

Pool Schedule

December 2018 - February 2019



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Adult Swim 6:30am - 3:00pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim		
6:30 AM		6:30am - 9:00am	6:30am - 9:00am	6:30am - 9:00am	6:30am - 10:00am		
7:00 AM			Aquafit	Parent and Tot	Aquafit		
7:30 AM			9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	Swimming Lessons	Adult Swim
8:00 AM			Adult Swim	Family Swim	Adult Swim	8:30am - 1:00pm	8:30am - 11:00am
8:30 AM			10:00am - 3:00pm	10:00am-11:00am	10:00am - 3:00pm		Aquafit
9:00 AM				Adult Swim	Adult Swim		11:00am - 12:00pm
9:30 AM				11:00pm - 3:00pm	10:00am - 3:00pm	Adult Swim	Open Swim
10:00 AM					11:00am - 3:00pm	11:00am - 3:00pm	12:00pm - 4:00pm
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Open Swim	
3:30 PM	3:00pm-5:00pm	3:00pm-4:30pm	3:00pm-4:00pm	3:00pm-4:30pm	3:00pm-4:00pm	1:00pm - 5:00pm	
4:00 PM			Open Swim				
4:30 PM			4:00pm - 7:00pm				
5:00 PM	Power Swim	Swimming Lessons		Swimming Lessons	Open Swim		Swimming Lessons
5:30 PM	5:00pm - 6:00pm	4:30pm - 8:00pm		4:30pm - 8:00pm	4:00pm - 8:30pm		4:00pm - 8:00pm
6:00 PM	Open Swim		Aquafit			Adult Swim	
6:30 PM	7:00pm - 8:00pm		7:00pm - 8:00pm			5:00pm - 9:00pm	
7:00 PM		Swim For Fitness	Adult Swim	Swim For Fitness			Adult Swim
7:30 PM		8:00pm - 9:00pm	8:00pm - 10:00pm	8:00pm - 9:00pm			8:00pm - 9:00pm
8:00 PM	Adult Swim	Adult Swim		Adult Swim	Adult Swim		
8:30 PM	8:00pm - 10:00pm	9:00pm - 10:00pm		9:00pm - 10:00pm	8:30pm - 10:00pm		
9:00 PM							
9:30 PM							
10:00 PM							

OPEN SWIM: Silver members are welcome to swim! Please note: children under the age of 10 must be accompanied by a parent or guardian over the age of 16. All children under the age of 8 must be accompanied in the water by a parent or guardian over the age of 16. Children between the ages of 8-12 must pass a swim test to enter the water unaccompanied.

FAMILY SWIM: All children under 18 must be accompanied in the water by a parent. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool. (Ratio- Adult to children under 6 years old 1:2)

ADULT SWIM: Residents over the age of 18 are welcome to enjoy the use of the pool for swimming laps, or relaxing in the water. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool.

The Pool will be booked for exclusive use during the below sessions:

ADULT/SWIM FOR FITNESS: Build your endurance and fitness in our guided program. Free for adult Platinum members.

AQUAFIT: A class for everyone, especially for those with joint ailments or injuries, get fit with this challenging water workout. A gentle low impact class in shallow water. (platinum members).

POOL RENTAL/PARTY PACKAGES: rent out the pool during an open swim time, or book your own private pool rental. If you are interested in holding a party see our party package ideas. Party rentals available on Saturday and Sundays during the open swim time. Email our aquatic coordinator james.cochrane@ferguslea.com for more information.

SWIMMING LESSONS: The best way to learn to swim! Join a class with one of our Red Cross Qualified Instructors. We have private, semi-private and group classes for children and adults.

PARENT & TOT SWIM LESSON: Introduce your baby to the water with a Parent and Tot swim lesson. A great introduction to water safety as well as social interaction. You will learn important skills such as how to submerge your child and how to build them up to be strong safe swimmers.

GUESTS: Silver members are welcome to bring their guests to the swimming facilities. (2 guests per visit) All guests must be signed in at the reception desk upon arrival.

**** NOTE:** Once a month PD days take place on Friday. An additional Open Swim will be scheduled from 2:00-4:00p.m. See Program page for PD Days.