

AQUATIC CENTRE SCHEDULE

| | 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 | Family Swim 11:30 - 1:00 | Family Swim 11:30 - 1:00 | Family Swim 11:30 - 1:00 |
| 12:00 PM | | | |
| 1:00 PM | Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 |
| 2:00 PM | On no school days | On no school days | On no school days |
| 3:00 PM | | | |
| 4:00 PM | | | |
| 5:00 PM | | | |
| 6:00 PM | Public Swim 6:00 - 7:30 | Public Swim 6:00 - 7:30 | Public Swim 6:00 - 7:30 |
| 7:00 PM | Shallow Water Aquafit 7:30 - 8:15 | Deep Water Aquafit 7:30 - 8:15 | Shallow Water Aquafit 7:30 - 8:15 |
| 8:00 PM | Lane/Adult Swim 8:15 - 9:00 | Lane/Adult Swim 8:15 - 9:00 | Lane/Adult Swim 8:15 - 9:00 |
| 9:00 PM | | | |

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|-----------------------------|----------------------------|----------------------------|
| Lane Swim 6:30 - 9:00 | Lane Swim 6:30 - 9:00 | | |
| | Aquafit 8:00 - 8:30 | | |
| | | | |
| Family Swim 11:30 - 1:00 | Family Swim 11:30 - 1:00 | | |
| Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 |
| On no school days | On no school days | | |
| | | | |
| Public Swim 6:00 - 7:30 | Public Swim 6:00 - 9:00 | Public Swim 6:00 - 8:00 | |
| Deep Water Aquafit 7:30 - 8:15 | | | |
| Lane/Adult Swim 8:15 - 9:00 | | | |