


Nick Smith Center Pool Schedule - Spring 2022 (April 4 - June 11)

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> 7-8am 8-9am
<u>Aquafit</u> 9-10am	<u>Parent and Tot Swim</u> 9-10am	<u>Aquafit</u> 9-10am	<u>Parent and Tot Swim</u> 9-10am	<u>Aquafit</u> 9-10am	<u>Swimming Lessons</u> 9-10am	<u>Parent and Tot Swim</u> 9-10am
<u>Public Swim</u> 10-11am	<u>AquaJogging</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>AquaJogging</u> 10-11am	<u>Public Swim</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>Bronze Courses</u> 10-11am
<u>Senior Swim</u> 11am-12pm	<u>SALC Swim</u> 11am-12pm	<u>Senior Swim</u> 11am-12pm	<u>SALC Swim</u> 11am-12pm	<u>Senior Swim</u> 11am-12pm	<u>Swimming Lessons</u> 11am-12pm	<u>Bronze Courses</u> 11am-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>Swimming Lessons</u> 12-1pm	<u>Pool Rental</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 Swim</u> 1-2pm	<u>Public Swim</u> 1-2pm
<u>Therapy Swim</u> 2-3pm	<u>Therapy Swim</u> 2-3pm	<u>Therapy Swim</u> 2-3pm	<u>Therapy Swim</u> 2-3pm	<u>Therapy Swim</u> 2-3pm	<u>Public Swim</u> 2-3pm	<u>Public Swim</u> 2-3pm
<u>Bluefish</u> 3-4pm	<u>Bluefish</u> 3-4pm	<u>Bluefish</u> 3-4pm	<u>Bluefish</u> 3-4pm	<u>Bluefish</u> 3-4pm	<u>Parent and Tot Swim</u> 3-4pm	<u>Parent and Tot Swim</u> 3-4pm
<u>Bluefish</u> 4-5pm	<u>Bluefish</u> 4-5pm	<u>Bluefish</u> 4-5pm	<u>Bluefish</u> 4-5pm	<u>Bluefish</u> 4-5pm	<u>Lane Swim</u> 4-5pm	<u>Lane Swim</u> 4-5pm
<u>Lane Swim</u> 5-6pm	<u>Swimming Lessons</u> 5-6pm	<u>Lane Swim</u> 5-6pm	<u>Swimming Lessons</u> 5-6pm	<u>Parent and Tot Swim</u> 5-6pm	<u>Kayaking Program</u> 5-6pm	<u>Kayaking Program</u> 5-6pm
<u>Aqua-Jogging</u> 6-7pm	<u>Swimming Lessons</u> 6-7pm	<u>Aqua-Jogging</u> 6-7pm	<u>Swimming Lessons</u> 6-7pm	<u>Aquafit</u> 6-7pm	<u>Kayaking Program</u> 6-7pm	<u>Kayaking Program</u> 6-7pm
<u>Greyfish</u> 7-8pm	<u>Public Swim</u> 7-8pm	<u>Greyfish</u> 7-8pm	<u>Public Swim</u> 7-8pm	<u>Public Swim</u> 7-8pm	 ARNPRIOR	
<u>Greyfish</u> 8-9pm	<u>Lane Swim</u> 8-9pm	<u>Greyfish</u> 8-9pm	<u>Lane Swim</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
Advanced Registration Required for All Swims	
Register for All Swims Online at www.Arnrior.ca	

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.