



Meadow Lake

MEADOW LAKE
AQUATIC CENTRE

JULY



<i>SWIM EXPLANATIONS</i>		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 July 10 th – 21 st	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		Mon-Fri July 24 th – August 4 th	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	Lane/Kiddie Swim	Lane/Kiddie Swim	Lane/Kiddie Swim	Lane/Kiddie Swim	Lane/Kiddie Swim	Lane/Kiddie Swim		Lane/Kiddie Swim
	11:00am-12:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		Public Swim
	12:00pm-1:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Public Swim 2:30-4:00	
	1:00pm-2:00pm	Lane Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	2:00pm-3:00pm	Bronze Medallion / Bronze Cross Course July 10 th - 14 th	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	3:00pm-4:00pm		Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	4:00pm-5:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	5:00pm-6:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	6:00pm-7:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	7:00pm-8:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim
	8:00pm-9:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Family Swim

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.

