

NIAGARA POOL SCHEDULE - 370 KING STREET, NOTL

Schedule Effective: Monday, August 24 - Monday, September 7

	SUN	MON	TUE	WED	THU	FRI	SAT
8 AM			Lane Swim 7:30 - 8:20 a.m.		Lane Swim 7:30 - 8:20 a.m.		
9 AM		Lane Swim 8:00 - 9:20 a.m.	Aqua Fit 8:30 - 9:20 a.m.	Lane Swim 8:00 - 9:20 a.m.	Aqua Fit 8:30 - 9:20 a.m.	Lane Swim 8:00 - 9:20 a.m.	
10 AM	Lane Swim 9:00 - 10:50 a.m.	Morning Lessons 9:30 - 11:00 a.m.	Morning Lessons 9:30 - 11:00 a.m.	Morning Lessons 9:30 - 11:00 a.m.	Morning Lessons 9:30 - 11:00 a.m.	Morning Lessons 9:30 - 11:00 a.m.	Lane Swim 9:00 - 10:50 a.m.
11 AM	Family Swim 11:00 - 11:50 a.m.	Aqua Fitness 11:00 - 11:50 a.m.	NEW Lane Swim 11:00 a.m. - 12:50 p.m.	Aqua Fitness 11:00 - 11:50 a.m.	NEW Lane Swim 11:00 a.m. - 12:50 p.m.	Aqua Fitness 11:00 - 11:50 a.m.	Family Swim 11:00 - 11:50 a.m.
12 PM		Aqua Fitness 12:00 - 12:50 p.m.		Aqua Fitness 12:00 - 12:50 p.m.		Aqua Fitness 12:00 - 12:50 p.m.	
1 PM							
2 PM	Public Swim 12:30 - 3:50 p.m.	Public Swim 1:30 - 3:20 p.m.	Camp Swim 1:30 - 3:00 p.m.	Public Swim 1:30 - 3:20 p.m.	Camp Swim 1:30 - 3:00 p.m.	Public Swim 1:30 - 3:20 p.m.	Public Swim 12:30 - 3:50 p.m.
3 PM							
4 PM		NEW Family Swim 4:00 - 4:50 p.m.	Family Swim 4:00 - 4:50 p.m.	NEW Family Swim 4:00 - 5:20 p.m.	Family Swim 4:00 - 4:50 p.m.	NEW Family Swim 4:00 - 4:50 p.m.	
5 PM		NEW Public Swim 5:00 - 6:20 p.m.		NEW Aqua Fit 5:30 - 6:20 p.m.		NEW Public Swim 5:00 - 6:20 p.m.	Pool Rental 4:15 - 5:15 p.m.
6 PM			Public Swim 5:00 - 6:50 p.m.		Public Swim 5:00 - 6:50 p.m.		
7 PM		Lane Swim 6:30 - 7:50 p.m.	Lane Swim 7:00 - 7:50 p.m.	Lane Swim 6:30 - 7:50 p.m.	Lane Swim 7:00 - 7:50 p.m.	Lane Swim 6:30 - 7:50 p.m.	
8 PM							

Last Day of the Season - Monday, September 7

Lane Swim: 9:00 - 10:50 a.m.

Family Swim: 11:00 - 11:50 a.m.

Public Swim: 12:30 - 5:50 p.m.



Dog Swim

Location: St. Davids Pool (1446 York Road)

Date: Saturday, September 5

Time: 4:15 - 5:15 p.m.

No pre-registration. A waiver is required before entering.