

## Nick Smith Center Pool Schedule - Summer 2022 (July 4th - September 11th)

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>Aquafit</u> 9-10am	<u>SALC</u> 9-10am	<u>Aquafit</u> 9-10am	<u>SALC</u> 9-10am	<u>Aquafit</u> 9-10am		
<u>Swimming Lessons</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>Swimming Lessons</u> 10-11am	<u>Parent and Tot Swim</u> 10-11am	<u>Parent and Tot Swim</u> 10-11am
<u>Swimming Lessons</u> 11am-12pm	<u>Swimming Lessons</u> 11am-12pm	<u>Swimming Lessons</u> 11am-12pm	<u>Swimming Lessons</u> 11am-12pm	<u>Swimming Lessons</u> 11am-12pm	<u>Public Swim</u> 11am-12pm	<u>Public Swim</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>Lane Swim</u> 12-1pm	<u>Lane Swim</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>Pool Rental</u> 1-2pm	<u>Pool Rental</u> 1-2pm
<u>Camp Swim</u> 2-3pm	<u>Camp Swim</u> 2-3pm	<u>Senior Swim</u> 2-3pm	<u>Camp Swim</u> 2-3pm	<u>Senior Swim</u> 2-3pm	<b>Admission Standards</b> 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.  Should you require access to a family changeroom setting please the the front desk.	
<u>Camp Swim</u> 3-4pm	<u>Camp Swim</u> 3-4pm	<u>Public Swim</u> 3-4pm	<u>Camp Swim</u> 3-4pm	<u>Public Swim</u> 3-4pm		
<u>Public/Lane Swim</u> 4-5pm	<u>Swimming Lessons</u> 4-5pm	<u>Public/Lane Swim</u> 4-5pm	<u>Swimming Lessons</u> 4-5pm	<u>Public/Lane Swim</u> 4-5pm		
<u>Greyfish</u> 5-6pm	<u>Swimming Lessons</u> 5-6pm	<u>Greyfish</u> 5-6pm	<u>Swimming Lessons</u> 5-6pm	<u>Parent and Tot Swim</u> 5-6pm		
<u>Greyfish</u> 6-7pm	<u>Swimming Lessons</u> 6-7pm	<u>Greyfish</u> 6-7pm	<u>Swimming Lessons</u> 6-7pm	<u>Public Swim</u> 6-7pm		
	<u>Public Swim</u> 7-8pm		<u>Public Swim</u> 7-8pm			

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



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### 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.
- Greyfish/SALC:** Session registration is required.