

Facility Schedule for December 14 - 20

	14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8pm	1pm - 6pm
Lane Swim, Steam Room, & Hot Tub	1pm - 6pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	6am - 12pm 5:00pm - 8:30pm	6am - 12pm 5:00pm - 7:30pm	<u>STEAM ROOM ONLY</u> 6am - 12pm 5pm - 8pm	1pm - 6pm
Public Swim	1pm - 6pm			5:00pm - 8:30pm *LEISURE BASIN & SLIDE ONLY*		5pm - 8pm	1pm - 6pm
Water Walking		6am - 12pm 5pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm 5pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	6am - 12pm 5pm - 8:30pm *IN LAZY RIVER ONLY	6am - 12pm	
Parent & Tot		9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	
Low-Impact AquaFit		9am - 10am		9am - 10am			
Gentle AquaFit		10am - 11am		10am - 11am			
AquaFit Shallow Water			11am - 12pm		11am - 12pm	9am - 10am	
AquaFit Deep Water			7:30pm - 8:30pm		7:30pm - 8:30pm		
Other Activities						LAP POOL & HOT TUB CLOSED FOR MAINTENANCE	

Facility Schedule for December 21 - 27

	21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
Fitness Centre & Front Desk	1pm - 6pm	7am - 4pm	7am - 4:pm	Facility Closed	Facility Closed	Facility Closed	1pm - 6pm
Lane Swim, Steam Room, & Hot Tub	1pm - 6pm	7am - 12pm 1pm - 4pm	7am - 12pm 1pm - 4pm				1pm - 6pm
Public Swim	1pm - 6pm	1pm - 4pm	1pm -4pm				1pm - 6pm
Water Walking		7am - 12pm	7am - 12pm				
Parent & Tot		9am -12pm	9am -12pm				
Low-Impact AquaFit							
Gentle AquaFit							
AquaFit Shallow Water							
AquaFit Deep Water							
Other Activities							

Facility Schedule for December 28 - January 3

	28 Sunday	29 Monday	30 Tuesday	31 Wednesday	1 Thursday	2 Friday	3 Saturday
Fitness Centre & Front Desk	1pm - 6pm	7am - 4:00pm	7am - 4:00pm	Facility Closed	Facility Closed	7am - 4:00pm	1pm - 6pm
Lane Swim, Steam Room, & Hot Tub	1pm - 6pm	7am - 12pm 1:00pm - 4:00pm	7am - 12pm 1:00pm - 4:00pm			7am - 12pm 1:00pm - 4:00pm	1pm - 6pm
Public Swim	1pm - 6pm	1pm - 4pm	1pm - 4pm				1pm - 6pm
Water Walking		7am - 12pm	7am - 12pm			7am - 12pm	
Parent & Tot		9am -12pm	9am -12pm			9am - 12pm	
Low-Impact AquaFit							
Gentle AquaFit							
AquaFit Shallow Water							
AquaFit Deep Water							
Other Activities							