

\*Means the pool is shared with another activity

# Strathmore Aquatic Centre

June 18 - June 24/2018

	<u>Public Swim</u> (All Pools)	<u>Aquamotion</u>	<u>Kiddy Pool Only</u> Family / Public	<u>Lane Swim</u>	<u>Aquasize /</u> <u>Deep Water</u> <u>Running</u>	<u>Registered Programs</u>	<u>Lessons / Rentals</u>	<u>Silver Sharks /</u> <u>Water Polo</u>	<u>Hot Tub/</u> <u>Steam Sauna</u>
<u>Monday</u> <u>18th</u>	2:00-7:45pm* 7:45- 8:45pm* (deep end of lap pool only) 8:45-10:00pm*	<u>Group 1</u> 10:00-11:00am <u>Group 2</u> 11:00am-12:00pm	<u>Public Swim</u> 7:30-10:00am 12:00-1:00pm	5:45-9:00am 12:00-1:00pm <b>1 Lane</b> 2:00-5:00pm <b>2 Lanes</b> 8:45-10:00pm	<u>Aquasize</u> 9:00-10:00am 7:45-8:45pm		<u>School Lessons</u> 1:20-2:00pm	<u>Silver Sharks</u> 5:00-7:00pm (1 lane only)	6:00-10:00am 12:00-1:00pm 2:00-10:00pm
<u>Tuesday</u> <u>19th</u>	10:00am-12:00pm* 2:00-4:00pm 7:00-10:00pm*		<u>Public Swim</u> 7:30-9:15am 12:00-1:00pm 4:00-7:00pm	5:45-9:15am 12:00-1:00pm <b>1 Lane</b> 10:00am-12:00pm 4:00-7:00pm <b>2 Lanes</b> 7:00-10:00pm			<u>School Lessons</u> 9:20am-10:00am <u>School Rental</u> 1:00-2:00pm <u>Town Lessons</u> 4:00-7:00pm		6:00-9:15am 10:00am-1:00pm 2:00-10:00pm
<u>Wednesday</u> <u>20th</u>	10:00-12:00pm (5 for life Free Family Swim for children 5 and under) 1:00-7:45pm* 7:45-8:45 pm* (deep end of lap pool only) 8:45-10:00pm*		<u>Public Swim</u> 7:30 - 10:00am 12:00- 1:00pm 5:00-7:45pm	5:45-9:00am 12:00pm-1:00pm <b>1 lane</b> 1:00-5:00pm <b>2 Lanes</b> 8:45-10:00pm	<u>Aquasize</u> 9:00-10:00 am 7:45 - 8:45 pm*			<u>Silver Sharks</u> 5:00-7:00pm (1 lane only)	6:00-10:00am 12:00-10:00pm
<u>Thursday</u> <u>21th</u>	10:00am-12:00pm* 1:00-3:00pm* <u>Toonie Swim</u> <b>7 - 8 pm ONLY</b> 8:00-9:00pm* (shallow end of lap pool only) 9:00 - 10:00 pm*		<u>Public Swim</u> 7:30 - 9:15am 12:00 - 1:00pm 4:00-7:00pm	5:45 - 9:15 am* 12:00 - 1:00pm <b>1 Lane</b> 10:00am-12:00pm 1:00-3:00pm 4:00-7:00pm <b>2 Lanes</b> 9:00 - 10:00 pm	<u>Deep Water</u> 8:00 - 9:00 pm*		<u>School Lessons</u> 9:20-10:00am <u>Town Lessons</u> 4:00-7:00pm	<u>Silver Sharks</u> 6:00-7:15am (1 lane only)	6:00-9:15am 10:00am-3:00pm 4:00-10:00pm
<u>Friday</u> <u>22th</u>	2:30-6:30pm* 6:30-10:00pm		<u>Public Swim</u> 7:30-10:00am 12:00-1:00pm	5:45-9:00am 12:00pm-1:00pm <b>1 Lane</b> 2:30-4:30pm	<u>Aquasize</u> 9:00 - 10:00 am		<u>School Rental</u> 10:00am-12:00pm 1:00-2:30pm	<u>Silver Sharks</u> 4:30-6:30pm ( 1 lane only)	6:00- 10:00am 12:00-1:00pm 2:30-10:00pm
<u>Saturday</u> <u>23rd</u>	POOL CLOSED for TRI -SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON	POOL CLOSED for TRI-SMORE TRIATHLON
<u>Sunday</u> <u>24th</u>	1:00-5:00pm		<u>Family Swim</u> 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.**