



## LCLC BMO FINANCIAL GROUP AQUATIC CENTRE Summer 2017 Recreational Swim Schedule \* July 2 – August 31, 2017

**FOR OUR MOST UP TO DATE SCHEDULE VISIT [www.lclc.ca](http://www.lclc.ca) AND Click on AQUATIC Live View Now!**

WE AIM TO HAVE A MINIMUM OF 1 LANE KEPT OPEN FOR LAP SWIMMING THROUGHOUT THE DAY UNLESS STATED OTHERWISE.

DIVING BOARD WILL BE OPEN FOR THE LEISURE SWIMS ON MONDAY-FRIDAY AFTERNOON 2:00 TO 4:00PM, SATURDAY 1:00 TO 7:00PM AND SUNDAY 1:00 TO 5:00PM

MONDAY <a href="http://www.lclc.ca">www.lclc.ca</a>			FRIDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM	START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY	6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	10:00 AM	3 LANES + THERAPY	7:30 AM	4:00 PM	LEISURE*
10:00 AM	11:00 AM	2 LANES + THERAPY	10:00 AM	11:00 AM	ELDERFIT
<i>Play Pool Closed to Public 9:00am–12:00pm</i>			4:00 PM	6:00 PM	SUMMER SPLASH (\$4)
10:00 AM	11:00 AM	ELDERFIT	6:00 PM	7:00 PM	LEISURE*
11:00 AM	7:30 PM	LEISURE*	<b>7:00 PM</b>	<b>8:00 PM</b>	<b>MEMBER ONLY</b>
12:15 PM	12:45 PM	LCLC AQUA FITNESS	<b>SATURDAY <a href="http://www.lclc.ca">www.lclc.ca</a></b>		
<i>Play Pool Closed to Public 4:30pm-6:00pm</i>			<b>START</b>	<b>END</b>	<b>SWIM</b>
7:30 PM	8:30 PM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
<b>TUESDAY <a href="http://www.lclc.ca">www.lclc.ca</a></b>			1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
<b>START</b>	<b>END</b>	<b>SWIM</b>	2:00 PM	5:00 PM	OPEN SWIM
6:30 AM	7:30 AM	MEMBER ONLY	5:00 PM	7:00 PM	SUMMER SPLASH (\$4)
7:30 AM	9:00 AM	LEISURE*	<b>7:00 PM</b>	<b>8:00 PM</b>	<b>MEMBER ONLY</b>
9:00 AM	11:00 AM	2 LANES + THERAPY	<b>SUNDAY <a href="http://www.lclc.ca">www.lclc.ca</a></b>		
<i>Play Pool Closed to Public 9:00am–12:00pm</i>			<b>START</b>	<b>END</b>	<b>SWIM</b>
9:00 AM	9:45 AM	LCLC/YMCA AQUAFIT	7:30 AM	9:00 AM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT	9:00 AM	1:00 PM	3 LANES + THERAPY
11:00 AM	4:00 PM	LEISURE*	<i>Play Pool Closed to Public 9:00am–1:00pm</i>		
4:00 PM	5:30 PM	3 LANES + THERAPY	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
<i>Play Pool Closed to Public 4:30pm–6:00pm</i>			2:00 PM	5:00 PM	OPEN SWIM
5:30 PM	7:30 PM	LEISURE*	5:00 PM	7:00 PM	LEISURE*
<b>7:30 PM</b>	<b>8:30 PM</b>	<b>MEMBER ONLY</b>	<b>7:00 PM</b>	<b>8:00 PM</b>	<b>MEMBER ONLY</b>
<b>WEDNESDAY <a href="http://www.lclc.ca">www.lclc.ca</a></b>			<p><b>DIVING BOARD WILL BE OPEN FOR THE LEISURE SWIMS ON MONDAY-FRIDAY AFTERNOONS 2:00 TO 4:00PM, SATURDAY 1:00 TO 7:00PM AND SUNDAY 1:00 TO 5:00PM</b></p> <p>*Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.</p> <p><b>FACILITY BOOKINGS MAY CAUSE CHANGES TO THE SCHEDULE WITH SHORT NOTICE. FOR OUR MOST UP TO DATE SCHEDULE VISIT <a href="http://www.lclc.ca">www.lclc.ca</a> AND CLICK ON <a href="#">Live View Now!</a> OR CALL 902-530-4100.</b></p> <hr/> <p style="text-align: center;"><b>SWIM FEES</b></p> <p>Family: <b>\$15</b>      Youth (18 &amp; Under): <b>\$5</b>      Adult: <b>\$7</b>                      Senior (60+): <b>\$6</b>      Student (18+ with ID): <b>\$6</b>                      Children under 5: <b>FREE</b> (with paid Adult)                      Summer Splash Swim: <b>\$4</b></p>		
<b>START</b>	<b>END</b>	<b>SWIM</b>			
6:30 AM	7:30 AM	MEMBER ONLY			
7:30 AM	10:00 AM	3 LANES + THERAPY			
10:00 AM	11:00 AM	2 LANES + THERAPY			
<i>Play Pool Closed to Public 9:00am–12:00pm</i>					
10:00 AM	11:00 AM	ELDERFIT			
11:00 AM	6:00 PM	LEISURE*			
<i>Play Pool Closed to Public 4:30pm-6:00pm</i>					
6:00 PM	7:45 PM	3 LANES + PLAY/THERAPY			
7:00 PM	7:45 PM	LCLC/YMCA AQUAFIT			
<b>7:45 PM</b>	<b>8:30 PM</b>	<b>MEMBER ONLY</b>			
<b>THURSDAY <a href="http://www.lclc.ca">www.lclc.ca</a></b>					
<b>START</b>	<b>END</b>	<b>SWIM</b>			
6:30 AM	7:30 AM	MEMBER ONLY			
7:30 AM	9:00 AM	LEISURE*			
9:00 AM	10:00 AM	3 LANES + THERAPY			
10:00 AM	11:00 AM	2 LANES + THERAPY			
<i>Play Pool Closed to Public 9:00am–12:00pm</i>					
10:00 AM	11:00 AM	ELDERFIT			
11:00 AM	4:00 PM	LEISURE*			
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT			
4:00 PM	5:30 PM	3 LANES + THERAPY			
<i>Play Pool Closed to Public 4:30pm–6:00pm</i>					
5:30 PM	7:30 PM	LEISURE*			
<b>7:30 PM</b>	<b>8:30 PM</b>	<b>MEMBER ONLY</b>			



