





Recreation Swim Schedule - Indoor Pools


Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Splash Only	Older Adult AquaFit	AquaFit	Diaper Fit
Angus Glen Pool June 14 - Sept. 5 *Pool Closed June 9 	Mon.	6:30 - 8:00 a.m. 8:45 - 10:15 p.m.	8:45 p.m. - 10:15 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.	11:30 a.m.-12:30 p.m.	8:00 - 8:45 a.m. 8:00 - 8:45 p.m.	
	Tue.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.			
	Wed.	6:30 - 8:00 a.m. 8:45 - 10:00 p.m.	8:45 - 10:15 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.	11:30 a.m.-12:30 p.m.	8:00 - 8:45 a.m. 8:00 - 8:45 p.m.	
	Thu.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 11:30 a.m.-12:30 p.m. 8:00 - 9:30 p.m.	1:30 - 3:00 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.			
	Fri.	6:30 - 8:00 a.m. 11:30 - 12:45 p.m.	11:30 - 12:45 p.m.	1:30 - 3:00 p.m. 8:00 - 9:30 p.m.	9:00 - 11:30 a.m.** 5:00 - 8:00 p.m.		8:00 - 8:45 a.m.	12:45-1:30 p.m.
	Sat.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	12:00 - 2:00 p.m. 8:00 - 9:30 p.m.	9:00 a.m. - 12:00 p.m.			
	Sun.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	3:00 - 5:00 p.m.	9:00 a.m. - 12:00 p.m.			

Note: **Note: Splash Only** - Only open during lesson times. Refer to session dates page for details.
****Open June 28-Aug 19 only**
Holiday Hours: Thurs. July 1, Mon. Aug 2 & Mon. Sept 6: Lane Swim with Parent and Tot: 1:00 - 2:00 p.m., Rec Swim: 2:00 - 4:00 p.m.,

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit**	AquaFit**	Note
Centennial Pool June 26 - Sept 5, 2010 	Mon.	6:00-8:30 a.m.* 11:30-1:00 p.m. 9:00-10:30 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m. 7:00-8:00 p.m.	10:30-11:30 a.m.	8:45-9:30 a.m. 8:00-8:45 p.m.	* Shared use ** Aquafit is a registered program with drop-in permitted where space allows. Annual Shutdown Sep 6 - Oct 1 Holiday Schedule in effect July 1, Aug 2 (1-2 Lane Swim / P&T, 2-4 Rec)
	Tue.	6:00-8:30 a.m.* 10:30 am-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m.		8:45-9:30 a.m.	
	Wed.	6:00-8:30 a.m.* 11:30-1:00 p.m. 9:00-10:30 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m. 7:00-8:00 p.m.	10:30-11:30 a.m.	8:00-8:45 p.m.*	
	Thu.	6:00-8:30 a.m.* 10:30-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m.		8:45-9:30 a.m.	
	Fri.	6:00-8:30 a.m.* 11:30-1:00 p.m.	11:30-1:00 p.m.	2:00-4:00 p.m. 7:00-9:00 p.m.	10:30-11:30 a.m.		
	Sat.	12:00-1:30 p.m.	12:00-1:30 p.m.	1:30-4:00 p.m.			
	Sun.	12:00 - 1:30 p.m.	12:00-1:30 p.m.	1:30-4:00 p.m.			


Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit	AquaFit	Note	
Milliken Mills Pool June 15 - Sept. 6, 2010 	Mon.	6:30-8:00 a.m. 10:00-1:00 p.m. 8:45-10:00 p.m.	10:00-1:00 p.m.			8:00-8:45 p.m. (begins Jul. 5)		
	Tue.	6:30-8:00 a.m. 11:00-1:00 p.m. 2:30-4:00 p.m. 8:30-10:00 p.m.	10:00-1:00 p.m. 2:30-4:00 p.m.	7:00-8:30 p.m.	10:00-11:00 a.m.	9:15-10:00 a.m.	* Ladies only Older Adult AquaFit: Older Adults (55 and older)	
	Wed.	6:30-8:00 a.m. 10:00-1:00 p.m. 8:45-10:00 p.m.	10:00-1:00 p.m.			8:00-8:45 p.m.* (begins Jul. 5)	PA days: Rec. Swim: 1:00 - 2:30 p.m.	
	Thu.	6:30-8:00 a.m. 11:00-1:00 p.m. 8:30-10:00 p.m.	10:00-1:00 p.m.	7:00-8:30 p.m.	10:00-11:00 a.m.	9:15-10:00 a.m. (Ladies Only)	Holiday Hours: Lane Swim/Parent & Tot: 1:00 p.m. - 2:00 p.m. Rec Swim: 2:00 p.m. - 4:00 p.m.	
	Fri.	6:30-8:00 a.m. 10:00-1:00 p.m. 2:30-4:00 p.m. 9:00-10:00 p.m.	10:00-1:00 p.m. 2:30-4:00 p.m.	7:00-9:00 p.m.	Holiday Hours: Thur., Jul. 1, Mon., Aug. 2, & Sep. 6 Lane Swim: 1:00 - 2:00 p.m. Rec Swim: 2:00 - 4:00 p.m.			
	Sat.	7:30-9:00 a.m.	7:30-9:00 a.m.	2:00-4:00 p.m.				
	Sun.	7:30 - 9:00 a.m. 8:00 - 9:30 p.m.	7:30-9:00 a.m. 8:00-9:30 p.m.	2:00-4:00 p.m. 6:30-8:00 p.m.*				


