

# Nick Smith Pool Schedule January 7<sup>th</sup> to April 1, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Greyfish 7:30am	Lane Swim
8am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Greyfish to 8:50am	Lane Swim
9am	Aqua Fit	Parent & Tot Swim	Aqua Fit	Parent & Tot Swim	Aqua Fit	Lessons	Redfish Special Olympics
10am	Public	Aqua Jogging	Lessons	Aqua Jogging	Public	Lessons	Redfish Special Olympics
11am	Senior	SALC	Seniors & Individuals with a disability	SALC	Senior	Lessons	Lessons
12pm	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Training	Lessons
1pm	Excel Waterfit	Seniors & Individuals with a disability	Excel Waterfit	Senior	Excel Waterfit	Rentals	Rentals
2pm	Therapy/Adult Lessons	Parent & Tot/Lane	Therapy	Parent & Tot/Lane	Therapy/Fitness Swimmer	Public Swim	Public Swim
3pm	Bluefish at 3:30pm	Bluefish at 3:30pm	Bluefish at 3:30pm	Bluefish at 3:30pm	Bluefish at 3:30pm	Parent & Tot	Parent & Tot
4pm	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish	Lane Swim	Lane Swim
5pm	Bluefish	Lessons	Bluefish	Lessons	Bluefish		Bronze Star, Medallion and Cross
5:30pm	Aqua Jogging 5:30	Lessons	S.U.P.Yoga 5:45-6:35	Lessons	Lessons		Bronze Medallion and Cross
6pm	Aqua Jogging to 6:20pm	Lessons	S.U.P Yoga 5:45-6:35	Lessons	Lessons		Bronze Medallion and Cross
6:30pm	Aqua Boot Camp to 7:20pm	Lessons	Toonie Public Swim 6:50-7:20	Lessons	Lessons		
7:00pm	Aqua Boot Camp to 7:20pm	Lessons	Toonie Public Swim finishes	Lessons	Public Swim		
7:30pm	Greyfish Masters	Toonie Public Swim	Greyfish Masters	Toonie Public Swim			
8pm	Greyfish Masters	Lane	Greyfish Masters	Lane Swim			

**Lane Swim:** For adults aged 16 plus who can complete continuous lane swim strokes.

**Therapy Swim:** A wellness swim ideal for individuals living with fibromyalgia, fatigue, arthritis, and osteoporosis. Also for individuals recovering from injury or surgery.

**Seniors Swim:** For seniors aged 60 plus.

**Public Swim:** For all ages. An unstructured swim time. Swim Admission Test will be applied.

**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.

**Aquafit and Excel Aquafit:** Registration, Punch Card and Drop In are all options.

All other programs are session registration only.

**Cost: under 2 years:** No Charge.

**Children:** (2-15 years)- \$3.25 **Adults:** (16-59)-\$4.25 **Seniors:** (60+)-\$3.25 (prices are expected to change in April, 2023)

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 who is responsible for the direct supervision of the child and always swimming within arms' reach. Children aged 6 -10 must be tested to demonstrate their ability to swim 25 meters uninterrupted to be permitted to swim unaccompanied.