



Swim Lessons
Fitness
Public Swim

## ELKFORD AQUATIC CENTRE POOL SCHEDULE

July 3 - September 2, 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
				<p><b>Introducing Aquafit Circuit!</b> A non-instructed half hour circuit in which you work at your own pace, following posted instructional signs. Cost: regular admission.</p> <p><b>What is Stroke Improvement?</b> 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><b>Did You Know?</b> 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		
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><b>Considering Private Lessons?</b> 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.

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

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



