

5201 East Tudor Road · 337-9550  
Effective August 27, 2007–June 10, 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM 4 lanes	3–5:30pm		3–5:30pm		3–5:30p	1–5p	1–5pm
		7–8:30pm		7–8:30pm	6:30–8pm	6–8pm	6–8pm
LAP SWIM	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}		
	6–7am {3L}	6–7am {2–3L}	6–7am {3L}	6–7am {2–3L}	6–7am {3L}		6:45am–Noon {5–6L}
	7–8am {6L}	7–8am {6L}	7–8am {6L}	7–8am {6L}	7–8am {6L}	7–8:30am {2L}	
	8–9am {2L}	8–9am {5L}	8–9am {2L}	8–9am {5L}	8–9am {2L}	8:30–9am {5–6L}	
	9–10am {2L}	9–10am {2L}	9–10am {2L}	9–10am {2L}	9–10am {2L}	9–11am {2L}	
	10am–Noon {3–5L}	10am–Noon {3–5L}	10am–Noon {3–5L}	10am–Noon {3–5L}	10am–Noon {3–5L}	11am–1pm {3L}	
	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}		Noon–1pm {2–3L}
	1–3pm {4–5L}	1–3pm {4–5L}	1–3pm {4–5L}	1–3pm {4–5L}	1–3pm {4–5L}	1–5pm {3L}	1–5pm {2L}
	3–6:30pm {2L}	3–5pm {2L}	3–6:30pm {2L}	3–5pm {2L}	3–5:30pm {2L}		
	6:30–8:30pm {3L}	5–6pm {2–3L}	6:30–8:30pm {3L}	5–6pm {2–3L}	5:30–6:30pm {4–5L}	5–6pm {5L}	5–6pm {5L}
	8:30–10:45pm {3L}	6–8:30pm {2–3L}	8:30–10:45pm {3L}	6–8:30pm {2–3L}	6:30–8pm {2L}	6–8pm {2L}	6–8pm {2L}
		8:30–9pm {6L}		8:30–9pm {6L}	8–9:30pm {3L}	8–9pm {6L}	8–8:45pm {6L}
	9–10:30pm {3L}		9–10:30pm {3L}				
AQUA GROUP FITNESS	6–7am {3L}		6–7am {3L}		6–7am {3L}		
	8–9am {4L}		8–9am {4L}		8–9am {4L}		
	9–10am {4L}	9–10am {3L}	9–10am {4L}	9–10am {3L}	9–10am {3L}	9–10am {4L}	
	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	10–11am {3L}	Noon–1pm {3L}
	5:30–6:30pm {3L}	6–7pm {3L}	5:30–6:30pm {3L}	6–7pm {3L}			
SPECIALIZED AQUATIC PROGRAMS*							
	10am–8pm {1L}	8am–8pm {1L}	10am–8pm {1L}	8am–8pm {1L}	10am–8pm {1L}	10am–6pm {1L}	10am–6pm {1L}
TORPEDOES		5–6pm {3L}		5–6pm {3L}			
GROUP LESSONS	6:30–8pm		6:30–8pm			11am–1pm	
MASTERS SWIM		6–7am		6–7am		7–8:30am {4L}	
SCUBA	8–9:45pm {4L}	8–9:45pm {4L}	8–9:45pm {4L}	8–9:45pm {4L}			

10931 O'Malley Centre Drive · 344-6567

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	10:35am–12:35pm {3L}	10:35am–12:35pm {3L}
LAP SWIM	5–6am {4L}	5–6am {4L}	5–6am {4L}	5–6am {4L}	5–6am {4L}	8–9:30am {4L}	8–10:30am {4L}
	6–7am {1–2L}	6–7am {2L}	6–7am {1–2L}	6–7am {2L}	6–7am {1–2L}		
	7:05–9:30am {4L}	7:05–9:30am {4L}	7:05–9:30am {4L}	7:05–9:30am {4L}	7:05–9:30am {4L}		
	9:35–10:30am {2L}	9:35am–Noon {2–3L}	9:35–10:30am {2L}	9:35am–Noon {2–3L}	9:35–10:30am {2L}	9:30–10:30am {2L}	
	10:35am–12:50pm {4L}	12:05–12:50pm {4L}	10:35am–12:50pm {4L}	12:05–12:50pm {4L}	10:35am–5:25pm {4L}	10:35am–12:55pm {2L}	10:30am–12:35pm {2L}
	12:55–3pm {4L}	12:55–4:55pm {4L}	12:55–3pm {4L}	12:55–4:55pm {4L}		1–6pm {1–2L}	12:40–2:55pm {4L}
	3:05–3:55pm {4L}		3:05–3:55pm {4L}				3–6pm {1L}
	4–8:45pm {2L}		4–8:45pm {2L}			6:05–7:45pm {4L}	6:05–7:45pm {4L}
		5–8:45pm {1–2L}		5–8:45pm {1–2L}			
	9:05–9:45pm {4L}	9:05–9:45pm {4L}	9:05–9:45pm {4L}	9:05–9:45pm {4L}	9:05–9:45pm {4L}		
	AQUA GROUP FITNESS	9:30–10:30am {3L}	6–7am {3L}	9:30–10:30am {3L}	6–7am {3L}	9:30–10:30am {3L}	9:30–10:30am {3L}
	5:30–6:30pm {3L}		5:30–6:30pm {3L}		5:30–6:30pm {3L}		
SWIM LESSONS		10am–Noon {2–3L}		10am–Noon {2–3L}		1–3:10pm {4L}	
	4–5:30pm {3–4L}	5–6:30pm {1L}	4–5:30pm {3–4L}	5–6:30pm {1L}			
SWIM TEAM		5–6pm {2–3L}		5–6pm {2–3L}			
MASTERS SWIM	6–7am {3–4L}		6–7am {3–4L}		6–7am {3–4L}		

**Multi-Use Lane:** A dedicated multi-use lane will be available any time there are 4 lanes available for lap swimming. A multi-use lane may be used for personal training, aqua jogging, private swim lessons, personal water workouts and youth swimmers. Children under 14 must be accompanied by an adult during non-open swim hours.

The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs.

Pool rental available after club hours. For more information, contact the Aquatics Director at 344-6567 ext. 114.

{L} - Number of lanes used.