



Garcelon Civic Center Aquatic Schedule

March 23rd – April 11th, 2021

Children aged 7 and under required to have one parent/guardian per two kids in the water.
 Children between and including the ages 8 and 12 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	Swim Team: 6:00-7:30				Swim Team: 6:00-7:30				Swim Team: 6:00-7:30					
7:00-8:00				Open				Open			Closed			Closed
8:00-9:00	Lap Swim/Rental: 6:00-11:30	Open	Lap Swim/Rental: 6:00-11:30		Lap Swim/Rental: 6:00-11:30	Open	Lap Swim/Rental: 6:00-11:30		Lap Swim/Rental: 6:00-11:30	Open				
9:00-10:00				Parent & Tot: 9:30-11:30			Parent & Tot: 9:30-11:30				Lap Swim: 9:00-10:00		Lap Swim: 9:00-10:30	Open
10:00-11:00		AquaStretch: 10:45-11:30				AquaStretch: 10:45-11:30				AquaStretch: 10:45-11:30				
11:00-12:00	Closed		Closed		Closed		Closed		Closed		Family Swim: 10:30-12:00			Family Swim: 11:00-1:00
12:00-1:00	AquaFit: 12:00-12:45	Parent & Tot: 12:15-1:15			AquaFit: 12:00-12:45	Parent & Tot: 12:15-1:15			AquaFit: 12:00-12:45	Parent & Tot: 12:15-1:15				
1:00-2:00	AquaJog: 1:00-1:30				AquaJog: 1:00-1:30				AquaJog: 1:00-1:30		Leisure Swim/Rental: 12:30-3:00			Closed
2:00-3:00	Leisure Swim: 2:00-3:15	Adaptive Swim: 2:00-3:15		Leisure Swim: 12:00-6:30		Adaptive Swim: 2:00-3:15		Leisure Swim: 12:00-5:00		Adaptive Swim: 2:00-3:15				Public Swim: 1:30-4:30
3:00-4:00														
4:00-5:00	Public Swim: 3:45-5:30				Leisure Swim: 2:00-6:00					Public Swim: 2:00-5:00		Toonie Swim: 3:30-5:30		
5:00-6:00														
6:00-7:00	Swim Team: 6:00-7:15						Swim Team: 5:30-7:30	Open		Toonie Swim: 5:30-7:45			Lap Swim: 5:00-7:30	Swim Team: 6:00-7:30
7:00-8:00		Open		Open		Open								Open
8:00-9:00	Lap Swim: 7:30-9:00		Lap Swim: 7:00-9:00		Lap Swim: 8:00-9:00	Open	Lap Swim: 8:00-9:00	Open						Closed

Swim Descriptions

Public Swim and **Toonie 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 Swim, or 9.25 for a day pass). Toonie Swims CAN be pre-booked.

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.