



POOL - SUMMER
 July 8nd – Sat August 24
 (July 1 & Aug 5 – CLOSED)



Pool closed for maintenance August 25 to September 15 inclusive

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|---|---|---|--|--|--|
| Lengths 7:15 – 8:00am | Lengths 7:15 – 8:00am | Lengths 7:15 – 8:00am | Lengths 7:15 – 8:00am | Lengths 7:15 – 8:00am | Lengths 8:30 – 9:15am | |
| Lengths 8:00 – 8:45am | Lengths 8:00 – 8:45am | Lengths 8:00 – 8:45am | Lengths 8:00 – 8:45am | Lengths 8:00 – 8:45am | Swim Lessons 9:30 – 12pm (8 weeks) & Bronze Star (5 weeks) | Open Aquafit **no instructor** 10:15 – 11am |
| Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | | Senior Swim 11:00 – 12:00pm |
| Lengths 12:10 – 1:05pm | Lengths 12:10 – 1:05pm | Lengths 12:10 – 1:05pm | Lengths 12:10 – 1:05pm | Lengths 12:10 – 1:05pm | Senior Swim 12:10 – 1:10pm | Lengths 12:10 – 1:10pm |
| Lengths 1:15 – 2:15pm | Aquafitness 1:15 – 2:00pm <i>Christina</i> | Aquafitness 1:15 – 2:00pm <i>Christina</i> | Aquafitness 1:15 – 2:00pm <i>Christina</i> | Aquafitness 1:15 – 2:00pm <i>Andréa</i> | Lengths 1:20 – 2:05pm | Rec 1:20 – 2:05pm |
| Lengths 2:30 – 3:30pm | Lengths 2:15 – 3:15pm | Lengths 2:15 – 3:15pm | Lengths 2:15 – 3:15pm | Lengths 3:00 – 3:45pm | Family** 2:15 – 3:15pm | Family** 2:15 – 3:15pm |
| Rec 3:45 – 4:30pm | Rec 3:30 – 4:30pm | Rec 3:15 – 4:15pm | Rec 3:30 – 4:30pm | Rec 3:45 – 4:30pm | Lengths 3:30 – 4:30pm | Lengths 3:30 – 4:30pm |
| Swim Team 4:30 – 6:00pm | Swim Team 4:30 – 6:00pm | Swim Team 4:30 – 6:00pm | Swim Team 4:30 – 6:00pm | Swim Team 4:30 – 6:00pm | Rental Group 4:30 – 5:30pm | Rec 4:40 – 5:25pm |
| Family** 6:00 – 6:30pm | Family** 6:00 – 6:30pm | Family** 6:00 – 6:30pm | Aquafitness 6:00 – 6:50pm <i>Andréa</i> | Family** 6:00 – 6:30pm | | |
| Lengths 6:30 – 7:15pm | Lengths 6:30 – 7:15pm | Lengths 6:30 – 7:15pm | | Lengths 6:30 – 7:15pm | | |
| Rec 7:15 – 8:00pm | Rec 7:15 – 8:00pm | Rec 7:15 – 8:00pm | Lengths 7:00 – 7:55pm | Rec 7:15 – 8:00pm | =new swims | |
| | | Lengths 8:00 – 8:45pm | Rental Group 8:00 – 9:30pm | M-Th: 7am – 10:30pm Friday 7am – 8:30pm Sat/Sun: 8am – 8pm | =paid programs | July 8, 2024 v.2 |

- Notes:**
- There will be 10-15 minute breaks between swims this summer (and doors locked). Do not arrive early (or stay later in a swim) as you will not be permitted to enter the pool deck.
 - Due to high heat levels, there may be times when we must close the pool as it is too hot/dangerous for the guards to work in high heat and humidity.
 - **During Family Swim, the lane ropes will be out of the pool. Lengths swimming is not permitted.
 - **Sunday Aquafit** – no instructor, but an open swim for those wanting to do their own thing.
 - You **MUST** book swim times and programs online at www.glendonac.ca

Some swims may be
CANCELLED WITHOUT NOTICE.
 Please check online to clarify status of the pool. (If no availability on portal, then swim is either full or closed)

LONGUEURS

La piscine comporte trois couloirs de vitesse (lente, moyenne et rapide). Durant cette séance, la piscine est réservée à l'usage des personnes qui ont l'intention de faire des longueurs répétées.

