



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE  
Summer 2018 Recreational Swim Schedule August 11 – Aug 31, 2018

FOR OUR MOST UP TO DATE SCHEDULE VISIT [www.lclc.ca](http://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 1:00 - 4:00 PM.

MONDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	8:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT
8:00 PM	9:00 PM	MEMBER ONLY
TUESDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
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 AQUA FITNESS
3:00 PM	4:00 PM	SUMMER SPLASH (\$4)
4:00 PM	8:00 PM	LEISURE*
8:00 PM	9:00 PM	MEMBER ONLY
WEDNESDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	7:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX
8:00 PM	9:00 PM	MEMBER ONLY
THURSDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
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 AQUA FITNESS
3:00 PM	4:00 PM	SUMMER SPLASH (\$4)
4:00 PM	8:00 PM	LEISURE*
8:00 PM	9:00 PM	MEMBER ONLY

FRIDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	8:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT



SATURDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM
7:30 AM	1:00 PM	LEISURE*
1:00 pm – 2:00 pm: Private Booking Option Check Live View – Aquatic Schedule for Availability		
2:00 PM	5:00 PM	OPEN SWIM (no lanes)
5:00 PM	7:00 PM	SUMMER SPLASH (\$4)
7:00 PM	8:00 PM	MEMBER ONLY

SUNDAY <a href="http://www.lclc.ca">www.lclc.ca</a>		
START	END	SWIM
7:30 AM	1:00 PM	LEISURE*
1:00 pm – 2:00 pm: Private Booking Option Check Live View – Aquatic Schedule for Availability		
2:00 PM	5:00 PM	OPEN SWIM (no lanes)
5:00 PM	7:00 PM	SUMMER SPLASH (\$4)
7:00 PM	8:00 PM	MEMBER ONLY

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](http://www.lclc.ca) AND CLICK ON [Live View Now!](#) OR CALL 902-530-4100.

SWIM FEES		
Family:	\$15	Youth (18 & Under): \$5
Adult:	\$7	Senior (60+): \$6
		Student (18+ with ID): \$6
		Children under 5: FREE (with paid Adult)
		Summer Splash Swim: \$4





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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 1:00 pm – 4:00 pm.

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

**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](mailto:elderfit@gmail.com); [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)