

NIAGARA POOL SCHEDULE - 370 KING STREET, NOTL

	SUN	MON	TUE	WED	THU	FRI	SAT
8 AM			Lane Swim 7:30 - 8:30 a.m.		Lane Swim 7:30 - 8:30 a.m.		
9 AM		Lane Swim 8:00 - 9:30 a.m.	Aqua Fit 8:30 - 9:30 a.m.	Lane Swim 8:00 - 9:30 a.m.	Aqua Fit 8:30 - 9:30 a.m.	Lane Swim 8:00 - 9:30 a.m.	
10 AM	Lane Swim 9:00 - 11:00 a.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Town Programs 9:30 a.m. - 3:00 p.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Town Programs 9:30 a.m. - 1:00 p.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Lane Swim 9:00 - 11:00 a.m.
11 AM	Family Swim 11:00 a.m. - 1:00 p.m.						Family Swim 11:00 a.m. - 1:00 p.m.
12 PM		Aqua Fit 12:00 - 1:00 p.m.		Aqua Fit 12:00 - 1:00 p.m.		Aqua Fit 12:00 - 1:00 p.m.	
1 PM							
2 PM	Public Swim 1:00 - 4:00 p.m.	Public Swim 1:00 - 3:00 p.m.		Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 4:00 p.m.
3 PM			Public Swim 3:00 - 4:00 p.m.				
4 PM							
5 PM		Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	
6 PM		Lane Swim 5:30 - 6:30 p.m.	Lane Swim 5:30 - 7:00 p.m.	Lane Swim 5:30 - 7:00 p.m.	Lane Swim 5:30 - 7:00 p.m.	Lane Swim 5:30 - 6:30 p.m.	
7 PM		Public Swim 6:30 - 7:30 p.m.				Public Swim 6:30 - 7:30 p.m.	

ST. DAVIDS POOL SCHEDULE - 1446 YORK ROAD, ST. DAVIDS

	SUN	MON	TUE	WED	THU	FRI	SAT
8 AM		Lane Swim 7:30 - 8:30 a.m.				Lane Swim 7:30 - 8:30 a.m.	
9 AM		Aqua Fit 8:30 - 9:30 a.m.	Lane Swim 8:00 - 9:30 a.m.	Lane Swim 8:00 - 9:30 a.m.	Lane Swim 8:00 - 9:30 a.m.	Aqua Fit 8:30 - 9:30 a.m.	
10 AM	Lane Swim 9:00 - 11:00 a.m.	Town Programs 9:30 a.m. - 1:00 p.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Town Programs 9:30 a.m. - 1:00 p.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Town Programs 9:30 a.m. - 12:00 p.m.	Lane Swim 9:00 - 11:00 a.m.
11 AM	Family Swim 11:00 a.m. - 1:00 p.m.						Family Swim 11:00 a.m. - 1:00 p.m.
12 PM			Aqua Fit 12:00 - 1:00 p.m.		Aqua Fit 12:00 - 1:00 p.m.		
1 PM							
2 PM	Public Swim 1:00 - 4:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Town Programs 1:00 - 3:00 p.m.	Public Swim 1:00 - 3:00 p.m.	Public Swim 1:00 - 4:00 p.m.
3 PM					Public Swim 3:00 - 4:00 p.m.		
4 PM							
5 PM		Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	Town Programs 4:00 - 5:30 p.m.	
6 PM		Lane Swim 5:30 - 7:00 p.m.	Lane Swim 5:30 - 6:30 p.m.	Lane Swim 5:30 - 7:00 p.m.	Lane Swim 5:30 - 6:30 p.m.	Lane Swim 5:30 - 7:00 p.m.	
7 PM			Public Swim 6:30 - 7:30 p.m.		Public Swim 6:30 - 7:30 p.m.		