



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE WINTER 2018 Recreational Swim Schedule March 12 – March 31, 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			FRIDAY		
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
6:00 PM	7:00 PM	3 LANES + PLAY/THERAPY	1:00 PM	5:00 PM	LEISURE*
6:00 PM	6:45 PM	LCLC AQUA COMBO	5:00 PM	6:00 PM	2 LANES + PLAY/THERAPY
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY	 NOVA SCOTIA GOVERNMENT OF NS FREE SWIM		
8:00 PM	9:00 PM	MEMBER ONLY	No Admittance to Swim After 7:30pm		
TUESDAY			SATURDAY		
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*	2:00 PM	5:00 PM	OPEN SWIM
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	5:00 PM	7:00 PM	WINTER SPLASH (\$4)
3:00 PM	4:00 PM	WINTER SPLASH (\$4)	7:00 PM	8:00 PM	MEMBER ONLY
4:00 PM	6:45 PM	LEISURE*	SUNDAY		
6:45 PM	8:00 PM	2 LANES + PLAY/THERAPY	START	END	SWIM
8:00 PM	9:00 PM	MEMBER ONLY	7:30 AM	1:00 PM	LEISURE* (1 lane 9:30am-11:30am)
WEDNESDAY			1:00pm – 2:00pm: Private Booking Option. Check Live View – Aquatic Schedule for Availability.		
START	END	SWIM	2:00 PM	5:00 PM	OPEN SWIM (no lanes)
6:30 AM	7:30 AM	MEMBER ONLY	5:00 PM	7:00 PM	LEISURE*
7:30 AM	6:00 PM	LEISURE*	7:00 PM	8:00 PM	MEMBER ONLY
10:00 AM	11:00 AM	ELDERFIT	DIVING BOARD WILL BE OPEN DURING LEISURE SWIMS ON MONDAY, WEDNESDAY & FRIDAY AFTERNOONS FROM 1:00PM-4:00PM.		
<i>Play Pool Closed to Public 4:00 – 6:15pm (on March 21st)</i>			* Please note: Bookings and/or lessons could be taking place during these swims, limiting pool space.		
6:00 PM	7:00 PM	1 LANE + PLAY/THERAPY	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.		
7:00 PM	8:00 PM	2 LANES + PLAY/THERAPY	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) Winter Splash Swim: \$4		
7:00 PM	7:45 PM	LCLC/YMCA AQUA MIX	Safety Supervision Requirements		
8:00 PM	9:00 PM	MEMBER ONLY	Age	Supervision Ratio (Adult (15+): Child)	Supervision Requirement
THURSDAY			7 years of age & under	1:3	Accompanied by an adult in the water.
START	END	SWIM	8-9 years of age	1:6	Accompanied by an adult on pool deck.
6:30 AM	7:30 AM	MEMBER ONLY	10-11 years of age	Supervision encouraged	Recommended that an Adult remain within the LCLC.
7:30 AM	3:00 PM	LEISURE*	* <i>The Lunenburg County Lifestyle Centre will be closed on Good Friday (Fri March 30th)</i>		
10:00 AM	11:00 AM	ELDERFIT	** <i>Please Note that there will be additional rentals taking place over the week of March 12th – 16th (March Break)</i>		
12:15 PM	1:00 PM	LCLC/YMCA AQUAFIT	please visit www.lclc.ca AND Click on AQUATIC Live View Now! For the most up to date schedule. **		
3:00 PM	4:00 PM	WINTER SPLASH (\$4)	www.lclc.ca 902.530.4100 info@lclc.ca		
<i>Play Pool Closed to Public 4:00 – 6:45pm (on March 22nd)</i>			Revised Feb 28 2018		
4:00 PM	7:00 PM	LEISURE*	2018		
7:00 PM	8:00 PM	1 LANE + PLAY/THERAPY			
8:00 PM	9:00 PM	MEMBER ONLY (3 LANES + PLAY/THERAPY)			



LCLC BMO FINANCIAL GROUP AQUATIC CENTRE
WINTER 2018 Recreational Swim Schedule March 12 – March 31, 2018

***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: Mar 14, Mar 21, and Apr 11		* NEW! FUSION FLOW 11:45am-12:30pm (Active Living Studio) <i>Alyssa Pridham</i> No class: Mar 16, and Mar 23
*LCLC AQUA COMBO 6:00pm-6:45pm <i>Karen Geddes-Selig</i>	*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Alicia Strong</i>		*YMCA/LCLC AQUA FITNESS 12:15pm-1:00pm <i>Alicia Strong</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