



Swim Lessons
Fitness
Public Swim

## ELKFORD AQUATIC CENTRE POOL SCHEDULE

September 19 - December 23, 2017 (Note: schedule revised Nov. 14, 2017)

Phone: 250.865.4012 · Web: [www.elkford.ca](http://www.elkford.ca) · Email: [pool@elkford.ca](mailto:pool@elkford.ca)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Aquafit 9:30 - 10:15	Ease the Knees 9:30 - 10:15		Boot Camp Aquafit 9:30 - 10:15	<div style="border: 1px solid black; padding: 5px;"> <p><b>Did You Know?</b> If a public swim is quiet, 1 lane is available. Inquire with the Lifeguard on duty.</p> </div>	
Preschool Lessons & Craft n' Splash 9:30 - 11:00	Preschool Lessons & Craft n' Splash 9:30 - 11:00		Preschool Lessons 9:30 - 10:30		
Public Swim, Lane Swim & Stroke Improvement 10:30 - 12:00	Public Swim, Lane Swim & Stroke Improvement 10:30 - 12:00		Deep Aquafit 11:15 - 12:00		
Public Swim (1 Lane available) 12:30 - 3:00	School Lessons 12:30 - 2:30	School Lessons 12:30 - 2:30	Public Swim (1 Lane available) 12:30 - 3:00	Lane Swim (2 lanes 1:30 - 2:00) 1:00 - 2:00	Weekend Lessons 1:30 - 2:30
Red Cross Lessons 3:30 - 5:00	Red Cross Lessons 3:30 - 5:00	Red Cross Lessons 3:30 - 5:00	Red Cross Lessons & Jr. Lifeguard Club 3:30 - 5:00	Family Swim 1:30 - 2:30	Family Swim 1:30 - 2:30
Swim Club 3:45 - 6:00 (W/P & sauna open)	Swim Club 3:45 - 5:00 (W/P & sauna open)	Swim Club 3:45 - 6:00 (W/P & sauna open)	Swim Club 4:30 - 6:00 (W/P & sauna open)	Public Swim 2:30 - 5:00	Public Swim 2:30 - 5:00
Aquafit (Registered class) 5:15 - 6:00		Lane Swim (2 lanes) 5:00 - 6:00	Lane Swim (2 lanes) 5:00 - 6:00	Lane Swim 5:00 - 6:00	Lane Swim (2 lanes) 5:00 - 6:00
		Public Swim 6:00 - 8:00	Public Swim 6:00 - 8:00	Public Swim 6:00 - 8:00	Aquafit (Registered class) 5:00 - 5:45
			Teen (13+)/Adult Swim (1 lane available) 8:00 - 9:00		

Note: 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.

**Lifejackets DO NOT substitute for adult supervision.**

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