


# ESQUIMALT RECREATION CENTER SUMMER POOL SCHEDULE

Effective June 28, 2010 – Sept 5, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths & Leisure 5:30 – 8:00am						
<b>Shallow Fit</b> & Leisure 8:00 – 8:50am	<b>Deep Fit</b> & Leisure 8:00 – 8:50am	<b>Shallow Fit</b> & Leisure 8:00 – 8:50am	<b>Deep Fit</b> & Leisure 8:00 – 8:50am	<b>Shallow Fit</b> & Leisure 8:00 – 8:50am	<b>Family Swim</b> & Leisure 8:00 – 9:00am	Family Swim 8:00 - 9:00am
<i>Lessons &amp; Lengths</i> 9:00-11:00am					<b>Shallow Fit</b> 9am-9:55am  <i>Lessons &amp; Lengths</i> 9:00-12:00pm	<b>Aqua PrePost</b> <b>Natal</b> <b>(Reg. Program)</b> & Leisure 9:00 - 10:00am
<b>Range of Motion</b> & Leisure 11:10 – 12:00pm	<b>Senior Fit</b> & Leisure 11:10 – 12:00pm	<b>Range of Motion</b> & Leisure 11:10 – 12:00pm	<b>Senior Fit</b> & Leisure 11:10 – 12:00pm	<b>Range of Motion</b> & Leisure 11:10 – 12:00pm		Family Swim 10:00 - 12:00pm
Lengths & Leisure (No music will be played) 12:00 – 1:00pm					Family Swim 12:00 – 1:30pm	
Everyone Welcome 1:00 – 5:00pm					Everyone Welcome 1:30 – 4:30pm	
<i>Lessons</i> & Lengths 5:00 – 6:30pm	Lengths & Leisure 5:00 - 6:00pm	<i>Lessons</i> & Lengths 5:00 – 6:30pm	Lengths & Leisure 5:00 - 6:00pm	Lengths & Leisure 5:00 - 6:00pm		
Everyone Welcome 6:30 – 7:30pm	<b>Shallow Fit</b> & Family Swim 6:00 – 7:00pm	Everyone Welcome 6:30 – 7:30pm	<b>Shallow Fit</b> & Family Swim 6:00 – 7:00pm	Everyone Welcome <b>\$2 admission</b> 6:00 – 7:30pm	Family Swim 4:30 – 6:30pm	
<b>Ultimate Cardio</b> & Family Swim 7:30 – 8:30pm	Everyone Welcome 7:00 – 8:00pm	<b>Ultimate Cardio</b> & Family Swim 7:30 – 8:30pm	Everyone Welcome 7:00 – 8:00pm	Maintenance – All Aquatics Facilities Closed*		
Everyone Welcome 8:30 – 9:00pm	<b>Deep Fit</b> & Family Swim 8:00 – 9:00pm	Everyone Welcome 8:30 – 9:00pm	<b>Deep Fit</b> & Family Swim 8:00 – 9:00pm		Everyone Welcome 6:30 – 9:00pm	
Adult Only Lengths & Leisure (16+) 9:00 – 10:30pm <i>Toonie admission: 9:30-10:30pm</i>				Youth Only (Grade 6 - 12) 8:00 – 10:30pm	Adult Only Lengths & Leisure (16+) 9:00 – 10:30pm	

## Swim Descriptions:

- **Lengths & Leisure** – A good time to come and relax or workout, ideal for adults and parent & tots
- **Family Swim** – A great time for families, all children under 16 must be accompanied by an adult.
- **Everyone Welcome** – Everyone is allowed access to the pool, all children under 7 must be accompanied and remain within arms reach of an adult at all times.
- **Lessons** - Lesson times are indicated with blue shading, there is no access for families at this time
- **Waterfit** – Waterfit classes are indicated in Bold blue type, the main pool will be occupied at these times except one lane for length swimming. The lifestyle pool will be available unless indicated.
- **Adult Only** – This swim is designed for adults 16 and older
- **Maintenance** – In preparation of Youth Only Night, the Aquatics facility including Lap, Lifestyle and Tot Pools, Sauna, Steam Room and Hot tub will be closed. There will be no admission onto the pool deck during this time.

## Please Note:

- Schedule is subject to change without notice – please call 412-8500 or [www.esquimalt.ca/recreation](http://www.esquimalt.ca/recreation) for updates
- All swimmers under the age of 7 must be within arms reach of an adult at all times while in the aquatic facility
- There will always be one lane available for adult length swimming in the Main Pool
- Only 1 lane is available for lap swimming during lessons.
- There is no admission for children (under 16) during scheduled swimming lesson times