

ESQUIMALT RECREATION POOL SCHEDULE: SEPTEMBER 7-NOVEMBER 28, 2010

(Annual Pool Maintenance Closure: Nov 29-Dec 19 - Holiday schedule in effect Dec 19-Jan 2)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths & Leisure Swim 5:30-8am						
WaterFit, Public Swim 8-9am				WaterFit, Public Swim 8-10am	Public Swim 8-9am	Public Swim 8am-10am
WaterFit, Lessons & Lengths 9-10am					WaterFit, Public Swim 9-10am* (Adult lessons commence at 9am)	
Lessons & Lengths 10-11am					Lessons & Lengths 10am-12pm	
WaterFit, Public Swim 11am-12pm					Public Swim 12-4pm	
Family Swim (Lifestyle Pool), Lengths & Leisure 12-1*pm (Quiet swim: no music will be played; *Lessons begin at 12:45pm on Thursdays)						
Lessons & Lengths 1-2:30pm	Public Swim 1-2:30pm	Lessons & Lengths 12:45-2:45pm	Public Swim 1-2:30pm			
Public Swim 2:30*-4:30pm (*Public Swim begins at 2:45pm on Thursdays)						
Lessons & Lengths 4:30-7pm				Lessons & Lengths 4:30-6pm	Family Swim, Rentals 4-6pm	
WaterFit, Public Swim 7-8pm				Public Swim SPECIAL \$3 6-7:30pm	Public Swim 6-10:30pm	Public Swim 6-9pm
Public Swim 8-9pm				Maintenance - All Pool Closed 7:30-8pm		
Adult Only 2 for 1 admissions Lengths & Leisure 9-10:30pm				Youth Only (grades 6-12) 8-10pm		Adult Only 2 for 1 admissions Lengths & Leisure 9-10:30pm

Rentals available during public swims and after hours. aquatics@esquimalt.ca for more info. PLEASE NOTE: Schedule is subject to change.

WATERFIT SCHEDULE (see page 30 for program descriptions)

	8:05-8:55am	9:05-9:55am	11:05-11:55am	7:05-7:55pm
Monday	Deep	Shallow	Range of Motion	Shallow
Tuesday	Shallow	Deep	Senior Fit	Ultimate Cardio
Wednesday	Deep	Shallow	Range of Motion	Deep
Thursday	Shallow	Deep	Senior Fit	Ultimate Cardio
Friday	Shallow	Shallow	Range of Motion	
Saturday		Shallow		

Schedule Information:

Schedule subject to change

Public Swim - All ages welcome - please note swimmers 6 years and under MUST always be within arms reach of a parent/guardian at all times (BC Health Act)

Lengths & Leisure - At least two lanes available for laps. If under 16, must be accompanied by an adult.

Lessons & Lengths - Admission for swim lesson participants and persons 16 years and older only. Please note lap swimming during this time may be limited to ONE lane. Hot tub, sauna and steam room are available. When lessons are not in session, "Public Swim" will run during this time.

Family Swim - A great time for families. All children under 16 must be accompanied by an adult.

Adult Only - Admission for persons 16 years and older only

Pool Bookings/Lane Rentals/Programs may occupy space throughout the schedule.

WaterFit - Please note during WaterFit classes, one lane is available for laps, leisure is available in the Lifestyle and Tots Pools, Hot Tub, Sauna and Steam Rooms.