



# POOL SCHEDULE

**July 7-Aug31/08**

**For daily pool schedule updates call 368-3422 ext. 3.**

<b>MONDAY</b>	7:30AM-9: 15 AM LAP SWIM 9:15AM-10: 15 AM AQUAFIT 11AM-12 NOON JOINT ACTION 12 NOON-2PM LAP SWIM	2PM-3PM FAMILY SWIM 3-8 SWIM LESSONS 8-9PM PM AQUAFIT 9-9: 30 PM COOL DOWN SWIM
<b>TUESDAY</b>	9:15AM-10: 15 AM AQUAFIT (1/2 & 1/2) 11AM-12NOON JOINT ACTION 12 NOON -2PM LAP SWIM	3PM-8 SWIM LESSONS 8-9 PM JOINT ACTION 9-9:30 COOL DOWN SWIM
<b>WEDNESDAY</b>	7:30AM-9: 15 AM LAP SWIM 9:15AM-10: 15 AM AQUAFIT 10:45-11:45AM FAMILY SWIM 12 NOON-2PM LAP SWIM	2PM-3PM JOINT ACTION 3PM –8PM SWIM LESSONS 8-9PM AQUAFIT 9-9:30 COOL DOWN SWIM
<b>THURSDAY</b>	9 AM-10AM AQUAFIT 10AM-12PM SWIM LESSONS 12 NOON-2PM LAP SWIM 2PM-3PM JOINT ACTION	4PM-5PM FAMILY -REC SWIM 5PM-7PM SWIM LESSONS 7PM-8PM REC SWIM 8:15-9:15PM JOINT ACTION 9:15-9:30 PM COOL DOWN SWIM
<b>FRIDAY</b>	7:30AM-9: 15AM LAP SWIM 9:15AM-10: 15AM AQUAFIT 11AM-12NOON JOINT ACTION 12 NOON- 2 PM LAP SWIM	2-3PM DRAGONBOAT 3PM-6PM SWIM LESSONS *6PM-8: 30 PM RENTAL
<b>SATURDAY</b>	9AM-12PM SWIM LESSONS 12-1PM AQUAFIT 2:30PM-8: 30PM RENTAL*	*NOTE: MANY OF THE RENTAL TIMES ARE NOT FILLED. PHONE 368-3422 EXT. 3 TO CHECK DAILY SCHEDULE. MEMBERS MAY SWIM DURING ANY OF THE RENTAL TIMES NOT FILLED
<b>SUNDAY</b>	9AM-12: 30PM SWIM LESSONS 12:30PM-1: 30PM FAMILY/REC SWIM 1:30PM-2PM SWIM LESSONS 2:30PM-6PM RENTAL	6PM-7PM SWIM LESSONS 7:30PM - 8:30 PM AQUAFIT

## Descriptions of Various Aquatic Activities

### Pool Hours:

Monday: 7:30am-9:30pm    Tuesday: 9:15am-9:30pm  
Wednesday: 7:30am-9:30pm    Thursday: 9:00am-9:30pm  
Friday: 7:30am-8:30pm    Saturday: 9:00am-8:30pm  
Sunday: 9:00am-8:30pm

### Open Swim:

- Access available to NWF members only
- Occurs when there are gaps in the pool schedule, when rental times are not booked, or when specified as such on the pool schedule
- Example: Monday 10:15am-11:00am
- You may swim, float, relax or use the toning or recreation equipment
- Lane ropes are optional

### Family Swim:

- Enjoy time with your family while improving your physical wellbeing
- Open to the public
- Free admission for NWF members and NWF swim lesson participants
- Public Fee: \$3.50+HST for a family of 2  
\$5.00+HST for a family of 3+  
or the pool passes may be used
- **An adult must accompany children up to 7yrs of age**

### Lap Swim:

- Access available to NWF members as well as the general public
- Free admission for NWF members and NWF swim lesson participants
- Public Fee: \$2.50+HST per person
- **Swimmers must swim laps of the pool during scheduled lap swims**
- Lanes are provided

### Rec Swim:

- Rec swims are an excellent way to cool off and have fun!
- Free admission for NWF members and NWF swim lesson participants
- Open to the public for a fee of \$2.50+HST per person
- **An adult must accompany children up to 7yrs of age**

### Family/Rec Swim:

- These time slots are a combination of our Family Swim and Rec Swim
- Free admission for NWF members and NWF swim lesson participants
- Open to the public for a fee of \$2.50+HST per person
- Family Rate: \$3.50+HST for a family of 2  
\$5.00+HST for a family of 3+  
or the pool passes may be used
- **An adult must accompany children up to 7yrs of age**

**\*\*Please note:** Our facility has a maximum capacity of 30 swimmers. Once the capacity is met, there will be no further admittance.