

# Swim Schedule - April 23 - June 19, 2022

	Aquabics	Lane Swim	Parent & Child Swim	
<b>Monday</b>	8:30 to 9:30am	7:00 to 9:45am *W 11:15 to 1:00pm 6:00 to 8:30pm	7:30 to 9:45am 11:15 to 1:00pm 6:00 to 8:30pm	<b><u>Holiday Hours</u></b> <b><u>Monday, May 23:</u></b> <b>Parent &amp; Child/Lane Swim</b> 11:15 to 1:00pm <b>Public Swim</b> 1:15 to 3:00pm
<b>Tuesday</b>	2:15 to 3:15pm 7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm**	<i>Parent &amp; Tot Program 9-10am</i> 11:15 to 1:00pm 2:15 to 3:30pm	
<b>Wednesday</b>	8:30 to 9:30am	7:30 to 9:45am *W 11:15 to 1:00pm 2:15 to 3:30pm 7:30 to 8:30pm ****	7:30 to 9:45am 11:15 to 1:00pm 2:15 to 3:30pm	
<b>Thursday</b>	2:15 to 3:15pm 7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm**	<i>Parent &amp; Tot Program 9-10am</i> 11:15 to 1:00pm 2:15 to 3:30pm	
<b>Friday</b>	8:30 to 9:30am	7:30 to 9:45am *W 11:15 to 1:00pm 6:00 to 7:15pm	7:30 to 9:45am 11:15 to 1:00pm 6:00 to 7:15pm	<i>Sensitive Swim</i> 7:30 to 9:00pm
<b>Saturday</b>		9:30 to 10:55am	9:30 to 10:55am	1:15 to 4:00pm 6:00 to 8:00pm
<b>Sunday</b>	7:45 to 8:45pm	11:15 to 1:00pm 7:45 to 9:00pm **	11:15 to 1:00pm	1:15 to 3:00pm
<b>Questions?</b>  Call 705-759-5419 or email johnrhodespool@cityssm.on.ca	<b>Aquabics:</b> Aquabics is a low impact, drop-in aqua fitness class for all ages! Classes are led by our trained instructors, however, participants may exercise at their own pace.	<b>Lane Swim:</b> Swimmers should swim in loop style in the proper lane (Slow, Medium, or Fast) in order to maximize the use of each lane. There are no reserved lanes. <u>Lane Swim Legend:</u> *W (widths only after 8:30am) **2 Lanes Available Only ****4 Lanes Available Only	<b>Parent and Child:</b> Parent and children come and play in our Beachfront and Lap Pools! If the child is not potty trained they must wear a swim diaper. <b>Parent &amp; Tot Program:</b> An instructor leads a 30 minute class followed by 30 minutes of free play.	<b>Public Swim Info:</b> Diving Board, Waterslide, and Rope are open for use during our public swims! See admission policy on back.  <b>Sensitive Swim Info:</b> No music, pool features, slide, diving board or rope will be used during this swim. All are welcome.

***This schedule is subject to change. Please visit our website for the most up-to-date schedule***