BAIGNADE RÉCRÉATIVE (en réalité, longueurs)

Une session libre pour tous les membres, enfants et adultes.

BAIGNADE POUR LES ÂÎNÉS

Réservée à nos membres âgés qui désirent faire des longueurs. Pour âgés seulement, pas d'exception, merci.

BAIGNADE LIBRE FAMILIALE**

Réservée aux enfants et jeunes membres, ainsi qu'à leurs parents. Les enfants non accompagnés ne seront pas admis et vice versa.

- Les enfants doivent être surveillés par une personne âgée d'au moins 13 ans **qui doit rester près de l'enfant en tout temps.**

****Note :** Pour des raisons sanitaires, tous les enfants en bas âge doivent porter un maillot de bain dans la piscine.

AQUAFORME

Note : Tous les cours sont en eau profonde; une ceinture de flottaison ou des nouilles seront utilisées pour les cours, à la discrétion de votre instructeur

- **Cardio Deep H20 :** Tout le monde bouge méthodiquement et systématiquement dans l'eau pendant ce cours de 45 minutes. Nous augmenterons votre fréquence cardiaque à l'aide d'une série d'exercices! Si vous voulez un bon entraînement cardio, ce cours est pour vous.
- **Travail musculaire dans l'eau :** Afin d'obtenir un bon entraînement musculaire dans l'eau, plusieurs séries de répétitions sont nécessaires. Ici, nous nous concentrerons sur deux groupes musculaires par cours : celui du haut du corps et celui du bas du corps. La concentration et la technique sont la clé de votre réussite.
- **Bootcamp :** un moyen de faire travailler votre cardio et vos muscles dans un environnement agréable. L'aménagement de l'espace piscine sera différent des autres cours pour que vous puissiez faire vos exercices indépendants et de groupe.
- **Deep H20 Aqua :** Entraînement complet du corps en eau profonde.
- **Aquaforme — Ouvert :** C'est le moment d'inclure certains des exercices que vous avez appris dans vos cours : faites vos exercices favoris et ceux que vous aimez moins à votre rythme; concentrez-vous sur votre technique et améliorez votre endurance cardio et musculaire.

LENGTHS

The pool is divided into three lanes (slow, medium and fast) and is reserved for the use of those both capable of, and intending to swim repeated lengths of the pool.

REC SWIM (really is a lengths swim)

An open swim period shared by all members, both children and adults.

SENIOR SWIM

A swim period reserved for our senior members to swim lengths. Only senior swimmers permitted. No exceptions, thank you.

FAMILY SWIM**

A swim period reserved for Children/Youth members and their parents. Children without an adult present will not be admitted and vice versa.

- Children must be directly supervised by a person 13 years or older.
- **Direct supervision is defined as in the water "within arms reach".**

****Please note:** for sanitary reasons, all infants must wear swim pants in the pool.

AQUAFIT

To Note: **All classes are deep water classes-- a floatation belt or noodle will be used for the classes.** This is at the discretion of your instructor

- **Cardio Deep H20:** Everyone moves methodically and systematically in the water for the 45 minute class. Due to hydrostatic pressure, a property of water, it is challenging to bring your heart rate up. With a series of exercises, we will get that heart rate up! If you want a great heart pumping workout, this is the class for you. We want to emphasize great breathing in this class, not talking.
- **Muscle Works in Water:** In order to get a good muscular workout in water, several sets of many repetitions are necessary. Here, we will focus on two muscle groups per class, one upper body and one lower body muscle group. We may overload the muscles with more repetitions, more sets, added equipment or duration (for muscular endurance). Focus and technique are key to your success in this class.
- **Bootcamp:** a great way to get cardio and muscle work in a good-paced environment, in one class. Setting up the pool space will be different from the other classes for you to do your water workouts; you will have independent and group exercises. Lots of listening and activities are needed for this class.
- **Deep H20 Aqua:** Full body workout in deep water.
- **Aquafit- Open:** This is your time to include some of the exercises you have learned in your classes: do some of your favourite and your-not-so favourite exercises at your pace; focus on your technique; and improve your cardio and muscular endurance.