

Labour Day Weekend September 1 - 4, 2017

Time	Friday			Saturday			Sunday			Monday			Time									
	September 1			September 2			September 3			September 4												
	Lane 1	2	3	Lane 1	2	3	Lane 1	2	3	Lane 1	2	3										
5:00 - 5:30	Pool opens @ 5:30 am												5:00 - 5:30									
5:30 - 6:00	Pool opens @ 7:00am												5:30 - 6:00									
6:00 - 6:30													6:00 - 6:30									
6:30 - 7:00													6:30 - 7:00									
7:00 - 7:30													7:00 - 7:30									
7:30 - 8:00													7:30 - 8:00									
8:00 - 8:30													8:00 - 8:30									
8:30 - 9:00													8:30 - 9:00									
9:00 - 9:30	Rec Swim 9:00 - 11:00			Rec Swim 9:30 - 12:30			Aquafit 8:20 - 9:15			Pool opens @ 9:00 am			Rec Swim 9:00 - 11:00			9:00 - 9:30						
9:30 - 10:00							Rec Swim 9:30 - 6:30									Rec Swim 12:00 - 4:30			Aquafit 11:00 - 11:55			9:30 - 10:00
10:00 - 10:30																						10:00 - 10:30
10:30 - 11:00																						10:30 - 11:00
11:00 - 11:30	Aquafit 11:00 - 11:55			Rec Swim 12:00 - 4:30						Aquafit 11:00 - 11:55			11:00 - 11:30									
11:30 - 12:00													11:30 - 12:00									
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1:30 - 2:00													1:30 - 2:00									
2:00 - 2:30													2:00 - 2:30									
2:30 - 3:00	Rec Swim 12:00 - 6:00			Rec Swim 1:30 - 6:30			Rec Swim 9:30 - 6:30			Pool closes @ 4:30 pm			Rec Swim 12:00 - 4:30			2:30 - 3:00						
3:00 - 3:30																3:00 - 3:30						
3:30 - 4:00																3:30 - 4:00						
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6:00 - 6:30																6:00 - 6:30						
6:30 - 7:00	Pool Closes @ 6:30pm												6:30 - 7:00									
7:00 - 7:30	Swim Fit 7:15 - 8:00			Pool Closes @ 6:30pm			Masters Swim 6:30 - 8:00			Pool closes @ 4:30 pm			Masters Swim 6:30 - 8:00			7:00 - 7:30						
7:30 - 8:00	Masters Swim 8:00 - 9:30															7:30 - 8:00						
8:00 - 8:30	Masters Swim 8:00 - 9:30															8:00 - 8:30						
8:30 - 9:00																8:30 - 9:00						
9:00 - 9:30													9:00 - 9:30									
9:30 - 10:00	Pool closes @ 9:30 pm												9:30 - 10:00									
	Lane 1	2	3	Lane 1	2	3	Lane 1	2	3	Lane 1	2	3										



Swim Descriptions

- **ADULT LANE SWIM** – Please follow the Lane Swim Etiquette as listed. Lap swimmers must be 12 years of age or older.
- **REC SWIM** – Open for all ages. Children in the water are to be accompanied by an adult or guardian over the age of 16. Children 12 and under must pass a Deep End Test in order to swim in the deep end.
Deep End Test – One length of the pool with a recognizable stroke and one minute of treading water. Please see the lifeguard on duty to complete the test.
- **SWIM LESSONS** - Open for all ages. Check with the Aquatics Office for schedules and information. Please be advised that private lessons may run throughout the day during other scheduled pool activities.
- **MASTERS SWIM** - For advanced swimmers looking for a challenge, Masters Swim offers a great workout and training that can help participants achieve their goals. Paid, drop-in workout.
- **AQUAFIT**: A variety of water fitness classes. Please note that Aquafit participants must have a wristband in order to join the class. This can be acquired at the fitness desk prior to the class.
Aquafit is ideal if you are looking for an alternative to weight bearing exercise. A great total body workout for all ages and all fitness levels in the pool.
Aquafit (advanced) takes your aqua training to another level. This class will increase your endurance, improve aerobic fitness and increase strength. A great way to cross train!
ROM Aquafit emphasizes range of motion exercises. This is a great class for participants with conditions/ailments such as Arthritis, Osteoporosis, Fibromyalgia, etc. with zero impact on the joints in a safe, effective and enjoyable environment
- **FROM TUMMIES TO MUMMIES AQUAFIT** – Arranged through Tummies to Mummies: 416 924-6211 ext. 531

Aquatics Office: 416 924 6211 x530

Lane Swimming Etiquette

- Choose the appropriate lane for your pace:
Fast, Medium, or Slow.
- When entering a lane, give swimmers the right of way and EVERY TIME inform other swimmers that you are entering
- Parallel swimming can be done UNTIL a third person enters the lane. Circle swimming will commence in a counter clock-wise direction when ALL SWIMMERS HAVE BEEN NOTIFIED AND ARE READY
- Allow faster swimmers to pass you once you have reached the end of the pool. Passing in the middle of the lane is also acceptable. IF YOU ARE CONSISTENTLY BEING PASSED, PLEASE MOVE TO A SLOWER LANE
- When pausing at the end of the pool, move to the corner of the lane in order to allow other swimmers to continue swimming laps
- Walking, aqua-jogging and stationary exercises can ONLY be done in the Slow or Rec Swim lane. These activities CANNOT be accommodated during Lap Swim Only times
- Lifeguards have the RESPONSIBILITY and AUTHORITY to ask you to move to a specific lane. You MUST listen to their directions, regardless of the situation. Any comments or concerns can be brought to the Aquatics Manager AFTER THE FACT (aquatics@mnjcc.org)
- The lanes can be crowded at times. Please bring your patience along with your goggles. HAVE A GREAT SWIM!

