



## LCLC BMO FINANCIAL GROUP AQUATIC CENTRE Fall 2018 Recreational Swim Schedule Sept 10 – Sept 23, 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			FRIDAY		
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
<i>Play Pool Closed to Public 4:00pm–6:15pm</i>			12:00 PM	1:00 PM	POOL CLOSED – PRIVATE BOOKING
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	1:00 PM	5:00 PM	LEISURE*
7:00 PM	8:00 PM	Barracudas Swim Team 5 Lanes	<i>Play Pool Closed to Public 4:00pm–6:15pm</i>		
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>			<i>No Admittance to Swim After 7:30pm</i>		
TUESDAY			SATURDAY		
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*	1:00pm–2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
10:00 AM	11:00 AM	ELDERFIT	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
12:15 PM	1:00 PM	LCLC AQUA FITNESS	5:00 PM	7:00 PM	FALL SPLASH (\$4)
3:00 PM	4:00 PM	FALL SPLASH (\$4)	7:00 PM	8:00 PM	MEMBER ONLY
<i>Play Pool Closed to Public 4:00pm–6:15pm</i>			<b>SUNDAY</b>		
4:00 PM	6:45 PM	LEISURE*	<a href="http://www.lclc.ca">www.lclc.ca</a>		
6:45 PM	8:00 PM	3 LANES + PLAY/THERAPY	START	END	SWIM
8:00 PM	9:00 PM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE*
WEDNESDAY			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	LEISURE*
7:30 AM	6:00 PM	LEISURE*	7:00 PM	8:00 PM	MEMBER ONLY
10:00 AM	11:00 AM	ELDERFIT	<b>DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY &amp; FRIDAY AFTERNOONS FROM 1:00PM- 4:00PM.</b>		
<i>Play Pool Closed to Public 4:00pm–6:15pm</i>			* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
6:00 PM	7:00 PM	2 LANES + PLAY/THERAPY	<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 <a href="#">Live View Now!</a> OR CALL 902-530-4100.</b>		
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	<b>SWIM FEES</b>		
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	Children under 5: FREE (with paid Adult)
THURSDAY			Fall Splash Swim: \$4		
START	END	SWIM	<b>Safety Supervision Requirements</b>		
6:30 AM	7:30 AM	MEMBER ONLY	Age	Supervision Ratio (Adult (15+): Child)	Supervision Requirement
7:30 AM	3:00 PM	LEISURE*	7 years of age & under	1:3	Accompanied by an adult in the water.
10:00 AM	11:00 AM	ELDERFIT	8-9 years of age	1:6	Accompanied by an adult on pool deck.
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT	10-11 years of age	Supervision encouraged	Recommended that an Adult remain within the LCLC.
3:00 PM	4:00 PM	FALL SPLASH (\$4)			
<i>Play Pool Closed to Public 4:00pm–6:15pm</i>					
4:00 PM	7:00 PM	LEISURE*			
7:00 PM	8:00 PM	Barracudas Swim Team – 5 Lanes			
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY			
8:00 PM	9:00 PM	Barracudas Swim Team – 3 Lanes			
8:00 PM	9:00 PM	MEMBER ONLY (3 LANES)			



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

**Splash Pad** accessible during Fall 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.






## FALL AQUA FITNESS AND ACTIVE LIVING STUDIO CLASSES

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

### PRICING FOR FALL 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LCLC Hatha Flow Yoga</b> 10:15am-11:30am (Active Living Studio) Pam Greer		<b>LCLC Yin Yoga</b> 10:15am-11:30am (Active Living Studio) Pam Greer (No Class on Sept.12, Oct.10, Nov.14, Dec.12)		<b>LCLC Hatha Flow Yoga</b> 10:15am-11:30am (Active Living Studio) Pam Greer
	<b>YMCA/LCLC AQUA FITNESS</b> 12:15pm-1:00pm Alicia Strong		<b>YMCA/LCLC AQUA FITNESS</b> 12:15pm-1:00pm Alicia Strong	
<b>LCLC/YMCA HATHA FLOW YOGA</b> 7:00pm-8:15pm (Active Living Studio) Nancy Timbrell-Muckle		<b>YMCA/LCLC AQUA MIX</b> 7:00pm-7:45pm Karen Geddes-Selig	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

**YMCA/LCLC Aqua Fitness and LCLC/YMCA Hatha Flow Yoga on Monday evenings are FREE to all YMCA members. DON'T FORGET TO SIGN IN AT GUEST SERVICES FOR YOUR CLASS**

**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 Sue Rushton: Phone: 902-527-1887 Email:

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