

*Means the pool is shared with another activity

Strathmore Aquatic Centre

July 30th - August 5th/2018

	Public Swim (All Pools)	Aquamotion	Kiddy Pool Only Family / Public	Lane Swim	Aquasize / Deep Water Running	Registered Programs	Lessons / Rentals	Silver Sharks / Water Polo	Hot Tub/ Steam Sauna
Monday 30th	9:00am-12:00pm* 1:00-4:00pm 4:00-7:45pm* 7:45-8:45pm (deep end of lap pool only) 8:45-10:00pm*		Public Swim 7:30-9:00am 12:00-1:00pm	5:45-8:00am 12:00-1:00pm 1 Lane 9:00am-12:00pm 4:00-7:45pm 2 Lanes 8:45-10:00pm	Aquasize 8:00-9:00am 7:45-8:45pm		Town Lessons 9:00am-12:00pm Private Lessons 4:00-7:00pm		6:00am-10:00pm
Tuesday 31th	9:00am-12:00pm* 1:00-4:00pm 4:00-10:00pm*		Public Swim 7:30-9:00am 12:00-1:00pm	5:45-9:00am 12:00-1:00pm 1 Lane 9:00am-12:00pm 4:00-7:00pm 2 Lanes 7:00-10:00pm		LSI 1:00-9:00pm	Town Lessons 9:00am-12:00pm Private Lessons 4:00-7:00pm		6:00am-10:00pm
Wednesday 1st	9:00am-12:00pm* 1:00-4:00pm 4:00-7:45pm* 7:45-8:45 pm* (deep end of lap pool only) 8:45-10:00pm*		Public Swim 7:30 - 9:00am 12:00-1:00pm	5:45-8:00am 12:00pm-1:00pm 1 lane 9:00am-12:00pm 4:00-7:45pm 2 Lanes 8:45-10:00pm	Aquasize 8:00-9:00 am 7:45 - 8:45 pm*	LSI 1:00-9:00pm	Town Lessons 9:00am-12:00pm Private Lessons 4:00-7:00pm		6:00am-10:00pm
Thursday 2nd	9:00am-12:00pm* 1:00-3:00pm 4:00-7:00pm* Toonie Swim 7 - 8 pm ONLY 8:00-9:00pm* (shallow end of lap pool only) 9:00 - 10:00 pm*		Public Swim 7:30-9:00am 12:00-1:00pm	5:45-9:00am 12:00-1:00pm 1 Lane 9:00am-12:00pm 4:00-7:00pm 2 Lanes 9:00-10:00pm	Deep Water 8:00 - 9:00 pm*	LSI 1:00-9:00pm	Town Lessons 9:00-12:00pm Private Lessons 4:00-7:00pm		6:00am-3:00pm 4:00-10:00pm
Friday 3rd	9:00am-12:00pm* 1:00-4:00pm 4:00-7:00pm* 7:00-10:00pm		Public Swim 7:30 - 9:00am 12:00 - 1:00pm	5:45 - 8:00am 12:00 - 1:00pm 1 Lane 9:00am-12:00pm 4:00-7:00pm	Aquasize 8:00-9:00am no instructor		Private Lessons 4:00pm-7:00pm		6:00am-10:00pm
Saturday 4th	9:00am-12:00pm* 1:00-5:00pm		Family Swim 7:00 - 9:00 am 12:00-1:00pm	7:00-9:00am 12:00-1:00pm 1 lane 9:00am-12:00pm			Town Lessons 9:00am-12:00pm		7:00am-5:00pm
Sunday 5th	1:00-5:00pm		Family Swim 12:00 - 1:00 pm	12:00-1:00pm					12:00-5:00pm

**Fall Swimming Lesson Registration opened on Sept 9,2017. You can register online at
<https://rec.strathmore.ca>**

**Swim diapers and plastic pool pants (Gabby's) are required for all non-toilet trained children. For questions please call the
front desk at
(403) 934-3325.**