



Winter 2012

Schedule in effect from January 3 - March 10
(Subject to Change)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
6 - 8 am	Lessons & Family Swim (10:30 am-1 pm)	Early Bird 6 - 9 am					Lessons & Family Swim 9 am - 1 pm				
8 - 9 am		Aquafit	Lane Swim	Aquafit	Lane Swim	Aquafit					
9 - 10 am		Hydrotherapy	Public Swim and Lessons 9 am - 1 pm	Gentlefit	Public Swim and Lessons 9 am - 1 pm	Gentlefit					
10 - 11 am		Lessons 9 am - 12 pm & 4-7 pm						Public Swim 10 am - 4 pm 7 - 9 pm	Lessons 9 am - 12 pm & 4 - 7 pm	Public Swim 10 am - 4 pm 7 - 9 pm	Public Swim & School Rentals 10 am - 4 pm
11 - Noon			Seniors Swim 1 - 3 pm	Seniors Aquafit 1:30 - 2:30 pm	Seniors Swim 1 - 3 pm	Seniors Aquafit 1:30 - 2:30 pm					
Noon - 1 pm											
1 - 2 pm	Lessons 4 - 7pm		Public Swim 2 - 4 pm 7 - 9 pm	Lessons 3:30 - 6 pm	Lessons 4 - 5:30 pm Pirates 5:30 - 6:30 pm						
2 - 3 pm						Public Swim 1 - 8 pm					
3 - 4 pm		Public Swim 1 - 8 pm									
4 - 5 pm	Public Swim 10 am - 4 pm 7 - 9 pm		Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 6:30 - 9 pm						
5 - 6 pm		Public Swim 1 - 8 pm									
6 - 7 pm	Public Swim 10 am - 4 pm 7 - 9 pm		Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 6:30 - 9 pm						
7 - 8 pm		Public Swim 1 - 8 pm									
8 - 9 pm	Adults Only							Kayak Lessons 8 - 9:30 pm			
9 - 10 pm	Adult Swim										

winter pool schedule

Swim Descriptions

- Adults Only** Must be 16 or older.
- Family Swim** Responsible adult (16 or older) must accompany children in the water. See Public Swim for length swimming info.
- Lane Swim** Swim lengths or do water running. Parents and small children are welcome to use the Teach Pool & the beach area of the Main Pool during these swims.
- Public Swim** Everyone is welcome. Length swimmers, generally we are able to leave in at least one lane and often two. However, if the swim becomes really busy, we will need to remove the lanes.

Quieter alternatives If you are looking for quieter swim times during the holidays, they are usually 6-9 am, 11:30-1 weekdays or the Adults Only evening sessions.

Lane Swim

- Sun* 10:30am-1:00pm
5:00pm-9:00pm
- M-Th 6:00am-10:00pm
- Fri 6:00am-9:00pm
- Sat* 9:00am-1:00pm
5:00pm-8:00pm

* Lane 1-5pm if swim space available

Fine Print

Public swim spaces and use of pool features may be restricted due to programs.

Children 6 & younger must be within arm's reach of a responsible adult (16 or older) while in the water. Maximum 3 children per adult.

To register visit www.squamishlive.ca