

*Means the pool is shared with another activity

*Updated November 15, 2018

Strathmore Aquatic Centre

November 19th -November 25th, 2018

	<u>Public Swim</u> All Pools	<u>Lane Swim</u> Lap Pool	<u>Kiddy Pool</u> <u>Only</u>	<u>Aquasize /</u> <u>Deep Water</u> <u>Running</u> <u>Lap Pool</u>	<u>Lessons / Rentals</u> All Pools	<u>Silver Sharks /</u> <u>Water Polo</u> Lap Pool	<u>Registered Programs</u> All Pools	<u>Aqua Motion</u> All Pools	<u>Hot Tub/Steam Sauna</u>
<u>Monday</u> <u>19th</u>	3:00-4:30pm* (7:45-8:45pm* deep end of lap pool only) 8:45-10:00pm*	5:45-9:00am 12:00-1:00pm 1 Lane 3:00-4:30pm* 2 Lanes 8:45-10:00pm*	Kiddy Pool Only 7:30-10:00am 12:00-1:00pm 4:30-7:45pm	Aquasize 9:00-10:00am 7:45-8:45pm*	School Rental 1:00-3:00pm	Silver Sharks 4:30-7:30pm		Group A 10:00am-11:00am Group B 11:00am-12:00pm	6:00am-10:15am 12:00-1:00pm 3:00-10:00pm
<u>Tuesday</u> <u>20th</u>	3:00-4:00pm* 9:00-10:00pm*	5:45-9:00am 12:00-1:00pm 1 Lane 3:00-7:00pm* 2 Lanes 9:00-10:00pm*	Kiddy Pool Only 7:30-9:00am 12:00-1:00pm 5:30-9:00pm		School Lessons 9:00am-12:00pm 1:00-3:00pm* School Rental* (1:30-2:30pm 2 lanes only) Town Lessons 4:00-7:00pm*	Waterpolo 7:00-9:00pm			6:00-9:00am 12:00-1:00pm 3:00-10:00pm
<u>Wednesday</u> <u>21st</u>	3:00-4:30pm* (7:45-8:45 pm* deep end of lap pool only) 8:45-10:00pm*	5:45-9:00am* 12:00-1:00pm 1 lane 3:00-4:30pm* 2 lanes 8:45-10:00pm*	Kiddy Pool Only 7:30 - 10:00am 12:00-1:00pm 4:30-7:45pm	Aquasize 9:00-10:00 am 7:45 - 8:45 pm*	School Lessons 10:00-12:00pm 1:00-2:00pm School Rental 2:00-3:00pm	TCA (7:15-7:45am 2 Lanes only)* Silver Sharks 4:30-7:30pm			6:00am-10:15pm 12:00-1:00pm 3:00-10:00pm
<u>Thursday</u> <u>22nd</u>	Toonie Swim 7 - 8 pm ONLY (8:00-9:00pm* shallow end of lap pool only) 9:00 – 10:00 pm*	5:45 - 9:00 am* 12:00 - 1:00pm 1 Lane 4:00-7:00pm* 2 Lanes 9:00 - 10:00 pm*	Kiddy Pool Only 7:30 - 9:00am 12:00 – 1:00pm 5:30-7:00pm	Deep Water 8:00 – 9:00 pm*	School Lessons 9:00am-12:00pm 1:00-3:00pm Town Lessons 4:00-7:00pm*	Silver Sharks (6:00-7:15am 2 Lanes only)*			6:00 - 9:00 am 12:00-1:00pm 4:00-10:00pm
<u>Friday</u> <u>23rd</u>	1:00-4:30pm 8:30 - 10:00 pm	5:45-9:00am 12:00-1:00pm	Kiddy Pool Only 7:30-10:00am 12:00-1:00pm	Aquasize 9:00 – 10:00 am		Silver Sharks 4:30-6:30pm Waterpolo 6:30-8:30pm			6:00-10:15am 12:00-10:00pm
<u>Saturday</u> <u>24th</u>	1:00 - 5:00 pm	7:00-9:00am* 12:00-1:00pm	Family Swim Kiddy Pool Only 7:00-9:00am 12:00 - 1:00 pm		Town Lessons 9:00am-12:00pm Private Lessons 10:00am-12:00pm	Silver Sharks (7:00-9:00am 4 Lanes only)*	WSI Recert 7:00-9:00am		7:00am-5:00pm
<u>Sunday</u> <u>25th</u>	9:00-12:00pm* 1:00-5:00pm	12:00-1:00pm	Family Swim Kiddy Pool Only 12:00 - 1:00 pm			St. Gabreil (12:00-1:00pm 1 Lane only)*			12:00-5:00pm

Fall Swimming Lesson Registration is open. You can register online at

<https://rec.strathmore.ca>

2019 Registration will open early December

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