

*Means the pool is shared with another activity

Strathmore Aquatic Centre

February 11th - February 17th 2019

	<u>Public Swim</u> All Pools	<u>Lane Swim</u> Lap Pool	<u>Kiddy Pool</u> **Means all pools are open	<u>Aquasize / Deep Water</u> Running Lap Pool	<u>Lessons / Rentals</u> All Pools	<u>Silver Sharks / 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>11th</u>	3:00-4:30pm* (7:45-8:45pm deep end of the 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*	7:30-10:00am 12:00-1:00pm 3:00-4:30pm** 4:30-7:45pm 7:45-10:00pm**	<u>Aquasize</u> 9:00-10:00am (No Instructor) 7:45-8:45pm (No Instructor)	<u>School Rental</u> 1:00-3:00pm	<u>Silver Sharks</u> 4:30- 7:30pm		<u>Group A</u> 10:00-11:00am <u>Group B</u> 11:00am-12:00pm	6:00-10:15am 12:00-1:00pm 3:00-10:00pm
<u>Tuesday</u> <u>12th</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*	7:30 - 9:00am 12:00-1:00pm 3:00-4:00** 4:00-9:00pm 9:00-10:00pm**		<u>School Lessons</u> 9:15am-12:00pm 1:00-3:00pm <u>School Rental</u> 1:30-2:30pm <u>Town Lessons</u> 4:00-7:00pm*	<u>Water Polo</u> 7:00-9:00pm			6:00-9:15am 12:00-1:00pm 3:00-10:00pm
<u>Wednesday</u> <u>13th</u>	10:00am-12:00pm* 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 10:00am-12:00pm 3:00-4:30pm* 2 lanes 8:45-10:00pm*	7:30 - 10:00am 10:00-12:00pm ** 12:00-1:00pm 3:00-4:30pm** 4:30-7:45pm 7:45-10:00pm**	<u>Aquasize</u> 9:00-10:00 am (No Instructor) 7:45 - 8:45 pm* (No Instructor)	<u>School Rental</u> 1:00-3:00pm	<u>TCA</u> (7:15-7:45am* 4 lanes only) <u>Silver Sharks</u> 4:30-7:30pm			6:00am-1:00pm 3:00-10:00pm
<u>Thursday</u> <u>14th</u>	<u>Toonie Swim</u> 7-8pm 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*	7:30 - 9:00am 12:00 - 1:00pm 4:00-7:00pm 8:00-10:00pm**	<u>Deep Water</u> 8:00 - 9:00 pm*	<u>School Lessons</u> 9:15am-12:00pm 1:00-3:00pm <u>Town Lessons</u> 4:00-7:00pm	<u>Silver Sharks</u> (6:00-7:15am* 2 lanes only) <u>TCA</u> (7:15-7:45am* 4 lanes only)			6:00 -9:15am 12:00-1:00pm 4:00-10:00pm
<u>Friday</u> <u>15th</u>	10:00am-12:00pm* 3:00-4:30pm* 8:30-10:00pm	5:45-9:00am 12:00-1:00pm 1 Lane 10:00am-12:00pm* 3:00-4:30pm*	7:30-10:00am 10:00-12:00pm** 12:00-1:00pm 3:00-4:30pm** 4:30-8:30pm	<u>Aquasize</u> 9:00 - 10:00 am (No Instructor)	<u>School Lessons</u> 1:00-3:00pm	<u>Silver Sharks</u> 4:30-6:30pm <u>Water Polo</u> 6:30-8:30pm			6:00am-1:00pm 3:00-10:00pm
<u>Saturday</u> <u>16th</u>	1:00 - 5:00 pm	12:00-1:00pm 1 Lane 9:00am-12:00pm* 2 Lanes 7:00-9:00am	<u>Family Swim</u> 7:00-9:00am 12:00 - 1:00 pm <u>Public Swim</u> 1:00-5:00pm**		<u>Town Lessons</u> 9:00am-12:00pm* <u>Private Lessons</u> 10:00-12:00pm*	<u>Silver Sharks</u> (7:00-9:00am 4 lanes only)			7:00am-5:00pm
<u>Sunday</u> <u>17th</u>	1:00-5:00pm	12:00-1:00pm	<u>Family Swim</u> 12:00 - 1:00 pm <u>Public Swim</u> 1:00-5:00pm**						12:00-5:00pm

Winter Swimming Lesson Registration 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**