



# Aquatic Schedule Winter 2012

## Effective January 9<sup>th</sup>, 2012 (Subject to change without notice)

**psppetawawa.com**

**Pool Hotline: 613-687-5511 x SWIM (7946)**

**Aquatics Coordinator: 613-687-5511 x 5305      Military Fitness Instructor Supervisor: 613-687-5511 x7113**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Public Swim</b> -all ages (both pools)	7:00-7:55pm	7:00-7:55pm		7:00-7:55pm	7:00-7:55pm	2:00-4:00pm	2:00-4:00pm
<b>Parent &amp; Tot</b> -(wading pool only) Children with caregiver	9:00-10:00am		10:00-11:00am		10:00-11:00am 8:00-9:30pm	4:00-5:00pm	4:00-5:00pm
<b>Teen Swim</b> – ages 13-19yrs			7:00-7:55pm				
<b>Lane Swim</b>	9:00-10:00am 9:00-9:50pm	9:00-9:50pm	10:00-11:00am 8:00-9:30pm	9:00-9:50pm	8:00-9:30pm	4:00-5:00pm	4:00-5:00pm
<b>Senior Swim</b>					9:00-10:00am		
<b>Aquafit</b>	8:00-8:50pm	9:00-10:00am	9:00-10:00am	9:00-10:00am 8:00-8:50pm			
<b>Aqua Boot Camp</b>		8:00-8:50pm					
<b>Rentals</b>	10:00-11:00am	10:00-11:00am		10:00-11:00am	10:00-11:00am	1:00-1:50pm	1:00-1:50pm

- Aquafit, Aqua Boot Camp & Senior Swim cost \$3 with CAC and \$9 without CAC.
- Public/lane swims are free with a current CAC card & for children under 3years. Daily passes for children aged 4-12 are \$3.50 & adults are \$6.00.
- Please note that the 4:00-5:00pm Family Swim on weekends is for children and their caregivers and is restricted to the wading pool.
- Parent & Tot swim is \$2 for the first child and \$1 for every additional child (adults free with CAC).
- Military ID **does not qualify** for CAC discount.
- The Hot Tub is available during Public/Lane Swims, Aquafit & Aqua Boot Camp only! The sauna is available to the public during Public/Lane Swim, Aquafit, Aqua Boot Camp & Lessons. Neither are open during rentals or special events.

**Military ONLY Pool Schedule Monday to Friday** Any Units wishing to have a group PT pool class or requires Swim testing, may request through their Ops & Trg who will contact the Military Fitness Instructor Supervisor at local x7113

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>Military Lane Swim</b>	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300		
<b>Military Unit Bookings/Lessons</b>	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 - 1200	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 - 1200	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600		
<b>Physio/Return To Work</b>		1300 - 1430		1300 - 1430			