



Garcelon Civic Center Aquatic Schedule

September 27th – December 13th, 2021

Children aged 7 and under required to have one parent/guardian per two kids in the water within arm's reach. Children between and including the ages 8 and 11 must have one parent/guardian (aged 16 or older) per three children on the pool deck.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool
6:00-7:00	ST		ST		ST		ST		ST		Closed		Closed	
7:00-8:00				Open		Open		Open		Open				
8:00-9:00	Lap	Open	Lap		Lap	Open	Lap	Open	Lap	Open			Lap Swim: 8:30-9:15	Open
9:00-10:00	Swim/Rental: 6:00-11:15		Swim/Rental: 6:00-11:30	Parent & Tot: 9:30-11:15	Swim/Rental: 6:00-11:30		Swim/Rental: 6:00-11:30	Parent & Tot: 9:30-11:15	Swim/Rental: 6:00-11:30				Closed	
10:00-11:00														
11:00-12:00	Closed	Private Rental: 11:00-11:45	Closed		Closed	AquaStretch: 10:45-11:30	Closed		Closed	AquaStretch: 10:45-11:30			Swimming Lessons: 8:30-12:00	
12:00-1:00	Aquafit: 11:45-12:30	Closed	Parent & Tot: 12:00-1:15	Adaptive Swim: 11:30-1:30	Aquafit: 11:45-12:30	Closed	Parent & Tot: 11:45-1:15	Adaptive Swim: 11:30-1:30	Aquafit: 11:45-12:30	Closed	Parent & Tot: 11:45-1:15		Closed	Swimming Lessons: 9:30-2:10
1:00-2:00	Aquajog: 12:45-1:15	Closed	Leisure		Aquajog: 12:45-1:15	Closed	Leisure		Aquajog: 12:45-1:15	Closed	Leisure Swim: 12:15-3:00			
2:00-3:00	Leisure Swim/Rental: 1:30-4:00	Adaptive Swim: 1:30-4:00	Leisure Swim/Rental: 11:30-4:00		Leisure Swim/Rental: 1:30-4:00	Adaptive Swim: 1:30-4:00	Leisure Swim/Rental: 11:30-4:00	Adaptive Swim: 1:30-4:00	Leisure Swim/Rental: 1:30-4:00	Adaptive Swim: 1:30-4:00			Great Barrier Busters: 2:10-3:50	
3:00-4:00														
4:00-5:00	Closed		Closed		Closed		Closed		Closed				Toonie Swim: 3:15-5:30	
5:00-6:00	Swimming Lessons: 4:15-6:00		Toonie Swim: 4:15-7:15		Swimming Lessons: 4:15-6:00		Public Swim: 4:15-5:45		Public Swim: 4:15-7:15					
6:00-7:00	Swim Team: 6:00-8:00				Swim Team: 6:00-8:00		Swim Team: 6:00-8:00	Open	Swim Team: 6:00-8:00	Open				
7:00-8:00	Lap Swim: 7:00-9:00	Open	Lap Swim: 7:30-9:00	Open	Lap Swim: 7:00-9:00	Open	Lap Swim: 8:00-9:00	Open	Lap Swim: 7:30-9:00	Open				
8:00-9:00														

Swim Descriptions

Public Swim, **Toonie Swim** & **Family Swim**: A recreational swim that includes the lap pool & the water slide at the discretion of staff (\$2.00 charge for Toonie Swim, vs. \$5.00 for Public & Family Swims, or 9.25 for a day pass). Family swim is designated for children and their parents/guardians, or other family members.

Leisure Swim: Three lanes are in the water for lap swimming, while three lanes are out for a large multi-purpose space/somewhere to have fun! Is available for a reduced \$5.00 fee.

AquaStretch: A brief warm-up of upper and lower body, followed by stretching of the muscle groups, performed in the therapy pool.

Adaptive Swim: A swim designed for persons with disabilities and a parent/guardian (1:1)

Parent & Tot: A swim for parents and their children aged 6 and under, with a fee of \$2 for parent/guardian & child, with children under 2 swimming for free.

Aquafit: Low impact warm-up, followed by an upper and lower body workout with the use of equipment incorporated in to enhance the workout. Performed in the lap pool.

Aquajog: Low impact, deep end based workout using belts. This workout is based on a jog routine.

Great Barrier Busters: One-on-one lessons designed specifically for people with disabilities (Autism, Cerebral Palsy, GDD, etc.) taught by specially trained Red Cross instructors in affiliation with Autism Swim Canada.