

Recreational Swim Schedule



Angus Glen Pool - Winter 2017

Day	Start/End Dates	Lane Swim	Parent & Tot	Rec Swim	Older Adult Aquafit	Aquafit
Monday	Jan 2 – March 13	6:30am – 8:00am 11:00am – 1:00pm	6:30am – 8:00am 10:00am – 1:00pm	7:00pm – 8:30pm	9:00 AM–10:00 AM	8:00am – 8:45am (Deep) 10:00am – 10:45am (Shallow) 8:30pm – 9:15pm (Shallow)
Tuesday	Jan 3 – March 14	7:30am – 9:00am 12:00pm – 2:30pm 8:00pm – 9:30pm	7:30am – 9:00am 12:00pm – 2:30pm 8:00pm – 9:30pm			
Wednesday	Jan 4 – March 15	6:30am – 8:30am 12:30pm – 2:30pm 8:45pm – 10:00pm	6:30am – 8:30am 12:30pm – 2:30pm		9:00 AM–10:00 AM	10:00am – 10:45am (Shallow) 8:00pm – 8:45pm (Shallow)
Thursday	Jan 5 – March 16	7:30am – 9:00am 12:30pm – 2:30pm 8:00pm – 9:30pm	7:30am – 9:00am 12:30 pm – 2:30pm 4:00 pm – 5:30 pm 8:00pm – 9:30pm			
Friday	Jan 6 – March 17	6:30am – 8:00am 11:00am – 1:00pm	6:30am – 8:00am 11:00am – 1:00pm	7:00pm – 9:00pm	9:00 AM–10:00 AM	8:00am-8:45am (Deep) 10:00am – 10:45 am (Shallow)
Saturday	Jan 7 – March 18	7:30am – 9:00am 12:00pm – 1:30pm	7:30am – 9:00am 12:00pm – 1:30pm	7:00pm – 9:00pm		
Sunday	Jan 8 – March 19	7:30am – 9:00am	7:30am – 9:00am	1:00pm – 3:00pm		

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca



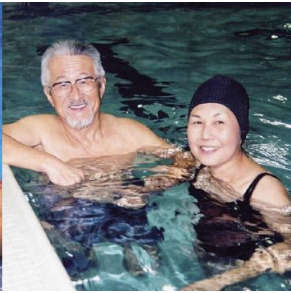


Centennial Pool - Winter 2017

Day	Start/End Dates	Lane Swim	Parent & Tot	Older Adult Aquafit**	Aquafit
Monday	January 2 nd – March 19 th	6:00 am – 9:00am 11:30am – 1:00pm 9:00pm – 10:30pm	4:00pm – 6:00pm		9:15am – 10:00am (Deep) 8:05pm – 8:50pm (Shallow/Deep)
Tuesday		6:00am – 9:00am 11:30am – 1:00pm	4:00 pm – 6:00 pm	9:00am – 9:45am	
Wednesday		6:00am – 9:00am 11:30am – 1:00pm 9:00pm – 10:30pm	4:00pm – 6:00pm	10:15am – 11:00am	9:15am – 10:00am (Deep) 8:05pm – 8:50pm (Kick Butt Cardio)
Thursday		6:00am – 9:00am 11:30am – 1:00pm	4:00pm – 6:00pm	9:00am – 9:45am	
Friday		6:00am – 9:00am 11:30am – 1:00pm	4:00pm – 7:00pm	10:15am – 11:00am	9:15am – 10:00am (Shallow/Deep)
Saturday		12:00pm – 1:30pm	12:00 pm – 1:30 pm		8:00am – 8:45am (Deep)
Sunday		7:00am – 9:00am 12:00pm – 1:30pm	12:00 pm – 1:30 pm		
Notes: ** Registered program with drop-in permitted where space allows Holiday Schedule: Monday February 20 11:30 – 1pm Lane Swim / Parent & Tot Family Day 1pm – 2:30pm Recreation Swim					

