

LCLC BMO FINANCIAL GROUP AQUATIC CENTRE
Fall 2019 Recreational Swim Schedule November 1 - December 8, 2019
 For our most up to date schedule, visit 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*
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	6:00 PM	LEISURE*
6:00 PM	7:00 PM	SPECIAL OLYMPICS SWIM: 3 LANES + THERAPY, PLAY POOL OPEN
7:00 PM	8:00 PM	BARRACUDAS: 1 LANE + THERAPY POOL + PLAY POOL OPEN TO PUBLIC
8:00 PM	9:00 PM	MEMBER ONLY SWIM
TUESDAY		
START	END	SWIM
6:30 AM	7:30 AM	MEMBER ONLY
7:30 AM	9:00 AM	LEISURE*
9:00 AM	9:45 AM	LCLC/YMCA AQUAFIT; 3 LANE + THERAPY POOL + PLAY POOL OPEN
10:00 AM	11:00 AM	ELDERFIT: 3 LANES + THERAPY POOL, PLAY POOL OPEN
11:00 AM	11:45 AM	ADULT SWIMMING LESSONS: 4 LANES + PLAY + THERAPY POOL OPEN
11:45 AM	3:00 PM	LEISURE*
3:00 PM	4:00 PM	FALL SPLASH (\$4)
4:00 PM	7:00 PM	SWIM LESSONS: PLAY POOL CLOSED; 3 LANES + THERAPY OPEN
7:00 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 LANES + THERAPY POOL, PLAY POOL OPEN
11:00 AM	4:00 PM	LEISURE*
4:00 PM	6:00 PM	SWIM LESSONS: PLAY POOL CLOSED; 3 LANES + THERAPY OPEN
6:00 PM	7:00 PM	SWIM LESSONS: PLAY POOL CLOSED; 1 LANE + THERAPY POOL OPEN
7:00 PM	7:45 PM	LCLC/YMCA AQUAFIT; NO LANES AVAILABLE; 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 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	7:00 PM	SWIM LESSONS: PLAY POOL CLOSED 3 LANES + THERAPY OPEN
7:00 PM	8:00 PM	BARRACUDAS: 1 LANE + THERAPY POOL + PLAY POOL OPEN TO PUBLIC
8:00 PM	9:00 PM	MEMBER ONLY SWIM

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 LANES + 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	9:00 AM	LEISURE*
9:00 AM	12:00 PM	SWIM LESSONS: PLAY POOL CLOSED; 3 LANES + THERAPY POOL OPEN
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	FALL SPLASH (\$4)
7:00 PM	8:00 PM	MEMBER ONLY SWIM
SUNDAY		
START	END	SWIM
7:30 AM	9:00 AM	LEISURE*
9:00 AM	12:00 PM	SWIM LESSONS: PLAY POOL CLOSED; 3 LANES + THERAPY POOL OPEN
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 SWIM
DIVING BOARD WILL BE OPEN DURING AFTERNOON LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAYS FROM 1:00PM-4:00PM. 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.		
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) 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
PLEASE NOTE: STARTING NOVEMBER 4, 2019, THERE WILL BE CHANGES TO THE AQUAFIT SCHEDULE
PLEASE NOTE: NO YOGA OR AQUAFIT CLASSES ON November 11, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am	Elderfit 10:00 – 11:00 am
	YMCA/LCLC AQUA FITNESS 9:00 – 9:45 am <i>Alicia Barry</i>	YMCA/LCLC AQUA BOOTCAMP 7:30 -8:15 am <i>Andrea Lohnes</i>		
LCLC Hatha Flow Yoga 10:00 – 11:15 am (Active Living Studio) <i>Pam Greer</i>		LCLC Yin Yoga 10:00 -11:15 am (Active Living Studio) <i>Pam Greer</i> <i>No classes 2nd Wed. of each month</i>		LCLC Yin Yang Yoga 10:00 -11:15 am (Active Living Studio) <i>Pam Greer</i>
YMCA/LCLC AQUA FITNESS 12:00 pm – 12:45 pm <i>Andrea Lohnes</i>			YMCA/LCLC AQUA FITNESS 12:00 -12:45 pm <i>Alicia Barry</i>	
LCLC/YMCA HATHA FLOW YOGA 7:00pm – 8:15pm (Active Living Studio) <i>Nancy Timbrell-Muckle</i>		YMCA/LCLC AQUA FITNESS 7:00 -7:45 pm <i>Karen Geddes-Selig</i>		<i>Stay Tuned to Facebook and www.lclc.ca 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: elderfitlunenburg@gmail.com; www.elderfitlunenburg.ca