



Garcelon Civic Center Aquatic Schedule

January 4th – March 21st, 2021



	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	Swim Team: 6:00-7:30	Open	ST	Open	Swim Team: 6:00-7:30	Open	ST	Open	Swim Team: 6:00-7:30	Open	Closed	Closed	Closed	Closed
7:00-8:00	Lap Swim: 6:00-9:00	Open	Lap Swim: 6:00-9:00	Open	Lap Swim: 6:00-9:00	Open	Lap Swim: 6:00-9:00	Open	Lap Swim: 6:00-9:00	Open	Closed	Closed	Closed	Closed
8:00-9:00	Closed	Open	Closed	Open	Closed	Open	Closed	Open	Closed	Open	Closed	Closed	Lessons: 8:30-9:15	Lessons: 8:30-9:15
9:00-10:00	Lap Swim/Rental: 9:15-11:30	Open	Lap Swim/Rental: 9:15-12:00	Parent & Tot: 9:30-12:00	Lap Swim/Rental: 9:15-11:30	Open	Lap Swim/Rental: 9:15-11:30	Open	Lap Swim/Rental: 9:30-11:30	Open	Lessons: 8:30-12:00	Lessons: 8:30-12:00	Great Barrier Busters: 9:30-11:30	Great Barrier Busters: 9:30-11:30
10:00-11:00	AquaStretch: 10:45-11:30	Open	AquaStretch: 10:45-11:30	Open	AquaStretch: 10:45-11:30	Open	AquaStretch: 10:45-11:30	Open	AquaStretch: 10:45-11:30	Open	Closed	Closed	Closed	Closed
11:00-12:00	Closed	Parent & Tot: 12:00-1:30	Closed	Leisure Swim: 12:30-3:00	Closed	Parent & Tot: 12:00-1:30	Closed	Leisure Swim: 12:30-2:30	Closed	Parent & Tot: 12:00-1:30	Closed	Closed	Lessons: 11:45-1:15	Lessons: 11:45-1:15
12:00-1:00	Aquajog: 1:00-1:30	Adaptive Swim: 2:00-3:15	Leisure Swim: 12:30-3:00	Adaptive Swim: 2:00-3:15	Aquajog: 1:00-1:30	Adaptive Swim: 2:00-3:15	Leisure Swim: 12:30-2:30	Adaptive Swim: 2:00-3:15	Aquajog: 1:00-1:30	Adaptive Swim: 2:00-3:15	Leisure Swim/Rental: 12:30-2:30	Leisure Swim/Rental: 12:30-2:30	Closed	Closed
1:00-2:00	Closed	Adaptive Swim: 2:00-3:15	Closed	Adaptive Swim: 2:00-3:15	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
2:00-3:00	Leisure Swim: 2:00-3:15	Adaptive Swim: 2:00-3:15	Closed	Adaptive Swim: 2:00-3:15	Leisure Swim: 2:00-3:15	Adaptive Swim: 2:00-3:15	Closed	Adaptive Swim: 2:00-3:15	Leisure Swim: 2:00-5:00	Adaptive Swim: 2:00-3:15	Closed	Closed	Family Swim: 1:45-5:00	Parent & Tot: 1:45-5:00
3:00-4:00	Closed	Adaptive Swim: 2:00-3:15	Closed	Adaptive Swim: 2:00-3:15	Closed	Closed	Family Swim: 3:00-5:00	Adaptive Swim: 2:00-3:15	Leisure Swim: 2:00-5:00	Adaptive Swim: 2:00-3:15	Closed	Closed	Toonie Swim: 3:00-5:30	Toonie Swim: 3:00-5:30
4:00-5:00	Lessons: 3:45-5:30	Open	Lap Swim: 3:30-6:00	Open	Lessons: 3:45-6:00	Open	Lessons: 3:45-6:00	Open	Lessons: 3:45-6:00	Open	Closed	Closed	Closed	Closed
5:00-6:00	Closed	Open	Closed	Open	Closed	Open	Closed	Open	Closed	Open	Closed	Closed	Closed	Closed
6:00-7:00	Swim Team: 6:00-7:15	Open	Closed	Open	Swim Team: 6:30-7:30	Open	Swim Team: 6:30-7:30	Open	Swim Team: 5:30-7:30	Open	\$5 Lap Swim: 6:00-7:00	Open	Lap Swim: 5:30-7:30	Swim Team: 6:00-7:30
7:00-8:00	Lap Swim: 7:30-9:00	Open	Toonie Swim: 6:00-9:00	Open	Lap Swim: 8:00-9:00	Open	Lap Swim: 8:00-9:00	Open	Lap Swim: 8:00-9:00	Open	Closed	Closed	Closed	Closed
8:00-9:00	Lap Swim: 7:30-9:00	Open	Toonie Swim: 6:00-9:00	Open	Lap Swim: 8:00-9:00	Open	Lap Swim: 8:00-9:00	Open	\$5.00 Lap Swim: 8:00-9:00	Open	Closed	Closed	Closed	Closed

Swim Descriptions

Children aged 7 and under required to have one parent/guardian per two kids. Children between and including the ages 8 and 12 must have one parent/guardian (aged 16 or older) per three children on the

Public Swim and **Toonie Swim**: A recreational swim that includes the lap pool & the water slide (\$2.00 charge for Toonie Swim, vs. \$9.25 for Public Swim).

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!

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

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.