










Drop-In Aquatic Schedule (effective July 2- August 14)

The pool is not available for public drop-in outside the scheduled times below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>	
Aqua HIIT 8:30-9:30am Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>		Aqua HIIT 8:30-9:30am Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>		Aqua HIIT 8:30-9:30am Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>	
Aqua LITE 11:00-11:45am <i>Hot Tub available</i>		Aqua DEEP 11:00-11:45am <i>Hot Tub available</i>		Aqua DEEP 11:00-11:45am <i>Hot Tub available</i>	
Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>					
Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>					
Everyone Welcome Swim 1:00-2:00pm <i>Hot Tub/Sauna available</i>					
					Everyone Welcome Swim 1:30-3:30pm <i>Hot Tub/Sauna available</i>
Everyone Welcome Swim 6:30-7:30pm <i>Hot Tub/Sauna available</i>					

Schedule is subject to change. For up-to-date information, visit www.ladysmith.ca/programs

PLEASE NOTE: Sauna is not available during aquatic fitness programs

Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult). Pool is cleared 5 minutes BEFORE end time