

## POOL SCHEDULE – NOVEMBER/DECEMBER 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-8:00	EARLY BIRDS LANE SWIM	CONDITIONING SWIM	EARLY BIRDS LANE SWIM	CONDITIONING SWIM JLC Training	EARLY BIRDS LANE SWIM
9:15-10:15	HAPPY TIMERS Instructor Playpool OPEN	SCHOOL RENTAL	HAPPY TIMERS Instructor Playpool OPEN	SCHOOL RENTAL	HAPPY TIMERS NO Instructor Playpool RENTED
10:15-11:30	SCHOOL RENTAL		SCHOOL RENTAL		SCHOOL RENTAL
11:30-1:00	LANE SWIM Playpool OPEN				
1:00-2:30	SCHOOL RENTAL * Public if no rental, call us at 780-865-4412*				
2:45-3:45	LESSONS		LESSONS		PUBLIC
4:00-5:00	JLC	JUNIOR LIFEGUARD CLUB	JLC	JUNIOR LIFEGUARD CLUB	
5:00-5:30	LESSONS	LESSONS	LESSONS	LESSONS	RENTAL*
5:30-6:00					
6:00-6:30	FAMILY LOONIE SWIM	PUBLIC	FAMILY	PUBLIC	FAMILY
6:30-7:00					
7:00-7:30	PUBLIC LOONIE SWIM	PUBLIC	PUBLIC	PUBLIC	YOUTH SWIM* 11-17yrs
7:30-8:00					
8:00-8:30	AQUAFIT	LANE SWIM	AQUAFIT	LANE SWIM	
8:30-9:15					
9:15-9:30	LANE SWIM		LANE SWIM		
9:30-10:00					

Daily Admission (includes GST)	
Preschool (5 and under)	\$1.25
Child (6-12 years)	\$3.00
Youth (13-17 years)	\$3.50
Senior (60+ years)	\$3.50
Adult (18+ years)	\$4.75
Family (same AHC card)	\$10.75

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	SATURDAY	SUNDAY
9:00-10:00	<b>LANE SWIM</b>	
10:00-12:00	<b>PUBLIC</b> * LESSONS will run here starting Jan-10	
12:00-1:00	<b>LANE SWIM</b>	
2:00-3:00	<b>PUBLIC</b>	<b>FAMILY</b>
3:00-4:00		<b>PUBLIC</b>
4:00-4:30		
4:30-5:30		<b>RENTAL*</b>
5:30-6:30		<b>PUBLIC</b>
6:30-7:45		

AQUAFIT	Great workout for Core Conditioning, low impact class, great way to start your fitness routine or for those with joint issues.
CONDITIONING	Drop-in sessions geared at fitness, participants are coached in stroke improvement and endurance. Hot Tub and Steam Room open.
EARLY BIRD/LANE	Enjoy a structured lane swim, soak, or steam at your own pace.
FAMILY	Bring the family for a splash. Children must be accompanied by an adult.
HAPPY TIMERS	Our 50+ yrs fitness club with an instructor, great way to meet new people & stay fit!
JLC	Hinton Stingrays Junior Lifeguard Club. Call us to join!
LOONIE	Everyone is welcome, cost just \$1 per person.
PUBLIC	C'mon in for a swim.
SPLASH BASH	The pool is a rockin' place to be on Friday nights. Come and hang out with your friends at the Rec Centre during this Youth ONLY swim (ages 11-17 years).