

Canmore Fall Pool Schedule 2009

Effective Sept 14-Dec 18 Times are Subject to Change - For more Information Please call 678-1537

Day	Public Swim	Splash & Swim For Parents & Preschoolers	Family Swim	Lane Swim	Masters Swim Club	Water Fitness Workouts	
						Senior Only 55+	Aqua Fitness
Monday	Toonie Swim 5:30-8:00pm Shared 5:30-7	9:15-10:15am 11:30am-1:00pm		7:00-9:00am 11:30am-1:00pm 8:00-9:00pm			9:15-10:15am
Tuesday	6:30-8:00pm	11:30am-1:00pm		7:00-9:00am** 11:30-1:00pm 8:00-9:00pm	5:30-6:30pm	9:00-10:15	Gentle 10:30-11:30
Wednesday	Toonie Swim 5:30-8:00pm Shared 5:30-7	9:15-10:15am 11:30am-1:00pm		7:00-9:00am ** 11:30am-1:00pm			9:15-10:15am
Thursday	6:30-8:00pm	11:30am-1:00pm		7:00-9:00am** 11:30-1:00pm 8:00-9:00PM	5:30-6:30pm	9:00-10:15	
Friday	*1:00-3:30pm	9:15am-1:00pm	6:30-8:00pm	7:00-9:00am 10:30am-1:00pm			9:15-10:15am
Saturday	1:00-5:00pm	11:30am-1:00pm		11:30am-1:00pm		Holiday hours Nov 11 10:30-12 Lane Swim 12-4:00 Public Swim	
Sunday	1:00-4:00pm	11:30am-1:00pm		11:30am-1:00pm	10:30-11:30am		

Splash & Swim: For Parents and Preschoolers (5 years and under)

Public Swim: all children under 7 must be accompanied by an adult

Family Swim: all children under 16 must be accompanied by an adult

. * Shared time ** Shared lane swim 7:00am-8:00am

Toonie Swim: Everyone \$2

Updated October 15, 2009

Weight Room Hours	
Mon-Fri	6:00am-9:00pm
Sat-Sun	9:00am-7:00pm
Holidays	11:30-6:30pm