

\*Means the pool is shared with another activity

# Strathmore Aquatic Centre

January 22 - January 28, 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>Hours</u>
<u>Monday</u> <u>22nd</u>	3:00-4:30pm* 7:45-8:45pm*(deep end of lap pool only) 8:45- 10:00pm*	<u>Aquamotion</u> Group 1 10:00-11:00am Group 2 11:00-12:00pm	<u>Public Swim</u> 7:30-10:00am 12:00-2:00pm 4:30-7:45pm	5:45-9:00am 12:00-1:00pm <b>1 Lane</b> 3:00-4:30pm <b>2 Lanes</b> 8:45-10:00pm	<u>Aquasize</u> 9:00-10:00am 7:45-8:45pm*		<u>School Rental</u> 1:00-3:00pm*	<u>Silver Sharks</u> 4:30-7:30pm	6:00am-2:00pm 3:00-10:00pm
<u>Tuesday</u> <u>23rd</u>	3:00-4:00pm* 9:00-10:00pm*		<u>Public Swim</u> 7:30am-9:15am 12:00-1:00pm 4:00-9:00pm	5:45-9:00am 12:00-1:00pm <b>1 Lane</b> 3:00-7:00pm <b>2 Lanes</b> 9:00-10:00pm			<u>School Rental</u> 9:00am-12:00pm 1:00-3:00pm <u>Town Lessons</u> 4:00-7:00pm	<u>Waterpolo</u> 7:00-9:00pm	6:00-9:15am 12:00-1:00pm 3:00-10:00pm
<u>Wednesday</u> <u>24th</u>	3:00-4:30pm* 7:45-8:45 pm*(deep end of lap pool only) 8:45-10:00pm*		<u>Public Swim</u> 7:30 - 10:15am 12:00 - 2:00pm* 4:30-7:45pm	5:45 - 9:00 am 12:00 - 1:00pm <b>1 Lane</b> 3:00-4:30pm <b>2 Lanes</b> 8:45-10:00pm	<u>Aquasize</u> 9:00 - 10:00 am 7:45 - 8:45 pm *		<u>School Rental</u> 10:00am-12:00pm 1:00-3:00pm*	<u>Silver Sharks</u> 4:30-7:30pm	6:00am-10:15am 12:00-2:00pm 3:00-10:00pm
<u>Thursday</u> <u>25th</u>	<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 - 2:00pm* 4:00-7:00pm	5:45 - 9:00 am* 12:00 - 1:00pm <b>1 Lane</b> 4:00-7:00pm <b>2 Lanes</b> 9:00 - 10:00 pm	<u>Deep Water</u> 8:00 - 9:00 pm*		<u>School Rental</u> 9:00am-12:00pm 1:00-3:00pm*	<u>Silver Sharks</u> 6:00-7:15am(2 lanes only)	6:00-9:15am 12:00-2:00pm 4:00-10:00pm
<u>Friday</u> <u>26th</u>	3:00-4:30pm* 8:30-10:00pm*		<u>Public Swim</u> 7:30am-10:15am 12:00-2:00pm* 4:30-8:30pm	5:45-9:00am 12:00-1:00pm <b>1 Lane</b> 3:00-4:30pm	<u>Aquasize</u> 9:00 - 10:00 am		<u>School Rental</u> 10:00am-12:00pm 1:00-3:00pm*	<u>Silver Sharks</u> 4:30-6:30pm <u>Waterpolo</u> 6:30-8:30pm	6:00- 10:15am 12:00-2:00pm 3:00-10:00pm
<u>Saturday</u> <u>27th</u>	9:00-12:00pm* 1:00 - 5:00 pm		<u>Family Swim</u> 7:00-9:00am 12:00 - 1:00 pm	12:00 -1:00pm 7:00am-9:00am (2 lanes only) <b>1 Lane</b> 9:00am-12:00pm			<u>Town Lessons</u> 9:00am-12:00pm <u>Private Lessons</u> 9:00am-12:00pm	<u>Silver Sharks</u> 7:00-9:00am ( 4 Lanes Only)	7:00am-5:00pm
<u>Sunday</u> <u>28th</u>	1:00 - 5:00 pm		<u>Family Swim</u> 12:00 - 1:00 pm	12:00-1:00pm					12:00-5:00pm

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**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.**