



# RECREATIONAL SWIM SCHEDULE

## Cornell Pool to Winter 2020

(From January 15 to March 22)

Day	Lane Swim	Therapy Swim (16 years and older)	Parent & Tot	Rec Swim	Splash Only (Ends March 6)	Drop to in Aquafit	Registered Aquafit
Monday	6:30 to 8:30 AM 12:00 to 1:30 PM 8:00 to 10:00 PM	6:30 to 8:30 AM 12:30 to 1:30 PM 8:00 to 10:00 PM	11:30 to 12:30 PM		4:30 to 7:00 PM	8:35 to 9:20 AM (Shallow) 11:00 to 11:45 AM (Deep)	11:00 to 11:45 AM (Hip & Knee)
Tuesday	6:30 to 8:30 AM Noon to 1:30 PM 9:00 to 10:00 PM	6:30 to 8:30 AM 12:30 to 1:30 PM 9:00 to 10:00 PM	11:30 to 12:30 PM		4:30 to 7:30 PM	8:35 to 9:20 AM (Shallow) 9:30 to 10:15 AM (Older Adult) 10:30 to 11:15 AM (Deep) 8:00 to 8:45 PM (Shallow)	9:30 to 10:15 AM (Aqua Stretch) 10:30 to 11:15 AM (Oh My Aching Body) 11:15 to 12:00 PM (Aqua Cardio)
Wednesday	6:30 to 8:30 AM Noon to 2:00 PM 9:00 to 10:00 PM	6:30 to 8:30 AM <i>Starting Jan 29:</i> 1:00 to 2:00 PM 9:00 to 10:00 PM	Noon to 1:00 PM	7:30 to 9:00 PM Shallow End	4:30 to 7:00 PM	8:35 to 9:20 AM (Shallow) 11:00 to 11:45 AM (Deep)	11:00 to 11:45 AM (Aqua Stretch)
Thursday	6:30 to 8:30 AM Noon to 2:00 PM 9:00 to 10:00 PM	6:30 to 8:30 AM 1:00 to 2:00 PM 9:00 to 10:00 PM	11:15 to 1:00 PM		4:30 to 7:00 PM	8:35 to 9:20 AM (Shallow) 9:30 to 10:15 AM (Older Adult) 10:30 to 11:15 AM (Deep) 8:00 to 8:45 PM (Shallow)	9:30 to 10:15 AM (Aqua Stretch) 10:30 to 11:15 AM (Hip & Knee) 11:15 to Noon PM (Aqua Cardio)
Friday	6:30 to 8:30 AM Noon to 2:00 PM	6:30 to 8:30 AM 1:00 to 2:00 PM	11:45 to 1:00 PM	8:00 to 9:30 PM	4:30 to 7:30 PM	8:35 to 9:20 AM (Shallow) 11:00 to 11:45 AM (Deep)	11:00 to 11:45 AM (Oh My Aching Body)
Saturday	7:00 to 8:55 AM 7:00 to 8:30 PM	7:00 to 8:55 AM 7:00 to 8:30 PM	7:30 to 9:00 AM	1:00 to 2:30 PM 3:30 to 5:00 PM	9:00 AM to Noon 5:30 to 7:00 PM		
Sunday	7:00 to 8:55 AM	7:00 to 8:55 AM	7:30 to 9:00 AM	1:00 to 2:30 PM 3:30 to 5:00 PM	9:00 AM to Noon 5:30 to 7:00 PM		7:00 to 7:45 PM (Water Pilates)

### Holiday Schedules:

Monday February 17 (Family Day): Lane and Parent and Tot Swim: 10:00 AM to 11:30 AM; Recreational Swim: Noon to 2:00 PM

**Note:** Extra fee applies to Water Pilates. Lane Swim, Therapy Swim, Recreational Swim, Shallow Aquafit, Deep Aquafit and Older Adult Aquafit included with Fitness membership.

For more drop to in programming, visit [markham.ca/recreation](http://markham.ca/recreation).

