

## Nick Smith Pool Schedule September 26 to December 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Lane Swim</u> 7-8am   8-9am	<u>Lane Swim</u> 7-8am   8-9am	<u>Lane Swim</u> 7-8am   8-9am	<u>Lane Swim</u> 7-8am   8-9am	<u>Lane Swim</u> 7-8am   8-9am	<u>Greyfish</u> 7:30-9am	<u>Lane Swim</u> 7-8 / 8-9am
<u>Aquafit</u> 9-10am	<u>Parent &amp; Tot</u> 9-10am	<u>Aquafit</u> 9-10am	<u>Parent &amp; Tot</u> 9-10am	<u>Aquafit</u> 9-10am	<u>Lessons</u> 9-10am	<u>Redfish</u> 9-10am
<u>Public</u> 10-11am	<u>Aquajogging</u> 10-11am	<u>Parent \$ Tot</u> 10-11am	<u>Aquajogging</u> 10-11am	<u>Public</u> 10-11am	<u>Lessons</u> 10-11am	<u>Redfish</u> 10-11am
<u>Senior</u> 11am-12pm	<u>SALC</u> 11-12pm	<u>Senior</u> 11am-12pm	<u>SALC</u> 11am-12pm	<u>Senior</u> 11am-12pm	<u>Lessons</u> 11-12am	<u>Lessons</u> 11-12pm
<u>Lane Swim</u> 12-1pm	<u>Lane Swim</u> 12-1pm	<u>Lane Swim</u> 12-1pm	<u>Lane Swim</u> 12-1pm	<u>Lane Swim</u> 12-1pm	<u>Training</u> 12-1pm	<u>Lessons</u> 12-1pm
<u>Excel Waterfit</u> 1-2pm	<u>Senior Swim</u> 1-2pm	<u>Excel Waterfit</u> 1-2pm	<u>Senior Swim</u> 1-2pm	<u>Excel Waterfit</u> 1-2pm	<u>Rental or Public</u> 1-2pm	<u>Rental or Public</u> 1-2pm
<u>Therapy Swim/Lessons</u> 2-3pm	<u>Parent &amp; Tot/ Lane Swim</u> 2-3pm	<u>Therapy Swim</u> 2-3pm	<u>Parent &amp; Tot/Lane</u> 2-3pm	<u>Therapy</u> 2-3pm	<u>Public Swim</u> 2-3pm	<u>Public Swim</u> 2-3pm
<u>Bluefish</u> 3:30-4:30	<u>Bluefish</u> 3:30-4:30	<u>Bluefish</u> 3:30-4:30	<u>Bluefish</u> 3:30-4:30	<u>Bluefish</u> 3:30-4:30	<u>Parent &amp; Tot Swim</u> 3-4pm	<u>Parent &amp; Tot Swim</u> 3-4pm
<u>Bluefish</u> 4:30-5:30	<u>Bluefish</u> 4:30-5pm	<u>Bluefish</u> 4:30-5:30	<u>Bluefish</u> 4:30-5	<u>Bluefish</u> 4:30-5:30	<u>Lane Swim</u> 4-5pm	<u>Lane Swim</u> 4-5pm
<u>Aqua Boot Camp</u> 5:45-6:45pm	<u>Lessons</u> 5-6pm	<u>Lessons</u> 5:30-6:30pm	<u>Lessons</u> 5-6pm	<u>Stand Up Paddle</u> 5:45-6:45		<u>Bronzes</u> 5-6pm
<u>Toonie Public Swim</u> 6:50-7:20pm	<u>Lessons</u> 6-7pm	<u>Lessons</u> 6:30-7pm	<u>Lessons</u> 6-7pm	<u>Public</u> 7-8pm		<u>Bronzes</u> 6-7pm
<u>Greyfish</u> 7:30-8pm	<u>Public/Lessons</u> 7-8pm	<u>Greyfish</u> 7:30-8pm	<u>Public/Lessons</u> 7-8pm		 <b>ARNPRIOR</b>	
<u>Greyfish</u> 8-9pm	<u>Lane Swim</u> 8-9pm	<u>Greyfish</u> 8-9pm	<u>Lane Swim</u> 8-9pm			

Age	Cost
Under 2 Years	No Charge
Children (2-15yrs)	\$3.25
Adults (16-59yrs)	\$4.25
Seniors (60+)	\$3.25
<b>Advanced Registration Required for All Swims</b>	
Register for All Swims Online at <a href="http://www.Arnprior.ca">www.Arnprior.ca</a>	

Non-swimmers aged 10 and under, and all children aged 5 and under must be accompanied by a participating guardian, at least 16 years of age, responsible for the direct supervision of the child and always swimming within arm's reach. Children aged 6- 10 must be tested to demonstrate their ability to swim 25 meters uninterrupted to be permitted to swim unaccompanied.

**Program Descriptions**  
 \*All swims end 5-10 minutes prior to the above times\* | \*Schedule subject to change without notice\*

**Lane Swim:** For adults aged 16 plus, who complete continuous lane swim strokes.  
**Therapy Swim:** A wellness swim ideal for individuals living with fibromyalgia, fatigue, arthritis, osteoporosis, and individuals recovering from injury or surgery.  
**Seniors Swim:** For seniors aged 60 plus. Half lane swim and half public swim  
**Public Swim:** For all ages; and unstructured swim time.  
**Parent and Tot Swim:** For guardians aged 16 plus, with children 5 and under, located in the shallow end. Maximum 2 children per guardian.  
**Bluefish/Greyfish/Redfish/SALC:** Session registration is required.