



POOL SCHEDULE

EFFECTIVE OCTOBER 6, 2008

SWIM 101

Swim School

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am- 10:15am Aqua Fitness Emilia [no lane swim]		9:30am- 10:15am Just Noodles Emilia [no lane swim]		9:30am- 10:15am Aqua Fitness Emilia [no lane swim]		
11:30am- 12:15pm Aqua Fitness Mahnoush [no lane swim]	11:30am- 12:15pm Aqua Fusion Lisa [no lane swim]	11:30am- 12:15pm Aqua Fitness Sharon [no lane swim]	11:30am- 12:15pm Aqua Muscle Marianne [no lane swim]	11:30am- 12:15pm Aqua Running Simin [no lane swim]	10:00am - 10:45am Aqua Fitness Lisa [no lane swim]	10:00am - 10:45am Aqua Fitness TBA [no lane swim]
		2:00pm-3:00pm POOL CLOSED FOR CLEANING				
	6:30pm - 7:15pm Aqua Fitness Lisa [no lane swim]	6:30pm - 8:00pm Masters Swim Janet [no lane swim]			3:00- 5:00pm Family Swim [one lanes open]	3:00 - 5:00pm Family Swim [one lanes open]
Lane swim ends at 10:30PM Monday through Friday, 6:30PM Saturday and 5:45PM Sunday						
Children's swimming lessons are available. Contact SWIM 101 at 416.491.5830 ext. 269						

Club Hours	
Monday-Friday:	5:30 am-11:00 pm
Saturday	7:00 am-7:00 pm
Sunday	7:00 am-6:00 pm
Holidays:	7:00 am-6:00 pm

***Aqua Fitness, Swim Programs**

A minimum of 7 participants is required for an Aqua Fitness class to continue on the schedule. Aqua Fitness classes, times and instructors are subject to change.

Contact SWIM 101 For Swim School Information at 416.491.5830 ext 269 or Contact Marilyn Mandell for Aquafit Information at 416.491.5830 ext 244

= Lane Swim

Pool Rules

All classes and swims are unguarded, Please use the pool according to the pool admission standards, posted in pool area.

All bathers are asked to shower with soap and warm water before entering the pool.



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Class	Class Description
Aqua Fitness	An amazing no-impact workout in the water that conditions and tones the body while working the cardiovascular system.
Aqua Fusion	A holistic water fitness training class based on principles from Yoga, Pilates and Tai Chi designed to increase flexibility, balance, core strength and mental focus.
Aqua Muscle	This no-impact workout in the deep end of the pool gives you that extra boost of intensity (or wear a belt for a lower intensity workout).
Aqua Running	Combines both deep and shallow exercises for extra variety and challenge.
Just Noodles	Individuals work to gradually strengthen the lower body with increasing range of motion. Members can participate without the step. Posture and balance is practiced. Ankle cuffs and bouys can be added for muscle strengthening to create a harder workout. Equipment is optional.
PRIVATE/GROUP LESSONS	Please contact Zodiac to register for children private or semi-private lessons .
Masters Swim	A dynamic swimming program emphasizing personal fitness and performance. Accommodating a spectrum of abilities from novice level through to a serious competitive focus.
FAMILY SWIM	Enjoy a swim with your family! All children 12 and under must be accompanied with a adult [16+]at all times.
<p>Contact SWIM 101 For Swim School Information at 416.491.5830 ext 269 or Contact Odain Barrett for Aquafit Information at 416.491.5830 ext 244</p>	