

\*Means the pool is shared with another activity

# Strathmore Aquatic Centre

August 13th - August 19th/2018

|                                 | <u>Public Swim</u><br>(All Pools)   | <u>Aquamotion</u> | <u>Kiddy Pool Only</u><br>Family / Public             | <u>Lane Swim</u>  | <u>Aquasize /</u><br><u>Deep Water</u><br><u>Running</u> | <u>Registered Programs</u>    | <u>Lessons / Rentals</u>   | <u>Silver Sharks /</u><br><u>Water Polo</u> | <u>Hot Tub/</u><br><u>Steam Sauna</u> |
|---------------------------------|---|-------------------|---|---|--|-------------------------------|--|---|---------------------------------------|
| <u>Monday</u><br><u>13th</u>    | 9:00-12:00pm*<br>1:00-4:00pm<br>4:00-7:45pm*<br>7:45-8:45pm*<br>(deep end of the lap<br>only)<br>8:45-10:00pm   |                   | <u>Family Swim</u><br>7:30-9:00am<br>12:00-1:00pm     | 5:45-8:00am<br>12:00-1:00pm<br><b>1 Lanes</b><br>9:00am-12:00pm<br>4:00-7:45pm<br><b>2 Lanes</b><br>8:45-10:00pm  | <u>Aquasize</u><br>8:00-9:00am<br>7:45pm-8:45pm*         |                               | <u>Private Lessons</u><br>9:00-12:00pm<br><u>Town Lessons</u><br>4:00-7:00pm   |   | 6:00am-10:00pm                        |
| <u>Tuesday</u><br><u>14th</u>   | 9:00am-12:00pm*<br>1:00-4:00pm<br>4:00-10:00pm*   |                   | <u>Public Swim</u><br>7:30-9:00am<br>12:00-1:00pm     | 5:45-9:00am<br>12:00-1:00pm<br><b>1 Lane</b><br>9:00am-12:00pm<br>4:00-7:00pm<br><b>2 Lanes</b><br>7:00-10:00pm   |  | Bronze Cross<br>9:00am-3:00pm | <u>Private Lessons</u><br>9:00am-12:00pm<br><u>Town Lessons</u><br>4:00-7:00pm |   | 6:00am-10:00pm                        |
| <u>Wednesday</u><br><u>15th</u> | 9:00am-12:00pm*<br>1:00-4:00pm<br>WIBIT<br>(1:30-2:30pm)<br>4:00-7:45pm*<br>7:45-8:45 pm*<br>(deep end of lap pool<br>only)<br>8:45-10:00pm*                          |                   | <u>Public Swim</u><br>7:30 - 9:00am<br>12:00-1:00pm   | 5:45-8:00am<br>12:00pm-1:00pm<br><b>1 lane</b><br>9:00am-12:00pm<br>4:00-7:45pm<br><b>2 Lanes</b><br>8:45-10:00pm | <u>Aquasize</u><br>8:00-9:00 am<br>7:45 - 8:45 pm*       | Bronze Cross<br>9:00am-3:00pm | <u>Private Lessons</u><br>9:00am-12:00pm<br><u>Town Lessons</u><br>4:00-7:00pm |   | 6:00am-10:00pm                        |
| <u>Thursday</u><br><u>16th</u>  | 9:00am-12:00pm*<br>1:00-3:00pm<br>4:00-7:00pm*<br><b>Toonie Swim</b><br><b>7 - 8 pm ONLY</b><br>8:00-9:00pm*<br>(shallow end of lap<br>pool only)<br>9:00 - 10:00 pm* |                   | <u>Public Swim</u><br>7:30-9:00am<br>12:00-1:00pm     | 5:45-9:00am<br>12:00-1:00pm<br><b>1 Lane</b><br>9:00am-12:00pm<br>4:00-7:00pm<br><b>2 Lanes</b><br>9:00-10:00pm   | <u>Deep Water</u><br>8:00 - 9:00 pm*                     | Bronze Cross<br>9:00am-3:00pm | <u>Private Lessons</u><br>9:00-12:00pm<br><u>Town Lessons</u><br>4:00-7:00pm   |   | 6:00am-3:00pm<br>4:00-10:00pm         |
| <u>Friday</u><br><u>17th</u>    | 9:00am-12:00pm*<br>1:00-4:00pm<br>4:00-7:00pm*<br>7:00-10:00pm  |                   | <u>Public Swim</u><br>7:30 - 9:00am<br>12:00 - 1:00pm | 5:45 - 8:00am<br>12:00 - 1:00pm<br><b>1 Lane</b><br>9:00am-12:00pm<br>4:00-7:00pm                                 | <u>Aquasize</u><br>8:00-9:00am                           | <b>WSI</b><br>8:00-4:00pm     | <u>Private Lessons</u><br>9:00am-12:00pm                                       |   | 6:00am-10:00pm                        |
| <u>Saturday</u><br><u>18th</u>  | 9:00am-12:00pm*<br>1:00-5:00pm  |                   | <u>Family Swim</u><br>7:00 - 9:00 am<br>12:00-1:00pm  | 7:00-9:00am<br>12:00-1:00pm<br><b>1 lane</b><br>9:00am-12:00pm  |  | <b>WSI</b><br>8:00-4:00pm     | <u>Town Lessons</u><br>9:00am-12:00pm  |   | 7:00am-5:00pm                         |
| <u>Sunday</u><br><u>19th</u>    | 1:00-5:00pm   |                   | <u>Family Swim</u><br>12:00 - 1:00 pm                 | 12:00-1:00pm  |  | <b>WSI</b><br>11:30-7:30pm    |  |   | 12:00-5:00pm                          |

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Swimming Lesson Registration for 2018 is open. 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.