



# AQUATICS SCHEDULE

FEATURE	MONDAY 5:30 AM - 9:00 PM	TUESDAY 5:30 AM - 9:00 PM	WEDNESDAY 5:30 AM - 9:00 PM	THURSDAY 5:30 AM - 9:00 PM	FRIDAY 5:30 AM - 9:00 PM	SATURDAY 6:30 AM - 9:00 PM	SUNDAY 6:30 AM - 9:00 PM
<b>LAP SWIM OPEN SWIM DROP-IN</b>	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM Lap swim reduced to 3 lanes during Rope Swing 5:00 PM - 9:00 PM	6:30 AM - 9:00 PM Lap swim reduced to 2 lanes during Wibit 1:00 PM - 5:00 PM	6:30 AM - 9:00 PM Lap swim reduced to 2 lanes during Wibit 1:00 PM - 5:00 PM
<b>AQUAFIT **</b>	Adult Aquafit 11:00 AM - 11:45 AM		Water Fitness Class 11:00 AM - 11:45 AM				
<b>PRIVATE LESSONS * (All Ages)</b>		5:05 PM - 5:35 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM				9:50 AM - 10:20 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 PM	
<b>YOUTH PROGRAMS * (Incl. Baby &amp; Toddler)</b>		Preschool 1/2/3 4:30 PM - 5:00 PM Preschool 4/5 4:45 PM - 5:15 PM Swimmer 3/4 5:20 PM - 6:05 PM Swimmer 1/2 5:40 PM - 6:00 PM Swimmer 5/6 6:15 PM - 7:15 PM				Parent & Tot 1/2 9:00 AM - 9:30 AM Preschool 1/2/3 9:15 AM - 9:45 AM Swimmer 3/4 9:35 AM - 10:20 AM Swimmer 5/6 10:00 AM - 11:00 AM Preschool 4/5 10:25 AM - 10:55 AM Swim Patrol 11:25 AM - 12:25 PM Swimmer 1/2 11:35 AM - 12:05 PM	
<b>AQUATIC PLAY</b>					Rope Swing 5:00 PM - 9:00 PM	Wibit 1:00 PM - 5:00 PM	Wibit 1:00 PM - 5:00 PM

\* Registration is required for Adult Swim, Private Lessons, and Youth Programs. Register through the **Member Portal** or at the front desk.

\*\* Aquafit is also a registered program. A limited number of weekly drop-in spots are released 6 days in advance.

Note: During swim program times, children enrolled in registered classes will have access to the hot tub.

**For more details:**

[[View program descriptions](#)] or Emily Stow, *Aquatics Manager*, [[aquatics@ecathleticclub.ca](mailto:aquatics@ecathleticclub.ca)].