

## LCLC BMO FINANCIAL GROUP AQUATIC CENTRE

### Winter 2019 Recreational Swim Schedule Jan 1 – Mar 8, 2019



**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		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	5:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT
12:00 PM	12:45 PM	LCLC AQUA FITNESS
<b>Play Pool Closed to Public 5 – 6 PM (starting Jan 28)</b>		
5:00 PM	6:00 PM	4 LANES + THERAPY
6:00 PM	7:00 PM	2 LANES + PLAY/THERAPY
7:00 PM	8:00 PM	BARRACUDAS PRACTICE
7:00 PM	8:00 PM	4 LANE + PLAY/THERAPY
8:00 PM	9:00 PM	MEMBER ONLY
TUESDAY		
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
3:00 PM	4:00 PM	WINTER SPLASH (\$4)
<b>Play Pool Closed to Public 4 – 7 PM</b>		
4:00 PM	7:00 PM	4 LANES + THERAPY
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY
8:00 PM	9:00 PM	MEMBER ONLY
WEDNESDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	4:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT
<b>Play Pool Closed to Public 4 – 7 PM</b>		
4:00 PM	7:00 PM	4 LANES + THERAPY
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX
7:00 PM	8:00 PM	(Starting Feb. 6) LAP POOL CLOSED PLAY/THERAPY OPEN
8:00 PM	9:00 PM	MEMBER ONLY
THURSDAY		
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
12:00 PM	12:45 PM	LCLC AQUA FITNESS
3:00 PM	4:00 PM	WINTER SPLASH (\$4)
<b>Play Pool Closed to Public 4 – 7 PM</b>		
4:00 PM	7:00 PM	4 LANES + THERAPY
7:00 PM	9:00 PM	BARRACUDAS SWIM TEAM
7:00 PM	8:00 PM	2 LANES + PLAY/ THERAPY
8:00 PM	9:00 PM	MEMBER SWIM (5 LANES + PLAY/THERAPY)

FRIDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	12:00 PM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT
12:00 PM	1:00 PM	<b>POOL CLOSED – PRIVATE BOOKING</b>
1:00 PM	6:00 PM	LEISURE*
6:00 PM	8:00 PM	NOVA SCOTIA GOVERNMENT OF NS FREE SWIM
SATURDAY		
START	END	SWIM
7:30 AM	9:00 AM	LEISURE*
<b>Play Pool Closed to Public 9 AM – 12 PM</b>		
9:00 AM	12:00 PM	3 LANES + THERAPY
12:00 PM	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	WINTER SPLASH (\$4)
7:00 PM	8:00 PM	MEMBER ONLY
SUNDAY		
START	END	SWIM
7:30 AM	1:00 PM	LEISURE*
<b>Play Pool Closed to Public 9 AM – 12 PM</b>		
9:00 AM	12:00 PM	3 LANES + THERAPY
12:00 PM	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	LEISURE*
7:00 PM	8:00 PM	MEMBER ONLY
<b>DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY &amp; FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.</b>		
* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
<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>		
<b>SWIM FEES</b> Family: \$15      Youth (18 & Under): \$5      Adult: \$7 Senior (60+): \$6      Student (18+ with ID): \$6 Children under 5: FREE (with paid Adult) Spring Splash Swim: \$4		

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 / Winter 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 Winter Splash Swims, Open Swims, and the Leisure swims on Monday, Wednesday and Friday afternoons from 1:00 pm – 4:00 pm.

**Splash Pad** accessible during Winter 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

## WINTER AQUA FITNESS AND ACTIVE LIVING STUDIO CLASSES

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

### PRICING FOR Winter 2019

**ALL CLASSES ARE FREE WITH THE EXCEPTION OF ELDERFIT \*\*** 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	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>LCLC Hatha Flow Yoga</b> 10:00 – 11:15 am (Active Living Studio) <i>Pam Greer</i>	<b>LCLC Yin Yoga</b> 10:00 -11:15 am No Class Feb 13, March 13 (Active Living Studio) <i>Pam Greer</i>		<b>LCLC Hatha Flow Yoga</b> 10:00 -11:15 am (Active Living Studio) <i>Pam Greer</i>
<b>YMCA/LCLC AQUA FITNESS</b> 12:00 -12:45 pm <i>Alicia Barry</i>		<b>YMCA/LCLC AQUA FITNESS</b> 12:00 -12:45 pm <i>Alicia Barry</i>	
<b>LCLC Hatha Flow Yoga</b> 7:00 – 8:00 pm (Active Living Studio) <i>Amanda Hobart</i>	<b>YMCA/LCLC AQUA MIX</b> 7:00 -7:45 pm <i>Karen Geddes-Selig</i>		Stay Tuned to Facebook and <a href="http://www.lclc.ca">www.lclc.ca</a> for additional classes

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