



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE

Spring 2018 Recreational Swim Schedule April 1 – June 18, 2018

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
Starting April 30th Play Pool Closed to Public 5:00 – 6:00pm					
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 COMBO	5:00 PM	6:00 PM	2 LANES + PLAY/THERAPY
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY	6:00 PM	8:00 PM	 GOVERNMENT OF NS FREE SWIM (becomes standard leisure swim after April 20, 18)
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	3:00 PM	LEISURE*	Play Pool Closed to Public 9:00am – 12:30pm		
10:00 AM	11:00 AM	ELDERFIT	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
12:15 PM	1:00 PM	LCLC AQUA FITNESS	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
3:00 PM	4:00 PM	SPRING SPLASH (\$4)	5:00 PM	7:00 PM	SPRING SPLASH (\$4)
Play Pool Closed to Public 4:00 – 7:00pm					
4:00 PM	6:45 PM	LEISURE*	7:00 PM	8:00 PM	MEMBER ONLY
6:45 PM	8:00 PM	2 LANES + PLAY/THERAPY	SUNDAY www.lclc.ca		
8:00 PM	9:00 PM	MEMBER ONLY	START	END	SWIM
WEDNESDAY www.lclc.ca			7:30 AM	1:00 PM	LEISURE* (limited lanes 9:30 - 11:30am)
START	END	SWIM	Play Pool Closed to Public 9:00am – 12:30pm		
6:30 AM	7:30 AM	MEMBER ONLY	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
7:30 AM	6:00 PM	LEISURE*	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
10:00 AM	11:00 AM	ELDERFIT	5:00 PM	7:00 PM	LEISURE*
Play Pool Closed to Public 4:00 – 7:00pm					
6:00 PM	7:00 PM	1 LANE + PLAY/THERAPY	7:00 PM	8:00 PM	MEMBER ONLY
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.		
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
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.		
THURSDAY www.lclc.ca			SWIM FEES		
START	END	SWIM	Family: \$15	Youth (18 & Under): \$5	Adult: \$7
6:30 AM	7:30 AM	MEMBER ONLY	Senior (60+): \$6	Student (18+ with ID): \$6	Children under 5: FREE (with paid Adult)
7:30 AM	3:00 PM	LEISURE*	Spring Splash Swim: \$4		
10:00 AM	11:00 AM	ELDERFIT			
9:00 AM	9:45 AM	LCLC/YMCA AQUAFIT			
3:00 PM	4:00 PM	SPRING SPLASH (\$4)			
Play Pool Closed to Public 4:00 – 7:00pm					
4:00 PM	7:00 PM	LEISURE*			
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY			
8:00 PM	9:00 PM	MEMBER ONLY (3 LANES + PLAY/THERAPY)			

Safety 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.
10-11 years of age	Supervision encouraged	Recommended that an Adult remain within the LCLC.



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

Splash Pad accessible during Spring 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

SPRING AQUA FITNESS AND ACTIVE LIVING STUDIO CLASSES

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

PRICING FOR Spring 2018

FREE to Annual All-Inclusive LCLC members.

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

Table with 5 columns (Monday-Friday) and 3 rows of class schedules. Includes details like 'Elderfit 10:00-11:00 am', 'YOGA FLOW 10:30am-11:30am', 'LCLC AQUA FUSION 6:00pm-6:45pm', etc.

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

www.lclc.ca 902.530.4100 info@lclc.ca

Revised April 9, 2018 (IL)