



AQUATICS SCHEDULE

801 Lake shore Blvd. East | Toronto, ON M4M 1A9 | (416) 466-3777

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:30-8:40am		Lane Swim 6:30-8:40am			Lane Swim 7:30-8:30am
Lane Swim 7:30-8:30am		Lane Swim 6:30-12:15pm		Lane Swim 6:30-12:15pm	Lane Swim 6:30-12:15pm	
Swim Lessons 9:00-12:00pm No Lanes Available	Aqua Fit 9:00-10:00am		Aqua Fit 9:00-10:00am			Swim Lessons 9:00-12:00pm No Lanes Available
	Lane Swim 10:05-12:15pm		Lane Swim 10:05-12:15pm			
Family Swim 12:00-1:00pm						Family Swim 12:00-1:00pm
Swim Lessons 1:00-4:45pm No Lanes Available	Family Swim 12:25-3:45pm	Family Swim 12:25-3:45pm	Family Swim 12:25-3:45pm	Family Swim 12:25-3:45pm	Family Swim 12:25-3:45pm	Swim Lessons 1:00-4:45pm No Lanes Available
	Swim Lessons 4:00-6:30pm No Lanes Available	Swim Lessons 4:00-8:00pm No Lanes Available	Swim Lessons 4:00-8:00pm No Lanes Available	Swim Lessons 4:00-7:15pm No Lanes Available	Swim Lessons 4:00-7:15pm No Lanes Available	
Family Swim 4:55-7:05pm	Aqua Fit 7:00-8:00pm	Swim Team 7:00-8:00pm				Family Swim 4:55-7:05pm
Lane Swim 7:15-8:15pm	Lane Swim 8:10-10:20pm	Lane Swim 8:05-10:20pm	Lane Swim 8:10-10:20pm	Lane Swim 7:20-10:40pm	Lane Swim 7:25-9:35pm	Lane Swim 7:15-8:15pm
	Effective September 13th, 2021					
Lane Swim	Lanes A, B or C available to rent (1 swimmer per lane or 2 swimmers from the same household)					
Family Swim	Lanes A, B or C available to rent. 1 Family per lane (maximum 5 swimmers)					
Aqua Fit	No lanes available (class participants must register via MotionVibe - Maximum 12 participants)					
Swim Lessons	All Lanes closed during lessons.					

Pool Length: 15m / Depth: 1.2m / Temperature: 86° - 89° F (30° - 31° C)

Members are required to book swim slots through MotionVibe prior to entry (Lane A, B, or C)

Swimmers must don PPE (mask) once exiting the basin & must follow all deck markings

Swimmers must exit the change room at the end of their timeslot.

Minors must always be under the direct supervision of a Parent/Guardian while; in the pool, on deck, or in the change room.

This schedule is subject to change without notice

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