

Aquatics General Information

Healthy Swimming Etiquette

Please remember the following when enjoying our facilities:



Food-free zone

Only water is permitted on pool decks in a plastic container.



Shower before you swim

Please shower with soap and warm water before entering or re-entering the pool deck. It's clean, it's green, and it helps promote water quality.



Strollers

Strollers are not permitted on the pool deck. Children should never be left unattended.



Wear appropriate footwear

Bring clean flip flops or sandals to wear on the pool deck. Street shoes are not permitted.



Photographic devices

The use of any devices capable of rendering a photographic image is prohibited in the showers, change room and washrooms.



Not feeling well?

Swimmers should refrain from using the pool when ill, or if they have experienced diarrhea in the past week.



Prevent pool contamination

Please refrain from feeding children or eating large meals before swimming. All swimmers are encouraged to visit the washroom before entering the pool; those without bowel control are required to wear a swim diaper.

Spring Recreational and Fitness Swim Schedules

Centennial Pool

April 1 – June 29, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness	11:30 a.m.-1 p.m.	11:30 a.m.-1 p.m. 8-9:30 p.m.	11:30 a.m.-1 p.m.	11:30 a.m.-1 p.m. 8-9:30 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m.	9-10 a.m.
Single Lane		10:30-11:30 a.m.		10:30-11:30 a.m.			
Public							6:30-8 p.m.
Women's Only							1:30-3 p.m.
AquaFit		10:30 a.m.		10:30 a.m.			

Victoria Road Recreation Centre

April 1 – June 29, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness	9-10 p.m.	6:30-8 a.m. 10:30 a.m.-1 p.m. 2-3:30 p.m. 9-10 p.m.	9-10 p.m.	6:30-8 a.m. 10:30 a.m.-1 p.m. 2-3:30 p.m.	11:30 a.m.-1 p.m. 2-3:30 p.m.	3:30-4:30 p.m. (S)	
Single Lane	9:30-11:30 a.m.		9:30-11:30 a.m.				
50m Fitness	6:30-8 a.m. 11:30 a.m.-1 p.m.		6:30-8 a.m. 11:30 a.m.-1 p.m.	9-10 p.m.			12-1:30 p.m.
Public						1:45-3:30 p.m.	1:45-3:30 p.m.
Leisure	11:30 a.m.-1 p.m.	11:30 a.m.-1 p.m. 2-3:30 p.m.	11:30 a.m.-1 p.m.	11:30 a.m.-1 p.m. 2-3:30 p.m.	11:30 a.m.-1 p.m. 2-3:30 p.m.		
Soothing Waters	8-9 p.m.	8-9 p.m.	8-9 p.m.	8-9 p.m.			
AquaFit	8:45 a.m. (D) 9:30 a.m. (S) 8 p.m. (S)	9:30 a.m. (D) 1 p.m. (D) 8 p.m. (D)	8:45 a.m. (D) 9:30 a.m. (S)	8 a.m. (S) 9:30 a.m. (D) 1 p.m. (D) 8 p.m. (D)	8:45 a.m. (D) 9:30 a.m. (S)		
AquaFit-HIIT		8 a.m. (S)	8 a.m. (S)				
Movement Enhancement		10 a.m. 1 p.m.		10 a.m. 1 p.m.			
Aquatic Rehabilitation	9:30 a.m. 10:30 a.m.		9:30 a.m. 10:30 a.m.				

S: Shallow D: Deep

West End Community Centre

April 1 – June 29, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness	6:15-8 a.m. 10:30 a.m.-1 p.m. 2-3:30 p.m. 9-10 p.m.	10:30 a.m.-1 p.m. 3:45-4:45 p.m. 9-10 p.m.	6:15-8 a.m. 10:30 a.m.-1 p.m. 2-3:30 p.m. 9-10 p.m.	10:30 a.m.-1 p.m. 3:45-4:45 p.m. 9-10 p.m.	6:15-8 a.m. 10:30 a.m.-1 p.m.	7-8:30 a.m. 1-2 p.m.	1-2 p.m.
Leisure	10:30 a.m.-1 p.m. 2-3:30 p.m.	10:30 a.m.-1 p.m. 3:45-4:45 p.m.	10:30 a.m.-1 p.m. 2-3:30 p.m.	10:30 a.m.-1 p.m. 3:45-4:45 p.m.	10:30 a.m.-1 p.m.	1-2 p.m.	1-2 p.m.
Public					7:30-9 p.m.	2-3:30 p.m.	2-3:30 p.m.
Family Friendly Warm Waters	7-8 a.m. 10:30-11:55 a.m. 2-3:30 p.m.	10:30-11:30 a.m. 3:45-4:45 p.m.	7-8 a.m. 10:30-11:55 a.m. 2-3:30 p.m.	10:30-11:30 a.m. 3:45-4:45 p.m.	7-8 a.m. 10:30-11:55 a.m.	1-2 p.m.	1-2 p.m.
Soothing Waters	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.			
Aquafit	8:45 a.m. 1 p.m. 6 p.m. 8:15 p.m.	7:15 a.m. 1 p.m. 8:15 p.m.	8:45 a.m. 1 p.m. 6 p.m. 8:15 p.m.	7:15 a.m. 1 p.m. 8:15 p.m.	8:45 a.m. 1 p.m. 6 p.m.		9:15 a.m.
Aquatic Rehabilitation		11:30 a.m. 12:30 p.m. 1:30 p.m. (stroke)		11:30 a.m. 12:30 p.m. 1:30 p.m. (stroke)			
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.		

Pre-Season Schedule

Lyon Leisure Pool

June 16 – 22, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness						noon-1 p.m.	noon-1 p.m.
Public						1-7p.m.	1-7 p.m.

Cancellations

Centennial Pool

May 21, July 1, August 6 and September 3

Closed June 10-18 for maintenance.

Victoria Road Recreation Centre

May 21, July 1, August 6 and September 3

West End Community Centre

May 21, July 1, August 6 and September 3

Check with the recreation facility for additional cancellations.

Tim Hortons Free Swims

West End Community Centre

Wednesday, July 4, 2-4 p.m.

Victoria Road Recreation Centre

Friday, August 3, 2-4 p.m.

Lyon Leisure Pool

Tuesday, August 21, 1-7 p.m.

PD Day Swims

April 27 and June 8

West End Community Centre

Leisure Swim

10:30 a.m.-1 p.m. and 2-3:30 p.m.

PD Day Camp (4-12 years)

Games, crafts and songs all wrapped up in one day of fun! Pizza lunch will be available and payable at registration.

Drop-off is between 8-9 a.m. and pick-up between 4-5 p.m.

Location: West End Community Centre

Time: 8 a.m.-5 p.m.

Fee: \$39.44

Register using the following codes:

April 27	209005
June 8	209006