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| Swim Lessons |
| Fitness |
| Public Swim |

ELKFORD AQUATIC CENTRE POOL SCHEDULE

April 2 - June 9, 2019

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

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|--|--|--|--|---|-----------------------------------|---|---|
| Aquafit 9:30 - 10:15 | Ease the Knees Aquafit 9:30 - 10:15 | | Aquafit 9:30 - 10:15 | <p>Did you know? The first Saturday of every month is Giant Tube or Water Walkway Day!</p> <p>Water Sports Wednesdays: Underwater Hockey - April Synchro Swimming - May</p> | | | |
| Preschool Lessons OR Craft & Splash 9:30 - 11:00 | Preschool Lessons OR Craft & Splash 9:30 - 11:00 | | Preschool Lessons 9:30 - 11:00 | | | | |
| Public Swim & Lane Swim 10:30 - 12:00 | Public Swim & Lane Swim 10:30 - 12:00 | | 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 2:00 - 3:00 | Family Swim & Lane Swim 2:00 - 3:00 |
| Aquafit (with childminding) 1:00 - 1:45 | | | | | | | |
| Red Cross Lessons 3:30 - 5:15 | Red Cross Lessons 3:30 - 5:00 | Red Cross Lessons 3:30 - 5:15 | Red Cross Lessons 3:30 - 5:00 | Public Swim 3:00 - 5:00 | Public Swim 3:00 - 5:00 | | |
| Public Swim 3:30 - 4:45 (limited space available) | Public Swim 3:30 - 4:45 (limited space available) | | Public Swim 3:30 - 4:45 (limited space available) | | | | |
| Adult Beginner Lessons 4:00 - 4:45 | Water Sports 4:00 - 5:00 | Stroke Improvement 4:00 - 4:45 | Junior Lifeguard Club 3:30 - 4:30 | | | | |
| Aquafit 5:15 - 6:00 | | Lane Swim 5:00 - 6:00 | Lane Swim 5:00 - 6:00 | | | Lane Swim 5:00 - 6:00 | Lessons & Lane Swim 5:00 - 6:00 |
| <p>Did You Know? The first Aquafit class you try is free!</p> | | Public Swim 6:00 - 8:00 | Family Swim 6:00 - 7:00 | Family Swim 6:00 - 7:00 | Aquafit 6:00 - 6:45 | | |
| | | Aquafit 8:00 - 8:45 | Public Swim 7:00 - 9:00 | Public Swim 7:00 - 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.