



Swim Lessons
Fitness
Public Swim

## ELKFORD AQUATIC CENTRE POOL SCHEDULE

January 9 - March 18, 2018

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	<b>Did You Know?</b> If a public swim is quiet, 1 lane is available.  Inquire with the Lifeguard on duty.			
Preschool Lessons/Stroke Imp./Craft n' Splash 9:30 - 11:00	Preschool Lessons/Stroke Imp./Craft n' Splash 9:30 - 11:00		Preschool Lessons 9:30 - 10:30				
Public Swim & Lane Swim 10:30 - 12:00	Public Swim & Lane Swim 10:30 - 12:00	Deep Aquafit 11:15 - 12:00 Only on: Jan. 18, Feb. 1, 15, Mar. 1, 15	Public Swim & Lane Swim 10:30 - 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			Family Swim/ Lane Swim 1:30 - 2:30	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 & Lifesaving Sport 3:30 - 5:00			Public Swim 2:30 - 5:00	Public Swim 2:30 - 5:00
Swim Club 3:45 - 6:00 W/P, sauna, beach open to public	Swim Club 3:45 - 5:00 W/P, sauna, beach open to public	Swim Club 3:45 - 6:00 W/P, sauna, beach open to public					
Specialty Aquafit 5:15 - 6:00		Lane swim 2 lanes only 5:00 - 6:00	Lane swim 5:00 - 6:00	Lane Swim 5:00 - 6:00	Lane Swim/Stroke Improvement 5:00 - 6:00		
		Public Swim 6:00 - 8:00	Public Swim 6:00 - 8:00	Public Swim 6:00 - 8:30	Aquafit 6:00 - 6:45 Registered class <b>Cancelled</b>		
		Water Sports 8:00 - 9:00 Only on: Jan. 11, 25, Feb. 8, 22, Mar. 8	Teen Theme 8:00 - 9:00 Only on: Jan. 19, Feb. 16, Mar. 16				

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.

