



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE WINTER 2018 Recreational Swim Schedule January 2 – March 11, 2018

FOR OUR MOST UP TO DATE SCHEDULE VISIT 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			www.lclc.ca		
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
Play Pool Closed to Public 5:00 – 6:00pm					
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	12:00 PM	1:00 PM	POOL CLOSED – PRIVATE BOOKING
6:00 PM	6:45 PM	LCLC AQUA COMBO	1:00 PM	5:00 PM	LEISURE*
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	NOVA SCOTIA GOVERNMENT OF NS FREE SWIM
No Admittance to Swim After 7:30pm					
TUESDAY			www.lclc.ca		
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*	Play Pool Closed to Public 9:30am – 1:00pm		
10:00 AM	11:00 AM	ELDERFIT	1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
12:15 PM	1:00 PM	LCLC AQUA FITNESS	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
3:00 PM	4:00 PM	WINTER SPLASH (\$4)	5:00 PM	7:00 PM	WINTER SPLASH (\$4)
Play Pool Closed to Public 4:00 – 6:45pm					
4:00 PM	6:45 PM	LEISURE*	7:00 PM	8:00 PM	MEMBER ONLY
6:45 PM	8:00 PM	2 LANES + PLAY/THERAPY	SUNDAY www.lclc.ca		
8:00 PM	9:00 PM	MEMBER ONLY	START	END	SWIM
WEDNESDAY			www.lclc.ca		
START	END	SWIM	7:30 AM	1:00 PM	LEISURE* (1 lane 9:30am-11:30am)
6:30 AM	7:30 AM	MEMBER ONLY	Play Pool Closed to Public 9:30am – 1:00pm		
7:30 AM	6:00 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)
Play Pool Closed to Public 4:00 – 6:15pm					
6:00 PM	7:00 PM	1 LANE + PLAY/THERAPY	5:00 PM	7:00 PM	LEISURE*
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	7:00 PM	8:00 PM	MEMBER ONLY
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM- 4:00PM.		
8:00 PM	9:00 PM	MEMBER ONLY	* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
THURSDAY			www.lclc.ca		
START	END	SWIM	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.		
6:30 AM	7:30 AM	MEMBER ONLY	SWIM FEES		
7:30 AM	3:00 PM	LEISURE*	Family: \$15	Youth (18 & Under): \$5	Adult: \$7
10:00 AM	11:00 AM	ELDERFIT	Senior (60+): \$6	Student (18+ with ID): \$6	
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT	Children under 5: FREE (with paid Adult)	Winter Splash Swim: \$4	
3:00 PM	4:00 PM	WINTER SPLASH (\$4)			
Play Pool Closed to Public 4:00 – 6:45pm					
4:00 PM	7:00 PM	LEISURE*			
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY			
8:00 PM	9:00 PM	MEMBER ONLY (3 LANES + PLAY/THERAPY)			

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.



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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 and Friday afternoons from 1:00pm – 4:00pm.

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 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 \$70.00

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
		* NEW! YOGA FLOW 10:30am-11:30am (Active Living Studio) <i>Alyssa Pridham</i> No class: Jan 10, Feb 14, Mar 1, Apr 11		* NEW! FUSION FLOW 11:45am-12:30pm (Active Living Studio) <i>Alyssa Pridham</i>
*LCLC AQUA COMBO 6:00pm-6:45pm <i>Karen Geddes-Selig</i>	*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Deanne Oickle-Conrad</i>		*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Deanne Oickle-Conrad</i>	
*LCLC/YMCA HATHA FLOW YOGA 7:00pm-8:15pm (Active Living Studio) <i>Nancy Timbrell-Muckle</i>	*NEW! YOGA FLOW 5:30pm-6:30pm (Active Living Studio) <i>Deborah Coleman</i>	*YMCA/LCLC AQUA MIX 7:00pm-7:45pm <i>Karen Geddes-Selig</i>	Visit www.lclc.ca for more info on our NEW! Yoga classes and instructors.	Stay Tuned to Facebook and www.lclc.ca for additional classes
YMCA/LCLC Aqua Fitness classes and Hatha Flow Yoga 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 Martha: Phone: 902-766-0272 email:

elderfit@eastlink.ca; www.elderfitlunenburg.ca