

Winter Schedules

Arena Drop In Schedule

January — March, 2010

Skate	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hockey	Adult Drop In Hockey 12:00 - 1:00 pm		Adult Drop In Hockey 12:00 - 1:00 pm				
Public Skate		Public Skate 3:30 - 4:30 pm					Public Skate 3:30 - 4:30 pm
Family Skate				Family Skate 6:30 - 7:30 pm		Family Skate 1:00 - 2:00 pm	
Teen Skate					Teen Skate 8:30 - 9:30 pm		

Pool Swimming Schedule

January — June, 2010

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird	7:00 - 8:30 am		7:00 - 8:30 am		7:00 - 8:30 am		
Lane Swim	11:30 - 1:00 pm	12:00 - 1:00 pm	11:30 - 1:00 pm	12:00 - 1:00 pm	11:30 - 1:00 pm	11:00 - 12:00 pm	11:00 - 12:00 pm
Everyone Welcome	6:00 - 7:30 pm	11:00—12:00 pm 3:30 - 5:30 pm	6:00 - 7:30 pm	11:00—12:00 pm 3:30 - 5:30 pm	3:30 - 5:30 pm 6:30 - 8:30 pm	6:00 - 9:00 pm	1:30 - 3:30 pm
Family Swim						12:00 - 1:30 pm	12:00 - 1:30 pm
Teen Swim					8:30 - 10:00 pm		
Aquafit		7:00 - 8:00 pm		10:00 - 11:00 am 7:00 - 8:00 pm			
Swimming Lessons	4:00 - 6:00 pm	5:30 - 7:00 pm	4:00 - 6:00 pm	5:30 - 7:00 pm			

* All fitness classes are registered programs. Drop in rates are available. All programs must have a minimum registration so please register early. Classes may be cancelled due to low enrolment.

* Lanes are available upon request during all public and Aquafit sessions. (Subject to availability & the discretion of the attending lifeguard.)