

# NIAGARA POOL SCHEDULE - 370 KING STREET, NOTL

	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.	Swim Team 11:00 - 11:50 a.m.	Aqua Fitness 11:00 - 11:50 a.m.	Swim Team 11:00 - 11:50 a.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.	Swim Team 12:00 - 12:50 p.m.	Aqua Fitness 12:00 - 12:50 p.m.	Swim Team 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							
5 PM		Monday Lessons 4:00 - 6:30 p.m.	Family Swim 4:00 - 4:50 p.m.	Wednesday Lessons 4:00 - 6:30 p.m.	Family Swim 4:00 - 4:50 p.m.	Friday Lessons 4:00 - 6:30 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							

**Pre-Season Schedule:** June 20, 21, 27  
(Lane Swim 1:00 - 2:50 p.m. & Public Swim 3:00 - 5:50 p.m.)

**Regular Season Schedule:** Effective June 28 - September 6

**Last Day of the Season:** September 7 (Schedule TBD)

**Closure Dates:** July 11 (9:00 a.m. - 12:30 p.m.)



Scan QR code to register for swimming lessons, aquatic programming, and purchase a pool membership.