



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE
Spring 2018 Recreational Swim Schedule June 15 – June 27, 2018
AQUATIC CENTRE CLOSED FOR MAINTENANCE JUNE 28 – JULY 1, 2018

FOR OUR MOST UP TO DATE SCHEDULE VISIT www.lclc.ca AND Click on AQUATIC Live View Now!
SWIM TO SURVIVE SCHOOL GROUPS WILL BE USING PART OF THE POOL THROUGHOUT THE WEEK UNTIL THE END OF JUNE. THIS IS REFLECTED IN OUR LIVE VIEW.

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	8:00 PM	LEISURE*		7:30 AM	8:00 PM	LEISURE*	
10:00 AM	11:00 AM	ELDERFIT		10:00 AM	11:00 AM	ELDERFIT	
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY		<i>No Admittance to Swim After 7:30pm</i>			
6:00 PM	6:45 PM	LCLC AQUA COMBO		SATURDAY			www.lclc.ca
8:00 PM	9:00 PM	MEMBER ONLY		START	END	SWIM	
TUESDAY			www.lclc.ca	7:30 AM	1:00 PM	LEISURE*	
START	END	SWIM		<i>Play Pool Closed to Public 9:00am – 12:30pm on June 16th only</i> 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 (no lanes)	
7:30 AM	3:00 PM	LEISURE*		5:00 PM	7:00 PM	SPRING SPLASH (\$4)	
10:00 AM	11:00 AM	ELDERFIT		7:00 PM	8:00 PM	MEMBER ONLY	
3:00 PM	4:00 PM	SPRING SPLASH (\$4)		SUNDAY			www.lclc.ca
4:00 PM	8:00 PM	LEISURE*		START	END	SWIM	
8:00 PM	9:00 PM	MEMBER ONLY		7:30 AM	1:00 PM	LEISURE*	
WEDNESDAY			www.lclc.ca	<i>Play Pool Closed to Public 9:00am – 12:30pm ON June 17th only</i> 1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.			
START	END	SWIM		2:00 PM	5:00 PM	OPEN SWIM (no lanes)	
6:30 AM	7:30 AM	MEMBER ONLY		5:00 PM	7:00 PM	SPRING SPLASH (\$4)	
7:30 AM	7:00 PM	LEISURE*		7:00 PM	8:00 PM	MEMBER ONLY	
10:00 AM	11:00 AM	ELDERFIT		DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.			
				* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.			
				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.			
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY		SWIM FEES			
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX		Family: \$15	Youth (18 & Under): \$5	Adult: \$7	
8:00 PM	9:00 PM	MEMBER ONLY		Senior (60+): \$6	Student (18+ with ID): \$6		
THURSDAY			www.lclc.ca	Children under 5: FREE (with paid Adult)	Spring Splash Swim: \$4		
START	END	SWIM					
6:30 AM	7:30 AM	MEMBER ONLY					
7:30 AM	3:00 PM	LEISURE*					
10:00 AM	11:00 AM	ELDERFIT					
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT					
3:00 PM	4:00 PM	SPRING SPLASH (\$4)					
4:00 PM	8:00 PM	LEISURE*					
8:00 PM	9:00 PM	MEMBER ONLY					

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 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, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY. Rows include LCLC AQUA FUSION, YMCA/LCLC AQUA FITNESS, and YMCA/LCLC AQUA MIX. Includes a note: YMCA/LCLC Aqua Fitness classes are FREE to all YMCA members. DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS

Elderfit Information: Weekdays 10:00 – 11:00 am: Elderfit is 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 Sue Rushton: Phone: 902-527-1887 email: elderfit@gmail.com; www.elderfitlunenburg.ca