



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE
Summer 2018 Recreational Swim Schedule July 2 – Aug 31, 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!](#)

Come cool off during one of our Leisure Swims!

Our LCLC Day Camp will be swimming each weekday from 1:30 pm – 3:00 pm however you are still welcome to swim at that time.
 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 THROUGH FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.

MONDAY			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*
Play Pool Closed to Public 9:00am – 12:00pm					
10:00 AM	11:00 AM	ELDERFIT	10:00 AM	11:00 AM	ELDERFIT
8:00 PM	9:00 PM	MEMBER ONLY	No Admittance to Swim after 7:30 pm		
TUESDAY			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*	1:00 pm – 2:00 pm: Private Booking Option Check Live View – Aquatic Schedule for Availability		
Play Pool Closed to Public 9:00am – 12:00pm					
10:00 AM	11:00 AM	ELDERFIT	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
12:15 PM	1:00 PM	LCLC/YMCA AQUA FITNESS	5:00 PM	7:00 PM	SUMMER SPLASH (\$4)
3:00 PM	4:00 PM	SUMMER SPLASH (\$4)	7:00 PM	8:00 PM	MEMBER ONLY
Play Pool Closed to Public 4:00pm – 7:00pm					
4:00 PM	8:00 PM	LEISURE*	SATURDAY		
8:00 PM	9:00 PM	MEMBER ONLY	START	END	SWIM
WEDNESDAY			www.lclc.ca		
START	END	SWIM	7:30 AM	1:00 PM	LEISURE*
6:30 AM	7:30 AM	MEMBER ONLY	1:00 pm – 2:00 pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
Play Pool Closed to Public 9:00am – 12:00pm					
7:30 AM	7:00 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	SUMMER SPLASH (\$4)
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	7:00 PM	8:00 PM	MEMBER ONLY
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	SUNDAY		
8:00 PM	9:00 PM	MEMBER ONLY	START	END	SWIM
THURSDAY			www.lclc.ca		
START	END	SWIM	7:30 AM	1:00 PM	LEISURE*
6:30 AM	7:30 AM	MEMBER ONLY	1:00 pm – 2:00 pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
Play Pool Closed to Public 9:00am – 12:00pm					
7:30 AM	3:00 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	SUMMER SPLASH (\$4)
12:15 PM	1:00 PM	LCLC/YMCA AQUA FITNESS	7:00 PM	8:00 PM	MEMBER ONLY
3:00 PM	4:00 PM	SUMMER SPLASH (\$4)	DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON WEEKDAY AFTERNOONS FROM 1:00 pm- 4:00 pm. * 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.		
Play Pool Closed to Public 4:00pm – 7:00pm					
4:00 PM	8:00 PM	LEISURE*	SWIM FEES		
8:00 PM	9:00 PM	MEMBER ONLY	Family: \$15	Youth (18 & Under): \$5	Adult: \$7



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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.

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

Splash Pad accessible during Summer 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


SUMMER AQUA FITNESS CLASSES

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

PRICING FOR Summer 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
	<p>YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm Alicia Strong</p>	<p>YMCA/LCLC AQUA MIX 7:00pm-7:45pm Karen Geddes-Selig</p>	<p>YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm Alicia Strong</p>	<p>Stay Tuned to Facebook and www.lclc.ca for additional classes</p>
<p>YMCA/LCLC Aqua Fitness classes are FREE to all YMCA members. DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS</p>				

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