










# POOL SCHEDULE / HORAIRE PISCINE

## WINTER/HIVER 2017 - In effect January 9 • En effet le 9 janvier

	SUNDAY / DIMANCHE		MONDAY / LUNDI		TUESDAY / MARDI		WEDNESDAY / MERCREDI		THURSDAY / JEUDI		FRIDAY / VENDREDI		SATURDAY / SAMEDI						
	Laps Available	Programs	Laps Available	Programs	Laps Available	Programs	Laps Available	Programs	Laps Available	Programs	Laps Available	Programs	Laps Available	Programs					
5h45			LAPS (3) 5h45 - 8h25	CT TRIATHLON CLUB (4) 5h45 - 7h10			LAPS (3) 5h45 - 8h25	CT TRIATHLON CLUB (4) 5h45 - 7h10			LAPS (3) 5h45 - 8h25	CT TRIATHLON CLUB (4) 5h45 - 7h10							
6h00																			
6h30																			
7h00					AQUAFIT 7h15 - 8h10	LAPS (3) 6h30 - 8h30		OPEN SWIM 6h30 - 7h55		AQUAFIT 7h15 - 8h10		LAPS (3) 6h30 - 8h30	OPEN SWIM 6h30 - 7h55		AQUAFIT 7h15 - 8h10				
7h30																			
8h00	LAPS (6) 8h00 - 8h50	OPEN SWIM 8h00 - 8h50																	
8h30					LAPS (1) / MASTERS (3) 8h30 - 9h30				LAPS (1) / MASTERS (3) 8h30 - 9h30				LAPS (7) 8h00 - 9h00	OPEN SWIM 8h00 - 9h00					
9h00	LAPS (2) 9h00 - 12h30  No open swim	SWIM SCHOOL 9h00 - 12h30  No open swim	WOMEN'S LAPS 8h30 - 9h25	WOMEN'S AQUAFIT 8h30 - 9h25			WOMEN'S LAPS 8h30 - 9h25	WOMEN'S AQUAFIT 8h30 - 9h25			WOMEN'S LAPS 8h30 - 9h25	WOMEN'S AQUAFIT 8h30 - 9h25	POOL LANE CHANGE - CROSSWISE 9h15 - 9h30						
9h30			LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	LAPS (4) 9h30 - 10h30	DAYCARE 9h30 - 10h30	SWIM SCHOOL 9h30 - 12h30  No open swim				
10h00																			
10h30					WOMEN'S LAPS 10h35 - 11h35	WOMEN'S AQUAFIT 10h35 - 11h30	WOMEN'S LAPS 10h35 - 11h35	WOMEN'S AQUAFIT 10h35 - 11h30	WOMEN'S LAPS 10h35 - 11h35	WOMEN'S AQUAFIT 10h35 - 11h30	WOMEN'S LAPS 10h35 - 11h35	WOMEN'S AQUAFIT 10h35 - 11h30	WOMEN'S LAPS 10h35 - 11h35	WOMEN'S AQUAFIT 10h35 - 11h30	LAPS (2) 9h30 - 13h00				
11h00						O.S. 11h40 - 12h00			O.S. 11h40 - 12h00			O.S. 11h40 - 12h00							
11h30																			
12h00			LAPS (4) 11h40 - 12h55	AQUAFIT 12h00 - 12h55			LAPS (4) 11h40 - 12h55	AQUAFIT 12h00 - 12h55			LAPS (4) 11h40 - 12h55	AQUAFIT 12h00 - 12h55		STINGGRAYS 11h30 - 13h00					
12h30	POOL LANE CHANGE - LENGTHWISE 12h30 - 12h45																		
13h00	LAPS (4) 12h45 - 13h55	OPEN SWIM 12h45 - 13h55	MEN'S LAPS 13h00 - 13h55	MEN SWIM 13h00 - 13h55	LAPS (4) 11h40 - 16h00		MEN'S LAPS 13h00 - 13h55	MEN SWIM 13h00 - 13h55	LAPS (4) 11h40 - 16h00										
13h30																			
14h00																			
14h30	WOMEN'S LAPS 14h00 - 16h00	WOMEN SWIM 14h00 - 16h00	LAPS (4) 14h00 - 16h00	OPEN SWIM 14h00 - 16h00				LAPS (4) 14h00 - 16h00		OPEN SWIM 14h00 - 16h00									
15h00																			
15h30																			
16h00	MEN'S LAPS 16h05 - 18h05	MEN SWIM 16h05 - 18h05	LAPS (2) 16h00 - 18h35	SWIM SCHOOL 16h00 - 18h05	LAPS (2) 16h00 - 18h35	SWIM SCHOOL 16h00 - 18h05	LAPS (1) 16h00 - 17h00	JUNIORS 16h15-17h15	LAPS (2) 16h00 - 18h35	SWIM SCHOOL 16h00 - 18h05	LAPS (2) 16h00 - 18h35	SWIM SCHOOL 16h00 - 18h05	LAPS (4) 13h05 - 18h55	OPEN SWIM 12h30 - 18h55					
16h30																			
17h00																			
17h30																STING-RAYS 17h00-18h30		STING-RAYS 17h00-18h30	
18h00																			
18h30			LAPS (4) 18h35 - 19h10	OPEN SWIM 18h05 - 19h10	LAPS (4) 18h35 - 19h10	AQUAFIT 18h05 - 19h00	LAPS (4) 18h35 - 19h10	OPEN SWIM 16h00 - 19h10	LAPS (4) 18h35 - 19h10	AQUAFIT 18h05 - 19h00									
19h00																			
19h30			WOMEN'S LAPS 19h15 - 20h25	WOMEN SWIM 19h15 - 20h25	MEN'S LAPS 19h15 - 20h25	MEN SWIM 19h15 - 20h25	WOMEN'S LAPS 19h15 - 20h25	WOMEN SWIM 19h15 - 20h25	MEN'S LAPS 19h15 - 20h25	MEN SWIM 19h15 - 20h25			WOMEN'S LAPS 19h00 - 19h55	WOMEN SWIM 19h00 - 19h55					
20h00																			
20h30													MEN'S LAPS 20h00 - 20h55	MEN SWIM 20h00 - 20h55					

 Women only / Femmes seulement	 Open Swim (O.S.) / Nage libre	 Aquafit / Aquaforme	 Pool lane change
 Men only / Hommes seulement	 Laps; Adult Swim / Longueurs; Nage adulte	 Masters; Swim school / Maîtres; École de natation	 Changement des couloirs de la piscine
 Daycare / CPE du Y			

Schedules and instructors are subject to change without notice.  
L'horaire et les instructeurs sont sujets à des changements sans préavis.

**INFORMATION: 514.737.6551 ext. 275 or/ou 520**