



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE FALL 2017 Recreational Swim Schedule Sept 23 – Dec 1, 2017

FOR OUR MOST UP TO DATE SCHEDULE VISIT 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 DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.

MONDAY			FRIDAY		
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	6:00 PM	LEISURE*	7:30 AM	5:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT	10:00 AM	11:00 AM	ELDERFIT
Play Pool Closed to Public 5:00 – 6:00pm			5:00 PM	6:00 PM	2 LANES + PLAY/THERAPY
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	 GOVERNMENT OF NS FREE SWIM	6:00 PM	8:00 PM
6:00 PM	6:45 PM	LCLC AQUA RUNNING			
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY	<i>No Admittance to Swim After 7:30pm</i>		
8:00 PM	9:00 PM	MEMBER ONLY	SATURDAY		
TUESDAY			START		
START	END	SWIM	END	SWIM	
6:30 AM	7:30 AM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
7:30 AM	3:00 PM	LEISURE*	Play Pool Closed to Public 9:30am – 1:00pm		
10:00 AM	11:00 AM	ELDERFIT	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
12:15 PM	12:45 PM	LCLC AQUA FITNESS	2:00 PM	5:00 PM	OPEN SWIM
3:00 PM	4:00 PM	FALL SPLASH (\$4)	5:00 PM	7:00 PM	FALL SPLASH (\$4)
Play Pool Closed to Public 4:00 – 6:30pm			7:00 PM	8:00 PM	MEMBER ONLY
4:00 PM	6:30 PM	LEISURE*	SUNDAY		
6:30 PM	8:00 PM	3 LANES + PLAY/THERAPY	START	END	SWIM
8:00 PM	9:00 PM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
WEDNESDAY			Play Pool Closed to Public 9:30am – 1:00pm		
START	END	SWIM	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
6:30 AM	7:30 AM	MEMBER ONLY	2:00 PM	5:00 PM	OPEN SWIM
7:30 AM	7:00 PM	LEISURE*	5:00 PM	7:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT	7:00 PM	8:00 PM	MEMBER ONLY
Play Pool Closed to Public 4:00 – 6:00pm			DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM- 4:00PM.		
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	*Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	FACILITY BOOKINGS MAY CAUSE CHANGES TO THE SCHEDULE WITH SHORT NOTICE. FOR OUR MOST UP TO DATE SCHEDULE VISIT www.lclc.ca AND CLICK ON Live View Now! OR CALL 902-530-4100.		
8:00 PM	9:00 PM	MEMBER ONLY	SWIM FEES		
THURSDAY			Family: \$15 Youth (18 & Under): \$5 Adult: \$7		
START	END	SWIM	Senior (60+): \$6 Student (18+ with ID): \$6		
6:30 AM	7:30 AM	MEMBER ONLY	Children under 5: FREE (with paid Adult)		
7:30 AM	3:00 PM	LEISURE*	Fall Splash Swim: \$4		
10:00 AM	11:00 AM	ELDERFIT	Group Supervision Requirements		
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT	Age	Supervision Ratio (Adult (15+): Child)	Supervision Requirement
3:00 PM	4:00 PM	FALL SPLASH (\$4)	7 years of age & under	1:3	Accompanied by an adult in the water.
Play Pool Closed to Public 4:00 – 7:00pm			8-9 years of age	1:6	Accompanied by an adult on pool deck.
4:00 PM	7:00 PM	LEISURE*	10-12 years of age	Supervision encouraged	Adult must remain within the LCLC.
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY			
8:00 PM	9:00 PM	MEMBER ONLY (3 LANES + PLAY/THERAPY)			



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE
FALL 2017 Recreational Swim Schedule Sept 23 – Dec 1, 2017



***Leisure Swim / Fall 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 Fall Splash Swims, Open Swims, and the Leisure swims on Monday, Wednesday and Friday afternoons from 1:00pm – 4:00pm.

Splash Pad accessible during Fall Splash Swims, and Open Swims.

***Please note: Aqua Fitness, lessons and/or group bookings could be taking part during leisure 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

FALL AQUA FITNESS AND ACTIVE LIVING STUDIO CLASSES

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

PRICING FOR FALL 2017

* **FREE** to Annual All-Inclusive LCLC members.

All-Inclusive Annual Members Drop In Fee for Wednesday and Friday Yoga: Just \$5.00

Non-Members: Drop In fee \$10 OR purchase a 10 pass for Aqua Fitness/Active Living Studio Classes for \$70.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am
		NEW! YOGA FLOW 10:30am-11:30am (Active Living Studio) FREE Trial Oct 11&18		NEW! FUSION FLOW 11:45am-12:30pm (Active Living Studio) FREE Trial Oct 13&20
*LCLC AQUA RUNNING 6:00pm-6:45pm Sept 18 – Dec 11	*YMCA/LCLC AQUA FITNESS 12:15pm-12:45pm Oct 3 – Dec 5		*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm	
*LCLC/YMCA HATHA FLOW YOGA 7:00pm-8:15pm (Active Living Studio)	* NEW! YOGA FLOW 5:30pm-6:30pm (Active Living Studio) Starts Oct 10	*YMCA/LCLC AQUA MIX 7:00pm-7:45pm	Visit www.lclc.ca for more info on our NEW! Yoga classes and instructors.	Stay Tuned to Facebook and www.lclc.ca for additional classes

YMCA/LCLC Aqua Fitness classes and Hatha Flow Yoga are FREE to all YMCA members.

DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS

Elderfit A water exercise program designed for seniors and the physically compromised but is open to everyone. This program is not run by the LCLC. For fees and information, contact Martha: Phone: 902-766-0272 email:

elderfit@eastlink.ca; www.elderfitlunenburg.ca