Pool	Day	Lane Swim	Rec Swim	AquaFit	Note
Thornlea Pool Jun. 28-Aug. 21 	Mon.	8:00 - 9:00 a.m. 12:00 - 1:30 p.m. 9:30 - 10:30 p.m.	1:30 - 3:30 p.m.	7:30 - 8:15 p.m.	
	Tue.	8:00 - 9:00 a.m. 12:00 - 1:30 p.m.	1:30 - 2:30 p.m.	7:30 - 8:15 p.m.	
	Wed.	8:00 - 9:00 a.m. 12:00 - 1:30 p.m.	1:30 - 3:30 p.m. 8:30 - 9:30 p.m.**	7:30 - 8:15 p.m. 9:30 - 10:30 p.m.	* Shared use ** Ladies only
	Thu.	8:00 - 9:00 a.m. 12:00 - 1:30 p.m.	1:30 - 2:30 p.m.	7:30 - 8:15 p.m.	Annual Shutdown Aug 21-Sept 20 2010
	Fri.	8:00 - 9:00 a.m. 12:00 - 1:30 p.m. 8:30 - 10:30 p.m.	1:30 - 3:30 p.m. 7:30 - 8:30 p.m.		Pool closed July 1st and Aug 3rd
	Sat.	6:00 - 7:30 p.m.* 12:00 - 1:30 p.m.*	12:00 - 1:30 p.m.* 7:30 - 9:00 p.m.		
	Sun.	11:00 - 12:00 p.m. 12:30 - 2:00 p.m.* 7:00 - 8:00 p.m.	12:00 - 1:30 p.m.*		

Pool	Day	Aqua Stretch	Water Yoga	Leisure Swim	Parent & Tot	Water Pilates	Note
Thornhill Therapeutic Pool June 28-Sept 3 	Mon.	10:00 - 10:45 a.m.* 7:00 - 7:45 p.m.*	8:00 - 9:00 p.m.*	12:00 - 1:30 p.m.	3:30 - 4:30 p.m.		
	Tue.	10:00 - 10:45 a.m.	9:00 - 10:00 a.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Wed.	1:30 - 2:15 p.m. 7:00 - 7:45 p.m.		12:00 - 1:30 p.m.	10:00 - 11 a.m. 3:30 - 4:30 p.m.	8:00 - 9:00 p.m.	Thornhill Therapeutic Pool closed July 1st, Aug 3rd and Sept 7
	Thu.	10:00 - 10:45 a.m.	2:30 - 3:30 p.m.	1:00 - 2:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.		
	Fri.	10:00 - 10:45 a.m.		12:00 - 1:30 p.m. 7:00 - 8:30 p.m.	3:30 - 4:30 p.m.	10:00 - 11:00 a.m.	
	Sat.			2:00 - 3:30 p.m.	12:30 - 2:00 p.m.		
	Sun.			2:00 - 3:30 p.m.			


* Program is available for advanced registration. Class sizes are limited, participants will be taken on a first come first serve basis. Due to popular demand, all Older Adult Aquafit classes at Thornhill C.C. are available by advanced registration only. See Pages 183 for course barcodes.

Recreation Swim Schedule - Outdoor Pools

Pool	Day	Lane Swim	Parent & Tot *Shared Use	Rec Swim	Note
Morgan Pool (Outdoor) Jun 7 - Jun 27 	Mon.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Tue.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Wed.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Thu.		4:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Fri.	2:00 - 3:30 p.m.	2:00 - 5:30 p.m.*	5:30 - 8:00 p.m.	
	Sat.		11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	
	Sun.	10:00 - 11:00 a.m.	11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	

Pool	Day	Lane Swim	Parent & Tot *Shared Use	Rec Swim	OAAF** **AquaFit is a registered program with drop-in permitted where available	Deep AquaFit**	AquaFit**
Morgan Pool (Outdoor) Jun 28 - Sep 6 	Mon.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			11:45 a.m. - 12:30 p.m.
	Tue.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			
	Wed.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.			
	Thu.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.		10:00 - 10:45 a.m.	
	Fri.	12:30 - 1:30 p.m.	12:30 - 1:30 p.m.	2:30 - 8:00 p.m.	11:45 a.m. - 12:30 p.m.		
	Sat.		11:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.	Holiday Hours: Jul 1, Aug 2, Sep 6 Rec Swim 1:00 - 4:00 p.m.		
	Sun.	10:00 - 11:00 a.m.	10:00 a.m. - 1:00 p.m.*	1:00 - 8:00 p.m.			

Pool	Day	Lane Swim	Rec Swim	Older Adult AquaFit	AquaFit	Note
Rouge River Pool (Outdoor) June 7 - June 25 	Mon.-Fri.		4:00 - 7:00 p.m.			
	Sat.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			
	Sun.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			

Pool	Day	Lane Swim	Rec Swim	Parent & Tot	AquaFit/DiaperFit	Note
Rouge River Pool (Outdoor) June 28 - Sep 6 	Mon.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m. - 11:30 a.m.		Holiday Hours: (Jul. 1, Aug 2, Sep 6) Rec Swim: 1:00 - 4:00 p.m.
	Tue.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.		10:30 a.m. - 11:15 a.m.	
	Wed.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m. - 11:30 a.m.		
	Thu.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.		10:30 a.m. - 11:15 a.m.	
	Fri.		2:30 p.m. - 5:30 p.m. 6:30 p.m. - 8:00 p.m.	10:30 a.m. - 11:30 a.m.		
	Sat.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			
	Sun.		1:00 p.m. - 4:00 p.m. 4:30 p.m. - 7:00 p.m.			