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca





Recreational Swim Schedule



Cornell Pool - Winter 2017

Day	Start/End Dates	Lane Swim/Therapy Swim	Parent & Tot	Rec Swim	Splash Only**	Drop-in Aquafit	Registered AF	
Monday	January 2	6:30 – 8:30am 12:00 – 1:30pm 8:00 – 10:00pm	10:30 – 12:00pm		5:00 – 7:30pm	8:30 – 9:15am (Shallow) 11:00 – 11:45am (Deep)		
Tuesday		6:30 – 8:30am 12:00 – 1:30pm 9:00 – 10:00pm			5:00 – 7:00pm	8:30-9:15am (Shallow) 9:30 – 10:15am (Kick Butt Cardio) 9:30 – 10:15am (S/D Combo) 10:30-11:15am (Deep) 8:00-8:45pm (Shallow)	8:30-9:15am (Water Yoga)^ 9:30-10:15am (Aqua Stretch) 10:30-11:15am (Oh My Ach. Body) 11:15-12:00pm (Cardio/Therapy)	
Wednesday		6:30 – 8:30am 12:00-2:00pm 9:00 – 10:00pm	11:30 – 1:00pm	7:30 – 9:00pm (Shallow Only)	5:00 – 7:00pm	8:30 – 9:15am (Shallow) 11:00-11:45am (Deep)	11:00-11:45am (Aqua Stretch)	
Thursday		6:30 – 8:30am 12:00 – 2:00pm 9:00 – 10:00pm	10:30 – 12:00pm		5:00 – 7:30pm	8:30 - 9:15am (Shallow) 9:30-10:15am (Older Adult) 10:30 – 11:15am (Deep) 8:00-8:45pm (Shallow)	8:30-9:15am (Water Yoga)^ 9:30-10:15am (Aqua Stretch) 10:30-11:15am (Hip & Knee) 11:15-12:00pm (Cardio/Therapy)	
Friday		March 24	6:30 – 8:30am 12:00-2:00pm	11:30 – 1:00pm	8:00 – 9:30pm	5:00 – 7:30pm	8:30- 9:15am (Kick Butt Cardio) 11:00 – 11:45am (Deep)	
Saturday			7:00 – 9:00am* 7:00-8:30pm	7:30 – 9:00am	1:00 – 2:30pm 3:30 – 5:00pm	9:00 – 11:30am 5:30 – 7:00pm		
Sunday			7:00 – 9:00am	7:30 – 9:00am	1:00 – 2:30pm 3:30 – 5:00pm	9:00 – 11:30am 5:30 – 7:00pm		7:00-7:45 pm (Pilates)^

Holiday Schedules:

Family Day- Monday February 20th, 2017: Lane/P&T: 11:00 a.m. - 12:30 a.m. // Rec Swim: 1:00 p.m. – 3:00 p.m.

March Break Schedule: March 13 – March 17: Call pools for details

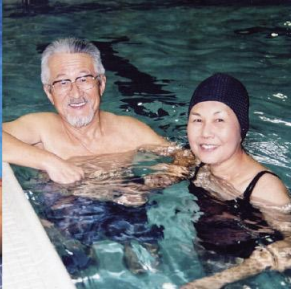
POOL CLOSED:

**** indicates only available during regular lesson set; * indicated shared space; ^ indicated specialty aquafit classes, specialty rates apply**

Printed: January 11, 2017

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca





Recreational Swim Schedule



Milliken Pool - Winter 2017

Day	Start Date/End Date	Lane Swim	Parent & Tot	Rec Swim	Older Adult Aquafit	Aquafit	Ladies Only Swim
Monday	January 2 – June 30	6:30am – 8:00am 10:30am – 1:00pm 9:00pm – 10:00pm	10:30am – 1:00pm			8:00pm – 8:45pm	
Tuesday		6:30am – 8:00am 11:00am – 1:00pm 2:30pm – 4:00pm 8:30pm – 10:00pm	11:00am – 1:00pm 2:30pm – 4:00pm	7:00pm – 8:30pm	10:00am – 11:00am	9:15am – 10:00am	
Wednesday		6:30am – 8:00am 10:30am – 1:00pm 9:00pm – 10:00pm	10:30am – 1:00pm				7:15pm – 8:00pm Aquafit Class 8:00pm – 8:45pm Lane/Rec Combined
Thursday		6:30am – 8:00am 11:00am – 1:00pm 8:30pm – 10:00pm	11:00am – 1:00pm	7:00pm – 8:30pm	10:00am – 11:00am	9:15am – 10:00am	
Friday		6:30am – 8:00am 10:30am – 1:00pm 2:30pm – 4:00pm 9:00pm – 10:00pm	10:30am – 1:00pm 2:30pm – 4:00pm	7:00pm – 9:00pm			
Saturday		7:30am – 9:00am	7:30am – 9:00am	2:30pm – 4:00pm			
Sunday		7:30am – 9:00am 8:15pm – 9:30pm	7:30am – 9:00am 8:15pm – 9:30pm	2:30pm – 4:00pm			6:45pm – 8:00pm Lane/Rec Combined

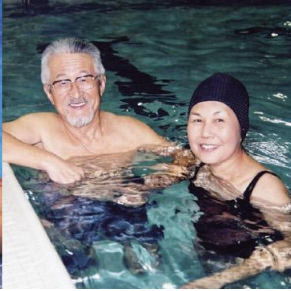
Pool Closed: January 1, April 14, April 17, May 22 and July 1

NOTE: We do not guarantee female staff for the ladies only swims. Male staff may be present.

Aquafit participants are given a grace period of 15 minutes to use the hot tub and sauna after their class at this facility.

