperFit*		10:30 a.m.	10:30 a.m.	10:30 a.m.			

*Registered program, please see details in the adult fitness and health programs section on page 69.