

St. Catharines Walker Family Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
6:15	6:00 - 9:05	6:00 - 9:05	6:00 - 9:05	6:00 - 9:05	6:00 - 9:05		
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00						Lane Swim	Lane Swim
8:15						7:30 - 8:55	7:30 - 9:05
8:30							
8:45							
9:00							
9:15	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Swimming Lessons	
9:30	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	9:00 - 10:30	Aquafit
9:45	9:10 - 9:55	9:10 - 9:55	9:10 - 9:55	9:10 - 9:55	9:10 - 9:55		9:10 - 9:55
10:00							Two Lane
10:15							9:10-9:55
10:30	Family Swim	Swim Lessons	Family Swim	Swim Lessons	Family Swim	Open Swim	Swimming Lessons
10:45	10:15 - 11:15	10:00 - 11:30	10:15 - 11:15	10:00 - 11:30	10:15 - 11:15	10:30 - 11:00	10:00 - 12:00
11:00	Two Lane	Two Lane	Two Lane	Two Lane	Two Lane	Two Lane	
11:15	10:15-12:00	10:00-12:00	10:15-12:00	10:00-12:00	10:15-12:00	10:30-11:00	
11:30	Aquafit	Family Swim	Aquafit	Family Swim	Aquafit	Swimming Lessons	
11:45	11:15 - 12:00	11:30 - 12:00	11:15 - 12:00	11:30 - 12:00	11:15 - 12:00	11:00 - 12:00	
12:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
12:15	12:00 - 12:55	11:45 - 12:55	12:00 - 12:55	12:00 - 12:55	12:00 - 12:55	12:00 - 12:55	12:00 - 12:55
12:30							
12:45							
1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Family Swim	Triathlon Club
1:15	1:00 - 2:10	1:00 - 2:10	1:00 - 2:10	1:00 - 2:10	1:00 - 2:10	1:00 - 2:30	(until May 11)
1:30	Two Lane	Two Lane	Two Lane	Two Lane	Two Lane		1:00 - 1:55
1:45	1:00-2:10	1:00-2:10	1:00-2:10	1:00-2:10	1:00-2:10		
2:00							
2:15	Aquafit in Moderation	Aquafit in Moderation	Aquafit in Moderation	Aquafit in Moderation	Aquafit in Moderation		Open Swim
2:30	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00		2:00 - 3:30
2:45		One Lane		One Lane		Open Swim	
3:00		2:15 - 3:00		2:15 - 3:00		2:30 - 4:00	
3:15	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
3:30	3:00 - 4:25	3:00 - 4:25	3:00 - 4:25	3:00 - 4:25	3:00 - 4:25		
3:45							Swimming Lessons
4:00							3:30 - 5:30
4:15							Two Lane
4:30						Swimming Lessons	3:30 - 5:30
4:30	Lessons	Lessons	Lessons	Lessons	Lessons	4:00 - 5:30	
4:45	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00	4:30 - 5:00		
5:00	Two Lane	Two Lane	Two Lane	Two Lane	Two Lane		
5:15	4:30 - 4:55	4:30 - 4:55	4:30 - 4:55	4:30 - 4:55	4:30 - 4:55		
5:30	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons		
5:45	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00		
6:00						Open Swim	
6:15						5:30 - 6:30	
6:30						Two Lane	
6:45						5:30 - 7:30	
7:00	Open Swim	Open Swim	Open Swim	Open Swim	Family Swim	Family Swim	
7:15	7:00 - 7:25	7:00 - 7:25	7:00 - 7:25	7:00 - 7:25	7:00 - 8:00		
7:30	Aquafit	Swim Lessons	Aquafit	Lessons		Lane Swim	
7:45	7:30 - 8:15	7:30 - 8:00	7:30 - 8:15	7:30 - 8:00		7:30 - 8:30	
8:00	Two Lane		One Lane	Two Lane			
8:15	7:30-8:15		7:30-8:45	8:45-9:30			
8:30	Lane Swim	Aquafit	Lessons	Lessons	Open Swim		
8:45	8:15 - 10:30	8:05 - 8:50	7:30 - 9:30	8:00 - 10:30	8:00 - 9:25		
9:00		Two Lane	Two Lane	Three Lane			
9:15		8:05-8:50	8:45-9:30	8:00 - 10:30			
9:30		Lane Swim	Lane Swim		Lane Swim		
9:45		8:50 - 10:30	9:30 - 10:30		9:30 - 10:00		
10:00							
10:15							
10:30							

 Indicates Lane Swim
 Indicates Lane Take Down / Set-up

Holiday Pool Schedule

7:30 - 10:00am	Lane Swim
10:00am - 12:00pm	Family Swim (with 2 Lane)
12:00 - 1:00pm	Lane Swim
1:00 - 3:00pm	Open Swim
3:00 - 4:00pm	Family Swim
4:00 - 5:30pm	Lane Swim

Lane Swim 13 years and older.
Family Swim: All swimmers under age 16 must be accompanied by a parent/guardian 16+ years. Under 6 years, maximum 2 children/guardian. Non-swimmers 6-9 years, maximum 4 children/guardian.
Open Swim: Children under 6 years must be accompanied by a parent/guardian 13+ years – maximum 2 children per guardian. Children 6-9 years who are non-swimmers should be accompanied by a parent/guardian at least 13 years – maximum 4 children per guardian.