

Pool Schedule

May 2019 - June 2019



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