

Whitehorse Lions Aquatic Centre

Winter 2010 in effect January 4 - March 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Public Leisure and Lanes 5:30 - 9:00 4-8L	Public Leisure and Lanes 5:30 - 9:00 4-8L (6:00-7:00 3L)	Public Leisure and Lanes 5:30 - 9:00 4-8L	Public Leisure and Lanes 5:30 - 9:00 4-8L (6:00-7:00 3L)	Public Leisure and Lanes 5:30 - 9:00 4-8L	Public Leisure no lanes 7:00 -9:15 (7:00-7:30 8L)	Public Leisure and Lanes 7:00 -9:00 4L
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Parent/Tot Physio 9:00 - 12:00 9:00-11:00 4L 11:00-12:00 2L	School Programs 9:00-10:30 2L	School Programs 9:00-10:30 2L	School Programs 9:00-10:30 2L	School Programs 9:00-10:30 2L	Lessons and Lanes 9:15-1:00 2L	Community Programs/ Lessons 9:00-1:00 2L
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Aquafit 2L 11:05- 11:55	Parent/Tot Physio 10:30 - 12:00 4-8L	Parent/Tot Physio 11:00 - 12:00	Parent/Tot Physio 11:00 - 12:00 4-8L	Parent & Tot Physio 11:00 - 12:00		
12:00 PM	Family Leisure and Lanes 12:00 - 1:00 8 L	Deep H ₂ O Power 12:15-12:45	Family Leisure and Lanes 12:00 - 1:00 8 L	Deep H ₂ O Power 12:15-12:45	Family Leisure and Lanes 12:00 - 1:00 8 L		
12:30 PM		Family Leisure and Lanes 12:00 - 1:00 4 L		Family Leisure and Lanes 12:00 - 1:00 4 L			
1:00 PM	School Programs 1:00-2:30 2L	School Programs 1:00-2:30 2L	School Programs 1:00-2:30 2L	School Programs 1:00-2:30 2L	School Programs 1:00-2:30 2L	Public 1:00 - 4:00 2L	Aquajogging 2L 1:00 - 1:45
1:30 PM							
2:00 PM							
2:30 PM	Public 2:30 - 4:00 2L	Physio 2:30 - 3:45 2L	Public 2:30 - 4:00 2L	Physio 2:30 - 3:45 2L	Public 6:00 - 8:00 2L	Family 4:00 - 6:00 2L	Public 1:00 - 4:00 2L
3:00 PM		Oh My Aching Body 2:45-3:30		Oh My Aching Body 2:45-3:30			
3:30 PM	Lessons/ Community Programs 4:00-7:00 2L	Lessons/ Community Programs 3:45-6:00 2L	Lessons/ Community Programs 4:00-7:00 2L	Lessons/ Community Programs 3:45-6:00 2L	Public 6:00 - 8:00 2L	Family 4:00 - 6:00 2L	Public 6:00 - 8:00 2L
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Public 7:00 - 8:30 2L	Public Leisure 6:00 - 8:00 2L	Public 7:00 - 8:30 2L	Public Leisure 6:00 - 8:00 2L	Community Programs/ Public Leisure 8:00-10:00 No Lanes	Youth Night 8:00-10:00 2L	AdultLeisure 8:00 - 10:00 4L
6:30 PM		Aquafit 2L 8:10-9:00		Aquafit 2L 8:10-9:00			
7:00 PM	Aquajogging 2L 8:35 - 9:20	Adult Leisure 8:00 - 10:00 4L (from 9-10)	Aquajogging 2L 8:35 - 9:20	Adult Leisure 8:00 - 10:00 4L (from 9-10)	Community Programs/ Public Leisure 8:00-10:00 No Lanes	Youth Night 8:00-10:00 2L	Deep/Shallow Combo Aquafit 8:10-8:55 2L
7:30 PM							
8:00 PM							
8:30 PM	Adult Leisure 8:30 - 10:00 4L (from 8:15-9:00)	Adult Leisure 8:00 - 10:00 4L (from 9-10)	Adult Leisure 8:30 - 10:00 4L (from 9:20-10:00)	Adult Leisure 8:00 - 10:00 4L (from 9-10)	Community Programs/ Public Leisure 8:00-10:00 No Lanes	Youth Night 8:00-10:00 2L	Deep/Shallow Combo Aquafit 8:10-8:55 2L
9:00 PM							
9:30 PM							

♣ = diving board open L = # of lanes available