

Aquatic Centre Swim Schedule

Effective January 6 – April 26 2019

Closed on Statutory holidays; schedule is subject to change

SWIM DESCRIPTION		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN LEISURE SWIMS <small>Please check admission requirements.</small>		Family Swim/Slide 10:30 – 12 pm (leisure pool only)	12:30-1:30 pm 3 – 6:00 pm 6:30 – 8pm	12:30-1:30 pm 3 – 5:15 pm 7:30 – 9pm	12:30-1:30 pm 3 – 6:00pm 6:30 – 8pm	12:30-1:30 pm 3 – 5:15 pm 7:30 – 9pm	12:30-1:30 pm 3 - 5:00pm	Family Swim/Slide 10:30 – 12 pm (leisure pool only)
OPEN SWIMS All POOLS OPEN		Open Swim/Slide 1 – 3 pm					\$3 Open Swim/Slide 5:30 – 9 pm* <small>*Lane Pool opens 6:30</small>	Open Swim/Slide 2 – 3:30 pm 5 – 8 pm
SAUNA & HOT TUB		Open during swim times listed – closed during private rentals.						
TOT SWIM <small>Restricted to children 5 yrs. & under with adult in water</small>		10:30 am – 3 pm	7 am – 8:30 pm	7 am – 4:30 pm 6:00 – 8:30 pm	7 am – 8:30 pm	7 am – 4:30 pm 6:00 – 8:30 pm	7 am – 9:00pm	8:30 am – 1:00 pm 5 – 8 pm
LANE SWIMS <small>(Min 2 lanes)</small>	AM	10:30 am – 12:30 pm	7 am – 4 pm	7 am – 5 pm	7 am – 4 pm	7 am – 5 pm	7 am – 4 pm	11 am – 1 pm
	PM		8 – 9:30 pm	8 – 9:30 pm	8 – 9:30 pm	8 – 9:30 pm		
WATERFIT Lane Pool		12:00 – 12:45pm	8:30 – 9:15am 6:45 – 7:15pm Kids BOGA	8:30 – 9:15am 7:30 – 8:15pm	8:30 – 9:15am 7:30 – 8:15pm BOGA	8:30 – 9:15am 7:30 – 8:15pm	8:30 – 9:15am	
GENTLEFIT Leisure Pool		10:00 – 10:30 am	8:30 – 9 am	8:30 – 9 am	8:30 – 9 am	8:30 – 9 am	8:30 – 9 am	
Instructional Programs <small>Please consult the Leisure Guide or our Online Listings for Session dates and times</small>		Red Cross Swim Lessons 8:30 – 10:30 am	Teen/Adult Swim Lessons 11:05 – 11:40am 7:45 – 8:30pm	Teen/Adult Lessons 11:05 – 11:40am Red Cross Swim Lessons 5:30 – 8 pm	Teen/Adult Swim Lessons 11:05 – 11:40am 7:45 – 8:30pm	Teen/Adult Lessons 11:05 – 11:40am Red Cross Swim Lessons 5:30 – 8 pm		Drop In Swim Lessons 9:45 – 10:15am Sensory Swim Lessons 12:05 – 12:50pm
RENT THE POOL!		3:15 – 4:15 pm	 KENORA RECREATION CENTRE <i>welcome to wellness</i>					1:00 - 2:00pm 3:45 – 4:45 pm

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Swim Descriptions

Open Swim

Everyone welcome! Come and enjoy the lane pool, leisure pool, tot pool, hot tub and sauna. If you feel like having a leisurely swim, doing some exercises or splashing around this is the swim for you. Attractions may open upon lifeguards discretion. Please check the admission requirements.

Leisure Swim

Enjoy the leisure pool all to yourself! If you want to relax, work on some stretches or do some exercises this is the swim for you. This pool is at the right temperatures for post surgery stretches.

Family Swim

Fun for the whole family! An adult family member must accompany children in the water. There is no limit to the # of swimmers in the family group as long as all are members of the family – no additional guests please.

Lane Swim

Refresh yourself with an invigorating swim! Lap swimming for active swimmers age 13 years and over. Swimmers under the age of 13 may swim lanes if accompanied by a Parent. The Lane Pool will be set-up in lanes. At times, the pool will be shared with other programs; however, a minimum of 2 lanes will be open at all times.

WaterFit

If you enjoy the water and would like to improve your fitness level, this is the program for you! Try this fun and different way to trim and tone those muscles, while improving your cardiovascular system. BOGA is our new floating fitness mat workout program.

Gentle WaterFit

A gentle stretching & exercising program. This is an excellent class for individuals with arthritis, joint pain, back trouble, recovering from recent surgery or wanting some gentle exercise!

Registered Programs

(You must register prior to attending.)

Instructional Classes

Swim & Play: Classes for babies & toddlers accompanied in the water by a parent or caregiver.

Sensory Swim Lessons – low ratio swimming lessons (3 participants max) for participants with sensory issues and/or special needs.

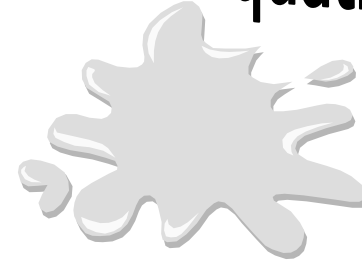
Red Cross Preschool – Classes for children 3 – 6 years of age.

Red Cross Swim Kids: Classes for children 5 – 12 years of age.

Red Cross Teen/Adult: Classes for teens and adults – set your individual goals!

LSS Courses: We offer Canadian Swim Patrol, Bronze Medallion and Cross. Check registration ad for specific dates and age requirements. This is the first step to a future in aquatics.

Welcome to the Aquatic Centre!



Admission Requirements

Lane & Leisure Pool

Children who are between the **ages of 9 and 10 years must complete a facility swim test** to enter unaccompanied. Children who do not meet this requirement must be under the direct supervision (within arm's reach) of a responsible person 16 years of age or older. No more than 2 children under the direct supervision of one adult. Children **who are 8 years and younger must be accompanied by a parent/guardian.**

Water Slide

To ride the water slide you must be at least 42" (107 cm) tall and able to comfortably swim 3 metres unassisted. Flotation devices cannot be worn on the slide and jewelry must be removed. Parents cannot 'catch' children at the bottom of the slide.

Tot Pool

Restricted to children age 5 years and under accompanied in the water and directly supervised by an adult. Accompanying adult is responsible for supervision of children in their care & **must** stay in the water & within arm's reach at all times.

Sauna

Admittance is restricted to persons 14 years of age and older.

Hot Tub

Children under the age of 12 are not allowed in the hot tub unless accompanied and supervised by a person who is 16 years of age or older.

Pool Descriptions

Leisure Pool: Water- spray features on at various times.
Water depth 2' – 3'6" Water temp. 85 - 87° F

Lane Pool: 25 m., 6 lanes
Water depth 3'8" - 10' Water temp. 81 - 83° F,
3m diving board

Tot Pool: Wading Pool with fish water-spray feature
Water depth 1' -2'6" Water temp. 91 - 93° F