

AQUATICS SCHEDULE

3855 Chesswood Drive
Downsview, ON M3J 2P6
(416) 638-1010 Ext. 4235

Schedule Effective: April 13th 2019

Pool Length: 20 metres/Shallow End:1.1 metres/Deep End: 1.7 metres; Pool Temperature: 84°-87°F/30°-31°C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|---|--|--|--|--|---|---|
| MORNING/ AFTERNOON | 6-11:15AM Lane Swim ** | 6-11:15AM Lane Swim ** | 6-9:30AM Lane Swim 10-11:00AM AQUA FIT <i>May</i> (1 Lane Open) | 6-11AM Lane Swim 11:15AM-12:15PM AQUA FIT <i>Marina</i> (1 Lane Open) | 6-9:30AM Lane Swim ** 10-11:00AM AQUA FIT <i>Olena</i> (1 Lane Open) | 7-9AM Adult Swim ** 9AM-12:15PM Swim Lessons (1 Lane Open) | 7-9AM Adult Swim ** 9AM-12:15PM Swim Lessons (1 Lane Open) |
| | 11:15AM-12:15PM AQUA FIT <i>Marina</i> (1 Lane Open) | 11:15AM-12:15PM AQUA FIT <i>Marina</i> (1 Lane Open) | 10:30AM-3:45PM Open Swim | 12:15-3:45PM Open Swim | | 12:15-1:00PM Open Swim | 12:15-1:00PM Open Swim |
| | 12:15-3:45PM Open Swim | 12:15-3:45PM Open Swim | | | | 1:00-6:00PM Swim Lessons (1 Lane Open) | 1:00-6:00PM Swim Lessons (1 Lane Open) |
| | 3:45-8PM Swim Lessons (1 Lane Open) | 3:45-8PM Swim Lessons (1 Lane Open Until 6:30) 7-8PM Swim Swim (1 Lane Open) 7:15-8:15PM Master Swim (1 Lane Open) | 3:45-8PM Swim Lessons (2 Lanes Open) | 3:45-8PM Swim Lessons (1 Lane Open) | 10:30AM-11:30PM Open Swim | 6-9:30PM Open Swim | 6-9:30PM Open Swim |
| 8-11:30PM Open Swim ** | 8:15-11:30PM Open Swim ** | 8-11:30PM Open Swim ** | 8-11:30PM Open Swim ** | 8-11:30PM Open Swim ** | 8-11:30PM Open Swim ** | | |
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Notice of pool closures will be posted at the Front Desk for Saturdays & Sundays between 10AM-5PM, Friday Club Management reserves the right to review and revise the Aquatics

Schedule

** Times when personal training is available. Classes highlighted in blue are adult programs.

Our Pool Temperature is between 84°- 87°

POOL RULES

- No outside shoes are allowed on deck. This is to prevent debris and other contaminants from entering the pool area, which may then be transferred into the water. This rule applies to swimmers as well as parents or family members who sit on the deck.
- All swimmers must wear swim caps while in the pool.

(Regulation code 568 or R.R.O 1990)

HEALTH REGULATIONS

1: Everyone shall bathe with soap before entering the pool.

2: No person infected with a communicable disease or having open sores on his/her body shall enter the pool enclosure.

3: No person shall bring a glass container onto the deck or into the pool

4: No person shall pollute the water in any manner; spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited.

5: No person shall engage in boisterous play in or around the pool

6: Where a Lifeguard is provided, the lifeguard must be obeyed at all times.

(Regulation code 568 or R.R.O 1990)

CAUTION

THIS POOL IS UNSUPERVISED

- Bathers less than 12 years of age are not allowed within the pool enclosure unless accompanied by a parent or his/her agent who is not less than sixteen years of age.
- All children must be at arm's reach of parents when swimming in the pool.

(Regulation code 568 or R.R.O 1990)