



# Aquatic Schedule

Vollmer Centre Pool  
January 4 to March 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AQUA FITNESS</b>	8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p	8:00a-8:45a	8:00a-8:45a
<b>LENGTHS SWIM</b>	6:30a-8:00a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p	7:00a-8:00a	7:00a-8:00a
<b>LEISURE SWIM</b>	11:00a-12:00p 3:00p-4:30p	10:00a-12:00p 3:00p-4:30p	11:00a-12:00p 3:00p-4:30p	10:00a-11:00a 3:00p-4:30p	11:00a-12:00p 3:00p-4:30p		1:00p-2:00p
<b>RECREATIONAL SWIM</b>					7:00p-8:30p	2:00p-3:30p	
<b>ADAPTED OPEN SWIM</b>					6:00p-7:00p		