

Facility Schedule for August 9 - 15

	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 6pm	1pm - 6pm
<u>Public Swim</u>	1pm - 6pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 6pm	1pm - 6pm
<u>Water Walking</u>		6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	
<u>Parent & Tot</u>		9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		10am - 11am		10am - 11am			
<u>AquaFit Shallow Water</u>			11am - 12pm		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<u>Other Activities</u>							

Facility Schedule for August 16 - 22

	16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 6pm	1pm - 6pm *NO LANE SWIM*
<u>Public Swim</u>	1pm - 6pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 6pm	1pm - 6pm *WIBIT*
<u>Water Walking</u>		6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	
<u>Parent & Tot</u>		9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		10am - 11am		10am - 11am			
<u>AquaFit Shallow Water</u>			11am - 12pm		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<u>Other Activities</u>							WIBIT WEEKEND 1PM - 6PM *NO LANE SWIM OR SLIDE*

Facility Schedule for August 23 - 29

	23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
Fitness Centre & Front Desk	1pm - 6pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 8:30pm	6am - 6pm	1pm - 6pm
<u>Lane Swim, Steam Room, & Hot Tub</u>	1pm - 6pm *NO LANE SWIM*	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 4pm 7:00pm - 8:30pm	6am - 12:30pm 1pm - 6pm	1pm - 6pm
<u>Public Swim</u>	1pm - 6pm *WIBIT*	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 4pm 6:30pm - 8:30pm	1pm - 6pm	1pm - 6pm
<u>Water Walking</u>		6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	6am - 12:30pm	
<u>Parent & Tot</u>		9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	9am - 12:30pm	
<u>Low-Impact AquaFit</u>		9am - 10am		9am - 10am			
<u>Gentle AquaFit</u>		10am - 11am		10am - 11am			
<u>AquaFit Shallow Water</u>			11am - 12pm		11am - 12pm	9am - 10am	
<u>AquaFit Deep Water</u>			7:30pm - 8:30pm		7:30pm - 8:30pm		
<u>Other Activities</u>	WIBIT WEEKEND 1PM - 6PM *NO LANE SWIM OR SLIDE*						LAST DAY BEFORE ANNUAL SHUTDOWN