

**LCLC BMO FINANCIAL GROUP AQUATIC CENTRE**  
**Fall 2019 Recreational Swim Schedule Sept 1<sup>st</sup> to Sept 24<sup>th</sup>, 2019**  
 For our most up to date schedule, visit [www.lclc.ca](http://www.lclc.ca) and click on  
 "Aquatic Schedule Live View Now!"



MONDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY SWIM
7:30 AM	10:00 AM	LEISURE*
9:00 AM	9:45 AM	LCLC/YMCA AQUAFIT (3 lanes)
10:00 AM	11:00 AM	Elderfit; 3 LANE + THERAPY POOL, PLAY POOL OPEN
11:00 AM	7:00 PM	LEISURE*
7:00 PM	8:00 PM	Barracudas Practice; 1 LANE + THERAPY POOL + PLAY POOL OPEN (Starts Sept. 16)
8:00 PM	9:00 PM	MEMBER ONLY SWIM
TUESDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	10:00 AM	LEISURE*
10:00 AM	11:00 AM	Elderfit; 3 LANES + THERAPY POOL + PLAY POOL OPEN
11:00 AM	12:00 PM	LEISURE*
12:00 PM	12:45 PM	LCLC/YMCA AQUAFIT; 3 LANE + THERAPY POOL + PLAY POOL OPEN
12:45 PM	3:00 PM	LEISURE*
3:00 PM	4:00 PM	FALL SPLASH (\$4)
4:00 PM	8:00 PM	LEISURE*
8:00 PM	9:00 PM	MEMBER ONLY SWIM
WEDNESDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	8:15 AM	LCLC/YMCA AQUA BOOT CAMP; 3 LANES + THERAPY POOL + PLAY POOL OPEN
8:15 AM	10:00 AM	LEISURE*
10:00 AM	11:00 AM	Elderfit; 3 LANE + THERAPY POOL + PLAY POOL OPEN
11:00 AM	7:00 PM	LEISURE*
7:00 PM	7:45 PM	LCLC/YMCA AQUAFIT; 3 LANES + THERAPY POOL + PLAY POOL OPEN
8:00 PM	9:00 PM	MEMBER ONLY
THURSDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	10:00 AM	LEISURE*
10:00 AM	11:00 AM	Elderfit; 3 LANE + THERAPY POOL + PLAY POOL OPEN
11:00 AM	12:00 PM	LEISURE*
12:00 PM	12:45 PM	LCLC/YMCA AQUAFIT; 3 LANE + THERAPY POOL + PLAY POOL OPEN
12:45 PM	3:00 PM	LEISURE*
3:00 PM	4:00 PM	FALL SPLASH (\$4)
4:00 PM	7:00 PM	LEISURE*
7:00 PM	8:00 PM	BARRACUDAS PRACTICE; 1 LANE + THERAPY POOL + PLAY POOL OPEN (Starts Sept. 18)
8:00 PM	9:00 PM	MEMBER ONLY SWIM / BARRACUDAS PRACTICE; (3 LANES + THERAPY POOL + PLAY POOL OPEN)

FRIDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY SWIM
7:30 AM	10:00 AM	LEISURE*
10:00 AM	11:00 AM	ELDERFIT; 3 LANE + THERAPY POOL + PLAY POOL OPEN
11:00 AM	12:00 PM	LEISURE*
12:00 PM	1:00 PM	POOL CLOSED – PRIVATE BOOKING
1:00 PM	6:00 PM	LEISURE*
6:00 PM	8:00 PM	OPEN SWIM (no lanes)
SATURDAY		
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	FALL SPLASH (\$4)
7:00 PM	8:00 PM	MEMBER ONLY SWIM
SUNDAY		
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	LEISURE*
7:00 PM	8:00 PM	MEMBER ONLY SWIM
<b>DIVING BOARD WILL BE OPEN DURING AFTERNOON LEISURE SWIMS ON MONDAY, WEDNESDAY &amp; FRIDAYS FROM 1:00PM-4:00PM.</b> <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) Fall 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 / 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 & Friday afternoons from 1:00 pm – 4:00 pm.

**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 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	TUESDAY	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>Elderfit</b> 10:00 – 11:00 am
<b>YMCA/LCLC AQUA FITNESS</b> 9:00 -9:45 am <i>Alicia Barry</i> First morning – Sept.9		<b>YMCA/LCLC AQUA BOOTCAMP</b> 7:30 -8:15 am <i>Alicia Barry</i>		
<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 (Active Living Studio) <i>Pam Greer</i> <i>No Class on Sept 11, 2019</i>		<b>LCLC Yin Yang 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/YMCA HATHA FLOW YOGA</b> 7:00pm – 8:15pm (Active Living Studio) <i>Nancy Timbrell-Muckle</i> First night – Sept 16th		<b>YMCA/LCLC AQUA FITNESS</b> 7:00 -7:45 pm <i>Karen Geddes-Selig</i>		<i>Stay Tuned to Facebook and <a href="http://www.lclc.ca">www.lclc.ca</a> for additional classes</i>

**\*\*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)