

SWIMMING TIMES September 12 - December 20, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
630 - 830am	Early Bird Lane Swim		Early Bird Lane Swim		Early Bird Lane Swim		
830 - 915am	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		
930 - 1015 am	Shallow Water Fitness	Fast Fit & Fabulous Cardio Fitness 9 - 10am	Shallow Water Fitness	Fast Fit & Fabulous Cardio Fitness 9 - 10am	Shallow Water Fitness	Red Cross	
1015 - 1115 am	1045 - 1130am Seniors Land Fitness @ SDIC	Homeschoolers	1045 - 1130am Seniors Land Fitness @ SDIC	School Rental	Zumba 1030 - 1115 am	Lessons	
1115 - 1pm	Family Swim (12 - 1 teach pool only)	Family Swim	Family Swim (12 - 1 teach pool only)	Family Swim	Family Swim (12 - 1 teach pool only)	Rental	Rental
12 - 1pm	Lane Swim		Lane Swim		Lane Swim		
1 - 3pm	School Rental	School Rental	School Rental	School Rental	Preschool Lessons	Public Swim 1 - 230pm	Public Swim
3 - 5pm	Swim Team	Junior Lifeguard Club	Swim Team	Junior Lifeguard Club	Swim Team	Family Swim, 230 - 4pm	Family Swim
5 - 6pm	Deep Water Fitness 430 - 515pm	Red Cross Swim Lessons	Deep Water Fitness 430 - 515pm/Lane Swim	Red Cross Swim Lessons	Lane Swim		
	Shallow Water Zumba 515 - 6pm		Shallow Water Zumba 515 - 6pm/Lane Swim				
6 - 7pm	Lane Swim	Synchronized Swimming	Family Swim 6 - 730pm	Synchronized Swimming	Drop In Underwater Hockey/Water Polo (hot tub/teachpool available)		
7 - 8pm		Lane Swim		Lane Swim	Public Swim		
8 - 9pm							

Pool Rules

Schedule subject to change without notice

All children 5 years and younger must be accompanied by a responsible adult at all times

Children 36 months and under must wear a swim diaper at all times when in the water

*Family Swim: Children must have an adult in the facility.

Individual adults are welcome provided they do not interfere with young families.

4705 - 48 Avenue

Athabasca, Alberta

Swim Line: 780 675-5656

More Information: 780 675-2797