

PD DAY SCHEDULE 5:45 AM-9:00 PM

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms								
	Lane	Leisure		Cycle	Fitness		1	2	3						
Registration recommended for Group Fitness Classes, programs with * registration is required															
5:45				Open 5:45-8:30											
6:00	Lane Swim 6-8:30 (3 Lanes)	OSAC 6-7:45 (5 lanes) 7:45-8 (4 lanes)								Open Swim 7-8:45			Boot Camp 6:15-7		
6:15															
6:30															
6:45															
7:00															
7:15															
7:30															
7:45				Athletic Performance Training: Teen 7:15-8											
8:00															
8:15															
8:30															
8:45															
9:00															
9:15	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10										
9:30	Lane Swim 9:45-10:30 (4 lanes)	Advanced Courses 9:45-10:30	Open Swim 9:30-10							Gravity 9:45-10:15					
9:45			Family Swim 10-11:15	Yoga 10-10:45		Gravity 10:20-10:50									
10:00															
10:15															
10:30															
10:45															
11:00	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)							Open Swim 11:15-12	Cardio: Gentle 11-11:45					
11:15															
11:30															
11:45															
12:00	Lane Swim 12-1								Adult Therapy 12-1						
12:15	Aqua Run 12:30-1														
12:30															
12:45															
1:00															
1:15	Advanced Courses 1:15-3:15	Rec Swim 1:15-3:15	Family Gym 12-3												
1:30															
1:45															
2:00															
2:15															
2:30															
2:45															
3:00															
3:15															
3:30	Lane Swim (2 lanes) 3:45-5:45	Owen Sound Otters 3:45-5:45											PD Day Camp 3:30-5:15		
3:45															
4:00															
4:15															
4:30															
4:45															
5:00															
5:15	Lane Swim (4 lanes) 5:45-8 5:45-8	Rec Swim (4 lanes) 5:45-8	Rec Swim 5:30-8	Family Gym 5:15-7											
5:30															
5:45															
6:00															
6:15															
6:30															
6:45															
7:00															
7:15															
7:30															
7:45			Basketball 7:15-8:45												
8:00															
8:15															
8:30															
8:45	Friday														