

## 2024 Fall Schedule: November 16 – December 20

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*		*10:00a – 1:00p*
<b>Lap &amp; Leisure Swim</b>	9:00a – 12:00p	9:00a – 11:00a 3:00p – 7:00p	9:00a – 12:00p	9:00a – 11:00a 3:00p – 7:00p	9:00a – 12:00p	12:30p – 1:00p	
<b>Public Swim</b>	6:30p – 9:00p		6:30p – 9:00p		6:30p – 9:00p	1:00p – 4:00p	1:00p – 4:00p
<b>Aquafit</b>	8:00a – 9:00a Shallow	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow		
<b>Lessons</b>	4:00p – 6:30p		4:00p – 6:30p		4:00p – 6:30p	10:00a – 1:00p	10:00a – 1:00p
<b>Zen Swim</b>		8:00p – 9:00p		8:00p – 9:00p			
<b>Hot Tub and Hot Rooms</b>	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 12:00p 3:30p – 9:00p	9:45a – 4:00p	9:45a – 4:00p
<b>Fitness Centre</b>	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	9:30a – 4:00p	9:30a – 4:00p

**Schedule is subject to change. Please phone 250-828-3616 before arriving to confirm the daily operations.**

- Please note – Early bird swim Monday to Friday from 6:30–7:30a
- \*Limited to one lap lane during these times (no stationary swimming).
  - Leisure swims do not include toys, climbing wall or diving board.
- Zen Swim is a Laps & Leisure time with lowered lighting, and relaxing music. Ideal for winding down your evening!
- WACKY WEDNESDAYS – Last Wednesday of each month during evening Public Swim – Themed swims with fun and games.
  - Pro-D Day Dec 2 - Public Swim 12:00p – 4:00p