

*Means the pool is shared with another activity

Strathmore Aquatic Centre

April 23 - April 29/2018

	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 Hours
Monday 23rd	2:45-4:30pm* 7:45-8:45pm (deep end of lap pool only) 8:45-10:00pm*	Aquamotion Group 1 10:00-11:00am Group 2 11:00am-12:00pm	Public Swim 7:30-10:00am 12:00-1:00pm 4:30-7:45pm	5:45-9:00am 12:00-1:00pm 1 Lane 2:45-4:30pm 2 Lanes 8:45-10:00pm	Aquasize 9:00-10:00am 7:45-8:45pm		School Lessons 1:20-2:40pm	Sliver Sharks 4:30pm-7:30pm	6:00-10:00am 12:00-1:00pm 2:45pm- 10:00pm
Tuesday 24th	2:45-4:00pm* 9:00-10:00pm		Public Swim 7:30-10:00am 11:30am-1:00pm 4:00-9:00pm	5:45-10:00am 11:30am-1:00pm 1 Lane 2:45-7:00pm 2 Lanes 9:00-10:00pm			School Lessons 10:00am-11:20am 1:00-2:40pm Town Lessons 4:00-7:00pm	TCA 7:15-8:15am (3 Lanes Only) Water Polo 7:00-9:00pm	6:00-10:00am 11:30am-1:00pm 2:45-10:00pm
Wednesday 25th	2:45-4:30pm* 7:45-8:45 pm* (deep end of lap pool only) 8:45-10:00pm*		Public Swim 7:30 - 10:00am 12:00 - 1:00pm 4:30-7:45pm	5:45-9:00am 12:00-1:00pm 1 lane 2:45-4:30pm 2 Lanes 8:45-10:00pm	Aquasize 9:00-10:00 am 7:45 - 8:45 pm*		School Lessons 10:00am-12:00pm 1:20-2:40pm	Silver Sharks 4:30-7:30pm	6:00-10:00am 12:00-1:00pm 2:45-10:00pm
Thursday 26th	1:00-2:00pm 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 - 9:15am 11:30am - 1:00pm 4:00-7:00pm	5:45 - 9:15 am 11:30am - 1:00pm 1 Lane 4:00-7:00pm 2 Lanes 9:00 - 10:00 pm	Deep Water 8:00 - 9:00 pm* no instructor		School Lessons 9:20am-11:20am 2-2:40pm Town Lessons 4:00-7:00pm	Silver Sharks 6:00-7:15am (2 Lanes Only) TCA 7:15-8:15am (3 Lanes Only)	6:00am-9:15am 11:30-2:00pm 4:00-10:00pm
Friday 27th	10:00am-12:00pm* 1:00-4:30pm 4:30-6:30pm* 8:30-10:00pm		Public Swim 7:30-10:00am 12:00-1:00pm 6:30-8:30pm	5:45-9:00am 12:00-1:00pm 1 Lane 10:00am-12:00pm 4:30-6:30pm	Aquasize 9:00 - 10:00 am			Water Polo 6:30-8:30pm	6:00am- 10:00pm
Saturday 28th	9:00am-12:00pm* 1:00 - 5:00 pm		Family Swim 7:00-9:00am 12:00 - 1:00 pm	7:00 -9:00am 12:00-1:00pm 1 Lane 9:00am-12:00pm			Town Lessons 9:00am-12:00pm Private Lessons 9:00am-12:00pm		7:00am-5:00pm
Sunday 29th AQUATIC CENTRE GRAND OPENING	FREE FAMILY SWIM 1:30-4:30pm		Family Swim 12:00 - 1:00 pm	12:00-1:00pm					12:00-1:00pm 1:30-4:30pm

**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.**