



POOL SCHEDULE SUMMER 2023

July 2nd to July 31st (Closed July 1 & 3)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|---|
| Lengths 8am – 9am | Lengths 8am – 9am | Lengths 8am – 9am | Lengths 8am – 9am | Lengths 8am – 9am | | Aquafit – Open <i>*no instructor</i> 10 – 10:45am |
| Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | Swim Team 9am – 12pm | 9am – 2pm Bronze Med | Senior Swim 11 – 12pm |
| Lengths Swim 12:05 – 1:05pm | Lengths Swim 12:05 – 1:05pm | Lengths Swim 12:05 – 1:05pm | Lengths Swim 12:05 – 1:05pm | Lengths Swim 12:05 – 1:05pm | Lengths Swim 12 – 1pm | Lengths Swim 12 – 1pm |
| Aquafitness 1:15 – 2:00pm | Aquafitness 1:15 – 2:00pm | Aquafitness 1:15 – 2:00pm | Aquafitness 1:15 – 2:00pm | Aquafitness 1:15 – 2:00pm | Rec Swim 1 – 2pm | Rec Swim 1 – 2pm |
| Swim Team 2 2:15 – 3:45pm | Swim Team 2 2:15 – 3:45pm | Swim Team 2 2:15 – 3:45pm | Swim Team 2 2:15 – 3:45pm | Swim Team 2 2:15 – 3:45pm | Family Swim* 2:05 – 2:50pm | Family Swim* 2:05 – 2:50pm |
| Rec. Swim 4:00 – 5:00pm | Rec. Swim 4:00 – 5:00pm | Rec. Swim 4:00 – 5:00pm | Rec. Swim 4:00 – 5:00pm | Rec. Swim 4:00 – 5:00pm | Lengths 3:00 – 3:45pm | Lengths 3:00 – 3:45pm |
| Swim Team 5:00 – 6:30pm | Swim Team 5:00 – 6:30pm | Swim Team 5:00 – 6:30pm | Swim Team 5:00 – 6:30pm | Swim Team 5:00 – 6:30pm | Lengths 3:45 – 4:30pm | Lengths 3:45 – 4:30pm |
| Family Swim 6:30 – 7pm | Family Swim 6:30 – 7pm | Family Swim 6:30 – 7pm | Family Swim 6:30 – 7pm | Bronze Med 5:30 – 8:30pm | You MUST book swim times and programs online at www.glendonac.ca | |
| Lengths 7:15 – 8:15pm | Lengths 7:15 – 8:15pm | Lengths 7:15 – 8:15pm | Lengths 7:15 – 8:00pm | Rev. June 24 | | |
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Notes:

- *During Family Swim, the lane ropes will be out of the pool. Lengths swimming is not permitted.
- The GAC will be **CLOSED** on July 1st and 3rd
- Sunday Aqua** is an open class for those wanting to do their own aquafitness. There will be **NO instructor**.

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