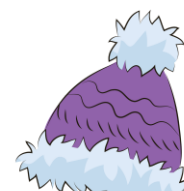


**LCLC BMO FINANCIAL GROUP AQUATIC CENTRE**  
**Winter 2020 Recreational Swim Schedule Jan 14 to March 2, 2020**  
 For our most up to date schedule, visit [www.lclc.ca](http://www.lclc.ca) and click on  
 "Aquatic Schedule Live View Now!"



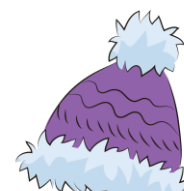
| MONDAY    |          |   |
|-----------|----------|---|
| START     | END      | SWIM  |
| 6:30 AM   | 7:30 AM  | MEMBER ONLY SWIM  |
| 7:30 AM   | 10:00 AM | LEISURE*  |
| 10:00 AM  | 11:00 AM | ELDERFIT; 3 LANES + THERAPY POOL, PLAY POOL OPEN  |
| 11:00 AM  | 12:00 PM | LEISURE*  |
| 12:00 PM  | 12:45 PM | LCLC/YMCA AQUAFIT; 3 LANES + THERAPY POOL + PLAY POOL OPEN                              |
| 12:45 PM  | 4:30 PM  | LEISURE*  |
| 4:30 PM   | 6:00 PM  | PLAY POOL CLOSED; 4 LANES + THERAPY POOL OPEN   |
| 6:00 PM   | 7:00 PM  | SPECIAL OLYMPICS; 2 LANES + THERAPY POOL + PLAY POOL OPEN                               |
| 7:00 PM   | 8:00 PM  | BARRACUDAS; 1 LANE + THERAPY POOL, PLAY POOL OPEN                                       |
| 8:00 PM   | 9:00 PM  | MEMBER ONLY SWIM  |
| TUESDAY   |          |   |
| START     | END      | SWIM  |
| 6:30 AM   | 7:30 AM  | MEMBER SWIM   |
| 7:00 AM   | 8:00 AM  | BARRACUDAS ( 2 LANES BEING USED)  |
| 8:00 AM   | 9:00 AM  | LEISURE*  |
| 9:00 AM   | 9:45 AM  | LCLC/YMCA AQUAFIT; 3 LANES + THERAPY POOL + PLAY POOL OPEN                              |
| 10:00 AM  | 11:00 AM | ELDERFIT; 3 LANES + THERAPY POOL, PLAY POOL OPEN  |
| 11:00 AM  | 11:45 PM | Adult Lessons; 4 LANES + THERAPY POOL + PLAY POOL OPEN                                  |
| 11:45 AM  | 3:00 PM  | LEISURE*  |
| 3:00 PM   | 4:00 PM  | WINTER SPLASH (\$4)   |
| 4:00 PM   | 7:00 PM  | SWIM LESSONS; PLAY POOL CLOSED; 3 LANES + THERAPY POOL OPEN                             |
| 7:00 PM   | 8:00 PM  | TRI CLUB PRACTICE; 2 LANES + THERAPY POOL + PLAY POOL OPEN                              |
| 8:00 PM   | 9:00 PM  | MEMBER ONLY SWIM  |
| WEDNESDAY |          |   |
| 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 AQUA BOOT CAMP; 3 LANES + THERAPY POOL + PLAY POOL OPEN                       |
| 10:00 AM  | 11:00 AM | ELDERFIT; 3 LANES + THERAPY POOL, PLAY POOL OPEN  |
| 11:00 AM  | 4:00 PM  | LEISURE*  |
| 4:00 PM   | 7:00 PM  | SWIM LESSONS; PLAY POOL CLOSED; 3 LANES + THERAPY POOL OPEN                             |
| 7:00 PM   | 7:45 PM  | LCLC/YMCA AQUA COMBO & BRONZE MEDALLION; LAP POOL CLOSED, 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  | WINTER SPLASH (\$4)   |
| 4:00 PM   | 7:00 PM  | SWIM LESSONS; PLAY POOL CLOSED; 3 LANES + THERAPY POOL OPEN                             |
| 7:00 PM   | 8:00 PM  | BARRACUDAS PRACTICE; 1 LANE + THERAPY POOL + PLAY POOL OPEN                             |
| 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  | FREE SWIM SPONSORED BY NS COMMUNITIES, CULTURE AND HERITAGE |
|    |          |   |
| 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.<br>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 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.<br>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. 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<br>Senior (60+): \$6      Student (18+ with ID): \$6<br>Children under 5: FREE (with paid Adult)<br>Fall Splash Swim: \$4   |          |   |

| Safety Supervision Requirements |  |  |
|---------------------------------|--|--|
| Age                             | Supervision Ratio<br>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 |

Thanks to the Province, FREE SWIMS are back on select Friday nights until February 28, 2020 PLUS on Heritage Day February 17, we have a FREE SWIM from 2 – 4 pm!

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**\*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 & 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 2020

#### WE HAVE SOME NEW CLASSES TO START THE NEW YEAR!

**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><br>10:00 – 11:00 am   | <b>Elderfit</b><br>10:00 – 11:00 am   | <b>Elderfit</b><br>10:00 – 11:00 am  | <b>Elderfit</b><br>10:00 – 11:00 am   | <b>Elderfit</b><br>10:00 – 11:00 am  |
| <b>LCLC HATHA FLOW YOGA</b><br>10:00 – 11:15 am<br>(Active Living Studio)<br><i>Pam Greer</i>                 | <b>YMCA/LCLC AQUA FITNESS</b><br>9:00 -9:45 am<br><i>Alicia Barry</i>                         | <b>YMCA/LCLC AQUA BOOTCAMP</b><br>9:00 – 9:45 am<br><i>Andrea Lohnes</i>   |   |  |
| <b>YMCA/LCLC AQUA FITNESS</b><br>12:00 – 12:45 pm<br><i>Andrea Lohnes</i>                                     | <b>LCLC/YMCA DANCERCISE</b><br>10:00 -10:45 am<br>(Active Living Studio)<br><i>Karen Wall</i> | <b>LCLC YIN YOGA</b><br>10:00 -11:15 am<br>(Active Living Studio)<br>NOTE: No Class the 2 <sup>nd</sup> Wed. of each month |  | <b>LCLC YIN/YANG YOGA</b><br>10:00 -11:15 am<br>(Active Living Studio)<br><i>Pam Greer</i>     |
| <b>LCLC/YMCA GENERAL TONING FITNESS CLASS</b><br>6:00 – 6:45 pm<br>(Active Living Studio)                     |            |  | <b>YMCA/LCLC AQUA FITNESS</b><br>12:00 -12:45 pm<br><i>Alicia Barry</i>               |  |
| <b>LCLC/YMCA HATHA FLOW YOGA</b><br>7:00pm – 8:15pm<br>(Active Living Studio)<br><i>Nancy Timbrell-Muckle</i> |   | <b>YMCA/LCLC AQUA COMBO</b><br>7:00 -7:45 pm<br><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: [elderfitlunenburg@gmail.com](mailto:elderfitlunenburg@gmail.com); [www.elderfitlunenburg.ca](http://www.elderfitlunenburg.ca)