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| Swim Lessons |
| Fitness |
| Public Swim |

ELKFORD AQUATIC CENTRE POOL SCHEDULE

July 4, 2017 - September 3, 2017

Phone: 250.865.4012 · Web: www.elkford.ca · Email: pool@elkford.ca

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|----------------------------|
| Lane Swim & Stroke Improvement 8:30 - 9:30 | | | | <p>Introducing Aquafit Circuit! A non-instructed half hour circuit in which you work at you own pace, following posted instructional signs. Cost: Regular admission.</p> <p>What is Stroke Improvement? Too advanced for regular swim lessons? Want to improve your stroke to reach a goal? 45 minutes of customized instruction to your level. Note that this is not a beginner's class. Drop-in for \$7.00 per session or sign up for all 8 sessions in advance for \$49.00.</p> <p>Did You Know? If a public swim is quiet, 1 lane is available. Inquire with the Lifeguard on duty.</p> | |
| Swim Lessons 9:30 - 11:30 | Swim Lessons 9:30 - 11:30 | Swim Lessons 9:30 - 11:30 | Swim Lessons 9:30 - 11:30 | | |
| Private Lessons 10:00 - 11:00 | Private Lessons 10:00 - 11:00 | | | | |
| Aquafit 11:15 - 12:00 | Aquafit 11:15 - 12:00 | Aquafit Circuit (No instructor/2 lanes) 11:30 - 12:00 | Aquafit Circuit (No instructor/2 lanes) 11:30 - 12:00 | | |
| Lane Swim 12:00 - 1:00 | Lane Swim 12:00 - 1:00 | Lane Swim 12:00 - 1:00 | Lane Swim 12:00 - 1:00 | | |
| Public Swim 1:00 - 4:00 | Water Walkway Public Swim 1:00 - 4:00 | Giant Tube Public Swim 1:00 - 4:00 | Treat Day Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 | Public Swim 1:00 - 4:00 |
| | Lane Swim 4:00 - 5:00 | Lane Swim 4:00 - 5:00 | Lane Swim 4:00 - 5:00 | Lane Swim 4:00 - 5:00 | Lane Swim 4:00 - 5:00 |
| <p>Considering Private Lessons? Is your child almost to the next level? Want to work on specific skills? Private lessons are the perfect solution. One-on-one instruction focused on skills that need improvement.</p> | | Public Swim 5:00 - 8:00 | Public Swim 5:00 - 8:00 | Public Swim 5:00 - 8:00 | |

The Elkford Aquatic Centre is closed on Mondays & Statutory Holidays.

Schedule is subject to change.

Public Pool Safety - Children Under 7 Years of Age

In accordance with the Provincial guidelines for swimming pools, children under the age of 7 require a responsible person, 16 years of age or older, to accompany them in the water and be within arms' reach at all times.

Lif jackets DO NOT substitute for adult supervision.

Please note: Patrons will be asked to leave the pool 10 minutes prior to closing.