



MEADOW LAKE
AQUATIC CENTRE

AUGUST



| SWIM EXPLANATIONS | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|-----------------|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---|------------------|
| <p>PUBLIC SWIM: Open to the public.</p> <p>FAMILY SWIM: All persons under the age of 16 MUST be accompanied by an adult.</p> <p>LANE SWIM: Open to the public, must follow the lane circuit diagram located on the pool deck.</p> <p>KIDDIE SWIM: Kiddie pool is open to parents and their toddlers; ratio is 1 parent for 2 toddlers.</p> <p>SWIMMING LESSONS: Registered children will learn valuable swimming techniques; parents are invited to watch on deck.</p> <p>MANTA RAY: Meadow Lake Swim Club practices.</p> <p>AQUA FIT: DROP INS WELCOME! Shallow water low impact cardio exercise.</p> | 8:00am-9:00am | Lessons Mon-Fri August 14 th - 25 th | Lane Swim 8:00-9:30 | Lane Swim 8:00-9:30 | Lane Swim 8:00-9:30 | Lane Swim 8:00-9:30 | Lane Swim 8:00-9:30 | FOR A BIRTHDAY PARTY BOOKING CALL 236-2686 | |
| | 9:00am-10:00am | | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | | |
| | 10:00am-11:00am | | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | Swimming Lessons 9:35-11:50 | | |
| | 11:00am-12:00pm | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim | Lane/Kiddie Swim |
| | 12:00pm-1:00pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| | 1:00pm-2:00pm | | | | | | | | |
| | 2:00pm-3:00pm | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim |
| | 3:00pm-4:00pm | | | | | | | | |
| | 4:00pm-5:00pm | Lane Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| | 5:00pm-6:00pm | | | | | | | | |
| | 6:00pm-7:00pm | CLOSED August 7 th | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| | 7:00pm-8:00pm | | | | | | | | |
| | 8:00pm-9:00pm | | | | | | | | |

ALL children 6 and under MUST have an adult accompany them in the water and stay at arm's length at ALL times. Ratio is 1 adult for every 2 children.



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Pool schedule is subject to cancellation or change without notice.