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca





Recreational Swim Schedule



Pan Am Centre - Winter 2017

Day	Start/ End Dates	Endurance Lane Swim
Monday	Jan 2 – June 26	5:30am-7:30am – Short Course 25m 8:30pm-10:00pm – Long Course 50m
Tuesday	Jan 3 – June 27	5:30am-7:30am – Long Course 50m 11:00am-2:00pm – Long Course 50m 8:00pm-9:30pm – Long Course 50m
Wednesday	Jan 4 – June 28	5:30am-7:30am – Short Course 25m
Thursday	Jan 5 – June 29	5:30am-7:30am – Short Course 25m 8:00pm-9:30pm – Short Course 25m
Saturday		10:00am-2:00pm – Long Course 50m February 4, 11, 18, March 11, 18, April 15
Sunday		10:00am-2:00pm – Long Course 50m January 22, February 5, 12, 19, March 12, 19, April 16

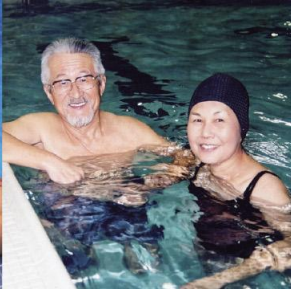
Pool Closed: January 1, February 20, April 14, April 17, May 22, July 1.

The Pan Am Pool is subject to cancellations for events.

Endurance Lane Swim Cancellations: Thursday's 8:00-9:30pm - January 12, April 21, May 18, June 1, June 8

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca





Recreational Swim Schedule



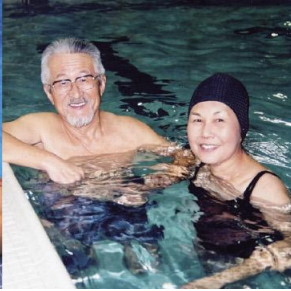
Thornhill Therapeutic Pool - Winter 2017

Day	Start/End Dates	Therapy Swim	Parent & Tot Swim	Aqua Fitness		Speciality Aqua Fitness	
Monday	Jan 2 – Mar 6	12:00 - 1:30pm		9:00 - 9:45am (Older Adult)	10:00 - 10:45am (Aqua Stretch)	11:00 - 11:45am (Water Pilates)	8:00 - 8:45pm (Water Yoga)
Tuesday	Jan 3 – Mar 7	1:00 - 2:30pm 7:30 - 9:00pm	6:00 - 7:30pm	10:00 - 10:45am (Older Adult) 12:00 - 12:45pm (Older Adult)	11:00 - 11:45am (Aqua Stretch)	9:00 - 9:45am (Water Yoga)	
Wednesday	Jan 4 – Mar 8	12:00 - 1:00pm		9:00 - 9:45am (Older Adult) 11:00 - 11:45am (Aqua Stretch)	10:00 - 10:45am (Diaper Fit) 7:00 - 7:45pm (Aqua Stretch)	6:00 - 6:45pm (Ladies Only) 8:00 - 8:45pm (Water Pilates)	
Thursday	Jan 5 – Mar 9	1:00 - 2:30pm	10:00 - 11:00am	9:00 - 9:45am (Hip & Knee) 11:00 - 11:45am (Aqua Stretch)	12:00 - 12:45pm (Older Adult)		
Friday	Jan 6 – Mar 10	12:00 - 1:30pm 7:30 - 9:00pm		9:00 - 9:45am (Older Adult)	10:00 - 10:45am (Hip & Knee)	11:00 - 11:45am (Water Pilates)	
Saturday	Jan 7 – Mar 4	12:30 - 2:00pm	2:00 - 3:30pm	Note: Drop in available only if space permits for Aqua Fitness Programs.			
Sunday	Jan 8 – Mar 5	12:30 - 2:00pm	2:00 - 3:30pm				

**Holiday Schedules: Monday, January 1, 2017- Closed –
Monday, February 20, 2017→10am-11:30am Parent & Tot Swim, 11:30am-1pm Therapy Swim**

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca





Recreational Swim Schedule



Thornlea Pool - Winter 2017

Day	Start/End Dates	Lane Swim	Rec Swim	Aqua Fitness
Monday	Jan 9 – Mar 6	6:30am – 9am* 9:30 -10:30pm		7:30 - 8:15am (Shallow & Deep Water)
Tuesday	Jan 10 – Mar 7	6:30am – 8:30am 10:30am – 1:30pm (exclude Jan 24)		
Wednesday	Jan 11 – Mar 8	6:30am – 9am 8:00 – 9:30pm		
Thursday	Jan 12 – Mar 9	6:30am – 8:30am		
Friday	Jan 13 – Mar 10	6:30am – 9am*		7:30 - 8:15am (Shallow & Deep Water)
Saturday	Jan 7 – Mar 4	12:00 - 1:30pm*	12:00 - 1:30pm*	
Sunday	Jan 8 – Mar 5	12:00 - 1:30pm*	12:00 - 1:30pm*	

Holiday Schedules:

Monday, January 1, 2017- Closed

Monday, February 20, 2017- Closed

*Shared Use

For a full schedule of Recreation Swimming at all Markham Pools, visit www.markham.ca