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Summer 2017 Recreational Swim Schedule \* July 2 – August 31, 2017

Group Supervision Requirements		
Age	Supervision Ratio (Adult (15+): Child)	Supervision Requirement
7 years of age & under	1:3	Accompanied by an adult in the water.
8-9 years of age	1:6	Accompanied by an adult on pool deck.
10-12 years of age	Supervision encouraged	Adult must remain within the LCLC.

**\*Leisure Swim / Summer Splash Swim (Max. 3 lanes dedicated to lane swimming)**

Open to Members of the LCLC and to the General Public. Join us for a leisurely swim in our Lap Pool, Play Pool and Therapeutic Pool. Perfect for everyone!

Diving Board accessible during weekend Summer Splash Swim, Open Swims, and weekday Leisure Swims from 2PM-4PM Monday-Friday.

Splash Pad accessible during Spring Splash Swim, certain Leisure Swims and after 1PM on weekends.

**\*Please note: Aqua Fitness, lessons and/or group bookings could be taking part during these swims, limiting space in pools. Please consult our website or call 902-530-4100 for the most recent schedule and pool availabilities.**

**Member-Only Swim:** Exclusive Members-only swim. (Lap Pool, Play Pool and Therapeutic Pool)

**Open Swim:** Splash Pad, Lap Pool, Play Pool, Therapy Pool open. Diving Board accessible. Division of shallow and deep waters

**SUMMER AQUA FITNESS**

**PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK.**

**PRICING FOR SUMMER 2017**

All Classes (**excluding Elderfit**) are FREE to Annual All-Inclusive LCLC members.

Non-Members: Drop In fee \$10

OR purchase a 10 pass for Aqua Fitness Classes for \$70.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Elderfit*</b> 10:00 – 11:00 am	<b>Elderfit*</b> 10:00 – 11:00 am	<b>Elderfit*</b> 10:00 – 11:00 am	<b>Elderfit*</b> 10:00 – 11:00 am	<b>Elderfit*</b> 10:00 – 11:00 am
<b>LCLC AQUA FITNESS</b> 12:15pm-12:45pm	<b>YMCA/LCLC</b> <b>AQUA FITNESS</b> 9:00am – 9:45am	<b>YMCA/LCLC</b> <b>AQUA FITNESS</b> 7:00pm-7:45pm	<b>YMCA/LCLC</b> <b>AQUA FITNESS</b> 12:15pm-1:00pm	<i>Stay Tuned to Facebook and <a href="http://www.lclc.ca">www.lclc.ca</a> for additional classes</i>

**This summer, all Aqua Fit Classes are FREE to ANNUAL ALL-INCLUSIVE LCLC MEMBERS  
DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS  
*Stay tuned to Facebook for additional classes***

**Elderfit\*** A water exercise program designed for seniors and the physically compromised but is open to everyone. For fees and information, contact Martha: Phone: 902-766-0272 email: [elderfit@eastlink.ca](mailto:elderfit@eastlink.ca); [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)