



Pool Schedule

March 11th– March 17th, 2018

Clarence-Rockland Y
1-1525 Du Parc Ave
613 446-7679

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim (#) - Number of Lanes Available	6-9AM (4) 11-12:45PM (3) 3:15-7:45PM (2) 8:35-9:30PM (4)	6-10:30AM (4) 11:30-12:45PM (3) 3:15-8PM (2) 8-9PM (4)	6-9AM (4) 11-12:45PM (3) 3:15-7:45PM (2) 8:35-9:30PM (4)	6-9AM (4) 11-12:45PM (3) 3:15-8PM (2) 8-9PM (4)	6-9AM (4) 11-12:45PM (3) 3:15-8PM (2) 8-9PM (4)	8-9AM (4) 9AM-1PM (2) 1PM-4:30PM (1) 4:30-5:30PM (4)	8-9AM (4) 9AM-1PM (2) 1PM-4:30PM (1) 4:30-5:30PM (4)
Open Swim Big pool and Teaching pool	11-12:45PM 3:15-7:45PM	11:30-12:45PM 3:15-8PM	11-12:45PM 3:15-7:45PM	11:30-12:45PM 3:15-8PM	11-12:45PM 3:15-8PM	9AM-1PM 1PM-4:30PM	9AM-1PM 1PM-4:30PM
Public (Free) Swim	1-3PM	1-3PM	1-3PM	1-3PM	1-3PM		
Aqua Fitness See other side for class descriptions * Fee for specialty aqua fitness class	Aqua Combo 9:05-9:50AM Young at Heart 10:05-10:50AM Aqua Combo 7:50-8:35PM		Aqua Combo 9:05-9:50AM Young at Heart 10:05-10:50AM Aqua Combo 7:50-8:35PM		Aqua Combo 9:05-9:50AM Young at Heart 10:05-10:50AM		