



## LCLC BMO FINANCIAL GROUP AQUATIC CENTRE

### Spring 2018 Recreational Swim Schedule April 22 – June 18, 2018

**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 DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.

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	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
<b>Starting April 30<sup>th</sup> Play Pool Closed to Public 5:00 – 6:00pm</b>					
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	12:00 PM	1:00 PM	POOL CLOSED – PRIVATE BOOKING
6:00 PM	6:45 PM	LCLC AQUA COMBO	1:00 PM	5:00 PM	LEISURE*
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY	5:00 PM	6:00 PM	2 LANES + PLAY/THERAPY
8:00 PM	9:00 PM	MEMBER ONLY	6:00 PM	8:00 PM	LEISURE*
<i>No Admittance to Swim After 7:30pm</i>					
TUESDAY <a href="http://www.lclc.ca">www.lclc.ca</a>			SATURDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
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*	<b>Play Pool Closed to Public 9:00am – 12:30pm</b>		
10:00 AM	11:00 AM	ELDERFIT	1:00pm – 2:00pm: Private Booking Option.		
12:15 PM	1:00 PM	LCLC AQUA FITNESS	Check Live View – Aquatic Schedule for Availability.		
3:00 PM	4:00 PM	SPRING SPLASH (\$4)	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
<b>Play Pool Closed to Public 4:00 – 7:00pm</b>					
4:00 PM	6:45 PM	LEISURE*	5:00 PM	7:00 PM	SPRING SPLASH (\$4)
6:45 PM	8:00 PM	2 LANES + PLAY/THERAPY	7:00 PM	8:00 PM	MEMBER ONLY
8:00 PM	9:00 PM	MEMBER ONLY	SUNDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
WEDNESDAY <a href="http://www.lclc.ca">www.lclc.ca</a>			START	END	SWIM
START	END	SWIM	7:30 AM	1:00 PM	LEISURE* (limited lanes 9:30 - 11:30am)
6:30 AM	7:30 AM	MEMBER ONLY	<b>Play Pool Closed to Public 9:00am – 12:30pm</b>		
7:30 AM	6:00 PM	LEISURE*	1:00pm – 2:00pm: Private Booking Option.		
10:00 AM	11:00 AM	ELDERFIT	Check Live View – Aquatic Schedule for Availability.		
<b>Play Pool Closed to Public 4:00 – 7:00pm</b>					
6:00 PM	7:00 PM	4 LANE + THERAPY	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	5:00 PM	7:00 PM	LEISURE*
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	7:00 PM	8:00 PM	MEMBER ONLY
8:00 PM	9:00 PM	MEMBER ONLY	<b>DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY &amp; FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.</b>		
THURSDAY <a href="http://www.lclc.ca">www.lclc.ca</a>			* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
START	END	SWIM	<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 Live View Now! OR CALL 902-530-4100.</b>		
6:30 AM	7:30 AM	MEMBER ONLY	<b>SWIM FEES</b>		
7:30 AM	3:00 PM	LEISURE*	Family: \$15	Youth (18 & Under): \$5	Adult: \$7
9:00 AM	9:45 AM	LCLC/YMCA AQUAFIT	Senior (60+): \$6	Student (18+ with ID): \$6	
10:00 AM	11:00 AM	ELDERFIT	Children under 5: FREE (with paid Adult)	Spring Splash Swim: \$4	
3:00 PM	4:00 PM	SPRING SPLASH (\$4)			
<b>Play Pool Closed to Public 4:00 – 7:00pm</b>					
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.



### LCLC BMO FINANCIAL GROUP AQUATIC CENTRE Spring 2018 Recreational Swim Schedule April 22 – June 18, 2018

**\*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

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>YOGA FLOW</b> 10:30am-11:30am (Active Living Studio) <i>Alyssa Pridham</i> (No Class May 9) <i>Last Class is May 30th</i>	<b>YMCA/LCLC AQUA FITNESS</b> 9:00am-9:45am <i>Alicia Strong</i>	<b>FUSION FLOW</b> 11:45am-12:30pm (Active Living Studio) <i>Alyssa Pridham</i> <i>Last Class is June 1st</i>
<b>LCLC AQUA FUSION</b> 6:00pm-6:45pm <i>Karen Geddes-Selig</i>	<b>YMCA/LCLC AQUA FITNESS</b> 12:15pm-1:00pm <i>Alicia Strong</i>			
<b>LCLC/YMCA HATHA FLOW YOGA</b> 7:00pm-8:15pm (Active Living Studio) <i>Nancy Timbrell-Muckle</i>	<b>YOGA FLOW</b> 5:30pm-6:30pm (Active Living Studio) <i>Deborah Coleman</i>	<b>YMCA/LCLC AQUA MIX</b> 7:00pm-7:45pm <i>Karen Geddes-Selig</i>	Visit <a href="http://www.lclc.ca">www.lclc.ca</a> for more info on our <b>NEW!</b> Yoga classes and instructors.	Stay Tuned to Facebook and <a href="http://www.lclc.ca">www.lclc.ca</a> for additional classes
<b>YMCA/LCLC Aqua Fitness classes and LCLC/YMCA Hatha Flow Yoga are FREE to all YMCA members.</b>				
<b>DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS</b>				

**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 Nancy: Phone: 902-764-2035 email:

[elderfit@eastlink.ca](mailto:elderfit@eastlink.ca); [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)