

*Means the pool is shared with another activity
 updated Nov 10/2017 @4:30pm

Strathmore Aquatic Centre

November 13 - November 19, 2017

	<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>13th</u>	2:00-4:30pm* 7:45-8:45pm (deep end of lap pool only) 8:45-10:00pm*		<u>Public Swim</u> 7:30-9:00am 12:00-1:00pm 4:30p-7:45pm	5:45-9:00am 12:00-1:00pm 1 Lane 1:00-4:30pm 2 Lanes 8:45-10:00pm	<u>Aquasize</u> 9:00-10:00am 7:45- 8:45pm*		<u>School Lessons</u> 9:00am-12:00pm 1:00-2:00pm	<u>Silver Sharks</u> 4:30 – 7:30 pm	closed
<u>Tuesday</u> <u>14th</u>	3:15-4:00pm* 9:00-10:00pm*		<u>Public Swim</u> 7:30-9:20am 12:00-12:45pm 4:00- 9:00pm	5:45-9:20am 12:00-12:45pm 1 Lane 9:20am-12:00pm 3:15-7:00pm 2 Lanes 9:00-10:00pm			<u>School Lessons</u> 9:20am-12:00pm 1:10 -2:30pm* <u>Rental</u> 12:45-1:45pm* 2:30 -3:15pm <u>Town Lessons</u> 4:00 – 7:00 pm*	<u>Water Polo</u> 7:00 – 9:00pm*	closed
<u>Wednesday</u> <u>15th</u>	3:15 - 4:30 pm* 7:45- 8:45 pm* (deep end of lap pool only) 8:45 - 10:00 pm*		<u>Public Swim</u> 7:30 - 9:00 am 12:00 - 1:00 pm 4:30 – 7:45pm	5:45 - 9:00 am 12:00 - 1:00 pm 1 Lane 10:00 am -12:00 pm 3:15pm - 4:30pm 2 Lanes 8:45 - 10:00 pm	<u>Aquasize</u> 9:00 - 10:00 am * 7:45 - 8:45 pm *		<u>School Lessons</u> 9:00am-12:00pm* 1:00-2:30pm* <u>Rental</u> 2:30-3:15pm	<u>Silver Sharks</u> 4:30 – 7:30 pm	closed
<u>Thursday</u> <u>16th</u>	<u>Toonie Swim</u> 7 - 8 pm ONLY 8:00 – 9:00 pm* (Shallow end of Lap Pool only) 9:00 – 10:00 pm*		<u>Public Swim</u> 7:30 - 9:20 am 12:00 – 12:45 pm 4:00-7:00pm	5:45 - 9:20 am* 12:00 - 12:45pm 1 Lane 9:20am - 12:00 pm 4:00-7:00pm 2 Lanes 9:00 - 10:00 pm	<u>Deep Water</u> 8:00 – 9:00 pm*		<u>School Lessons</u> 9:20am – 12:00pm* 1:10- 2:30 pm * <u>Rental</u> 12:45-1:45pm* 2:30-3:15pm* <u>Town Lessons</u> 4:00 – 7:00 pm*	<u>Silver Sharks</u> 2 Lanes 6:00 – 7:15 am*	closed
<u>Friday</u> <u>17th</u>	10:00am-12:00pm* 3:15-6:30pm* 8:30-10:00pm		<u>Public Swim</u> 7:30 – 10:00 am 12:00 - 1:10 pm 6:30-8:30pm	5:45-9:00am 12:00-1:10pm 1 Lane 10:00am-12:00pm 3:15pm-6:30pm	<u>Aquasize</u> 9:00 – 10:00 am		<u>School Lessons</u> 1:10-2:30pm* <u>Rental</u> 2:30-3:15pm	<u>Silver Sharks</u> 2 Lanes Only 4:30-6:30pm <u>Water Polo</u> 6:30-8:30pm	closed
<u>Saturday</u> <u>18th</u>	1:00 - 5:00 pm		<u>Family Swim</u> 12:00 - 1:00 pm	7:00-9:00am 12:00 –1:00pm 1 Lane 9:00am-12:00pm			<u>Private Lessons</u> 9:00am-12:00pm* <u>Town Lessons</u> 9:00am–12:00 pm*		closed
<u>Sunday</u> <u>20th</u>	1:00 - 5:00 pm		<u>Family Swim</u> 12:00 - 1:00 pm	4 Lanes Only 12:00-1:00pm*				<u>St. Gabreil</u> <u>Archangel School</u> 2 Lanes 12:00 -1:00pm*	closed

**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.**