

# SEAPARC Spring 2024 Pool Schedule



Effective April 3 – June 10

Modified schedule on Pro-D days (April 19 & May 17) and on Victoria Day (May 20). For the most up to date schedule, please visit our website [www.seaparc.ca](http://www.seaparc.ca)

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
AquaFit	No AquaFit offered on Sundays	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	8 – 8:55am <i>Shallow Focus</i>
		10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>	
			11:05 – 12:05pm <i>Swim Fit</i>		11:05 – 12:05pm <i>Swim Fit</i>		
		7:05 – 8pm <i>Shallow Focus</i>			7:05 -8pm <i>Shallow Focus</i>		
Pool Space	Lengths & Leisure Pool 7 - 9am	Lengths 6 - 8:50am	Lengths 6 - 8:50am	Lengths 6 - 8:50am	Lengths 6 - 8:50am	Lengths 6 - 8:50am	Lengths & Leisure Pool 7 - 8am
	Programs & Swim Club 9 - 11:30am Leisure Pool, Hot Tub & Sauna 1 lane avail	No lanes 9 – 11am	No lanes 9 – 12:05pm	No lanes 9 – 11am	No lanes 9 – 12:05pm	No lanes 9 – 11am	Limited Lap & Leisure Pool 8 - 8:55am 2 lanes avail
	Everyone Welcome 11:30 - 1pm Shared space with advanced aquatic courses	Lengths 11 - 1pm	Lengths 12:05-12:45pm	Lengths 11 - 1pm	Lengths 12:05 - 1pm	Lengths 11 - 1pm	Swim Lessons 9 – 12am Leisure Pool, Hot Tub & Sauna 2 lanes avail
	Fun Swim 1 – 3pm Shared space with advanced aquatic courses	Everyone Welcome 1 - 2:45pm Shared Space	School Swim Lessons 16+ Hot tub & sauna only No lanes 12:45 - 2pm	Everyone Welcome 1 - 2:45pm Shared Space	Everyone Welcome 1 - 2:45pm Shared Space	Everyone Welcome 1 - 7pm \$2 Youth Rate from 2:15 - 5pm	Fun Swim 1 – 3pm Shared space with advanced aquatic courses
		Everyone Welcome Quiet Swim 2:45 - 4pm Shared Space	Everyone Welcome Quiet Swim 2:45 - 4pm Shared Space	Everyone Welcome Quiet Swim 2:45 - 4pm Shared Space	Everyone Welcome Quiet Swim 2:45 - 4pm Shared Space		
	Everyone Welcome 3 – 9pm	Swim Lessons 4 - 7pm Leisure Pool, Hot Tub & Sauna 2 lanes avail	Programs & Swim Club 4 - 7pm Leisure Pool, Hot Tub & Sauna 1 lane avail	Swim Lessons & Swim Club 4 - 7pm Leisure Pool, Hot Tub & Sauna No lanes	Programs & Swim Club 4 - 7pm Leisure Pool, Hot Tub & Sauna 4pm – 5pm: 3 lanes avail 5 – 5:30pm: No lanes		Everyone Welcome 3 – 9pm
		Everyone Welcome 7 - 9pm (limited lane pool space during AquaFit 7:05 – 8pm)	Everyone Welcome 7 - 9pm	Everyone Welcome 7 - 9pm	Everyone Welcome 7 - 9pm (limited lane pool space during AquaFit 7:05 – 8pm)	Fun Swim 7 - 9pm	

# Swim Descriptions



**Children under the age of 7** must be directly supervised, within arms reach, by an adult 16+ at all times. Maximum ratio of three children under 7 to one adult.

## Hot Tub & Sauna

Hot Tub and sauna are open throughout all swims unless otherwise specified in the schedule. Those under the age of 13 must be accompanied by an adult

## Leisure Pool

Indicates that leisure pool is available

## Lengths Swim

Best time for lap swimming. The diving board & rope swim are closed. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability. Whole lap pool is available for length swimming unless otherwise specified

## FUN Swim!

Water features will come on, the music will be pumping, and the diving board and rope swing will be open interchangeably throughout. Fun for all ages! Minimum of one single lane available for lap swimming unless the Big Inflatable Slide is out

## Everyone Welcome Swim

Both the leisure pool and lap pool are open for swimming activities. Diving board and rope swing can be open during this swim. A minimum of one double lane available for lap swimming

## Everyone Welcome – *Quiet Swim*

This is a great time to swim if you prefer a quiet relaxed environment. There is no music during this swim. Both the leisure and lap pool are open for use, with a minimum of one double lane available for lap swimming

## AquaFit, Water Walking & Swim Fit

Lap swimming will typically not be available during these sessions unless otherwise specified in the schedule. For a detailed description of these programs, see the Aqua Fitness Drop-In Schedule

## Play & Splash Swim

Join us for this fun and active preschool swim! The "little pool" will be set up with toys and activities to play and explore with. This drop-in swim time is a great way to meet other parents and grandparents. A social time filled with lots of equipment to help get comfortable in the water and discover the joy that swimming can bring. This drop-in swim time is not lead by an instructor