



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE DECEMBER 2017 Recreational Swim Schedule

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 www.lclc.ca			FRIDAY www.lclc.ca		
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	12:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT	10:00 AM	11:00 AM	ELDERFIT
3:00 PM	4:00 PM	FALL SPLASH (\$4)	12:00 PM	1:00 PM	POOL CLOSED – PRIVATE BOOKING
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	1:00 PM	5:00 PM	LEISURE*
6:00 PM	6:45 PM	LCLC AQUA RUNNING	5:00 PM	6:00 PM	2 LANES + PLAY/THERAPY
7:00 PM	8:00 PM	LEISURE*	6:00 PM	8:00 PM	NOVA SCOTIA GOVERNMENT OF NS FREE SWIM
8:00 PM	9:00 PM	MEMBER ONLY	No Admittance to Swim After 7:30pm		
TUESDAY www.lclc.ca			SATURDAY www.lclc.ca		
START	END	SWIM	START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
7:30 AM	8:00 PM	LEISURE*	1:00 PM – 2:00 PM: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
10:00 AM	11:00 AM	ELDERFIT	2:00 PM	5:00 PM	OPEN SWIM
12:15 PM	1:00 PM	LCLC/YMCA AQUA FITNESS	5:00 PM	7:00 PM	FALL SPLASH (\$4)
3:00 PM	4:00 PM	FALL SPLASH (\$4)	7:00 PM	8:00 PM	MEMBER ONLY
8:00 PM	9:00 PM	MEMBER ONLY	SUNDAY www.lclc.ca		
START	END	SWIM	START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
7:30 AM	6:00 PM	LEISURE*	1:00 PM – 2:00 PM: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
10:00 AM	11:00 AM	ELDERFIT	2:00 PM	5:00 PM	OPEN SWIM
3:00 PM	4:00 PM	FALL SPLASH (\$4)	5:00 PM	7:00 PM	LEISURE*
6:00 PM	8:00 PM	3 LANES + PLAY/THERAPY	7:00 PM	8:00 PM	MEMBER ONLY
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00 PM - 4:00 PM.		
8:00 PM	9:00 PM	MEMBER ONLY	*Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
THURSDAY www.lclc.ca			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.		
START	END	SWIM	SWIM FEES		
6:30 AM	7:30 AM	MEMBER ONLY	Family: \$15	Youth (18 & Under): \$5	Adult: \$7
7:30 AM	8:00 PM	LEISURE*	Senior (60+): \$6	Student (18+ with ID): \$6	
10:00 AM	11:00 AM	ELDERFIT	Children under 5: FREE (with paid Adult)	Fall Splash Swim: \$4	
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT			
3:00 PM	4:00 PM	FALL SPLASH (\$4)			
8:00 PM	9:00 PM	MEMBER ONLY			
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.					

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.

2017 Holiday Closures				
December 24 th	December 25 th	December 26 th	December 31 st	January 1 st
Closed at 12pm	Closed all day	Closed all day	Closed at 12pm	Closed all day



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***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) <i>Last Class Dec 13</i>		NEW! FUSION FLOW 11:45am-12:30pm (Active Living Studio) <i>Last Class Dec 15</i>
*LCLC AQUA RUNNING 6:00pm-6:45pm <i>Last Class Dec 11</i>	*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Last Class Dec 19</i>		*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Last Class Dec 28</i>	
*LCLC/YMCA HATHA FLOW YOGA 7:00pm-8:15pm (Active Living Studio) <i>Last Class Dec 11</i>	* NEW! YOGA FLOW 5:30pm-6:30pm (Active Living Studio) <i>Last Class Dec 19</i>	*YMCA/LCLC AQUA MIX 7:00pm-7:45pm <i>Last class Dec 13</i>	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