

# Pool Schedule

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www.salmonarmrecreation.ca

## Facility Schedule for June, 2018

*Times subject to change without notice*

Super Saturday: Saturday June 2nd, 6:00-9:00 pm - Regular Admission - NO LAP LANE this day

July Long Weekend Schedule: Public swims - Saturday, June 30th 1-4pm, CLOSED Sunday & Monday July 1 & 2

Fridays - Closed on June 15 & 22, 11:00 - 12:00pm. Please call for updates.

Friday, June 1 - 7:30 - 8:15am - limited pool use (School AM fitness class)

**Please check online daily for changes in our schedule:**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Lanes</b>		6:30 - 8:30am	8:00 - 9:00am	7:30 - 8:30am	8:00 - 9:00am	8:00 - 8:30am	
<b>Lap Shared</b>		9:00 - 12:30pm 4:00 - 5:30pm 7:30 - 9:00pm	6:30 - 8:00am 12:05 - 2:00pm	6:30 - 7:30am 9:00 - 1:00pm 4:00 - 4:30 pm 6:30 - 8:00pm	6:30 - 8:00am 12:05 - 2:00pm	6:30 - 8:00am 9:00 - 10:45am	
<b>CLOSED to Public</b>		5:30 - 7:30pm	9:00 - noon 5:00 - 6:30pm	4:30 - 6:30pm	9:00 - noon 5:00 - 6:30pm	4:30 - 6:30pm	9:30 - 1:00pm 4:00 - 6:00pm
<b>Lap &amp; Leisure Use</b>		8:30 - 9:00am 3:00 - 4:00pm	3:30 - 5:00pm	8:30 - 9:00am 3:00 - 4:00 pm	6:30 - 8:00pm	8:30 - 9:00am 10:45 - 12:00pm	
<b>Discount Dip</b>				8:00 - 9:00pm	8:00 - 9:00pm		
<b>Public Swim</b>	1:00-4:00pm	12:30 - 3:00pm	2:00 - 3:30pm 6:30 - 9:00pm	1:00 - 3:00pm	2:00 - 5:00pm	12:00 - 4:30pm 6:30 - 9:00pm	1:00 - 4:00pm 6:00 - 9:00pm

**Public Swim:** Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna, Diving Board, Rope Swing

**Discount Dip (1 hour):** Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna, Diving Board, Rope Swing

**Lap & Leisure Use:** Public Lap Swim, Water Walking or Running; Diving Board &/or Rope Swing may not be available

**Lap Shared:** Minimum 1 lap lane available - Remainder of the big pool is closed for pool programs

**Lap Lanes:** Number of Lanes available may vary.

**NO LAPS will be available during our Special Pool Events using our "New Water Walker"**

<b>Early Fit</b>				6:30 - 7:15am			
<b>Aqua Fit I SW/DW</b>		9:00 - 10:00am		9:00 - 10:00am		9:00 - 10:00am	
<b>Aqua Fit II</b>		10:00 - 10:45am		10:00 - 10:45am		10:00 - 10:45am	
<b>Noon Fit</b>			12:05 - 12:55pm		12:05 - 12:55pm		
<b>Aqua Fit III</b>			1:15 - 2:00pm		1:15 - 2:00pm		

To meet provincial standards and ensure that we know your individual physical needs, it is policy that all participants in any of our exercise programs must fill out a PAR-Q form. These forms must be updated annually

**Early/Noon Fit:** High intensity, class will travel to the deep end. Includes a variety of stations and equipment.

**Aqua Fit I:** Medium intensity. Shallow water class and deep water class share the pool.

**Aqua Fit II:** Medium intensity. Class gives you the option to go into the deep end.

**Aqua Fit III:** Light intensity. Class focuses on range of motion and balance training. May go into deep end.

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna