



Sbk
PISCINE Sunnybrooke POOL
POOL HOURS 2011

2011 PRE-SEASON - June 11 – June 23rd
Weekends 12:00 – 8:00 pm / Weekdays 4:00 – 8:00 pm

SUMMER SEASON - June 27th - August ??th								
* All Programs are INCLUDED with MEMBERSHIP *								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00am	Synchro Practice	WaterPolo Practice	Synchro Practice	Water Polo Practice	CLOSED			
9:00	9:00 – 11:00 am Swimming Lessons 30 minute group sessions See Lesson board for time and level.							Staff Training 10:00-12:00
9:30								
10:00								
10:30								
11:00								
11:30	Aquafitness							
	Synchro	Diving	Synchro	Diving				
12:00pm	Swim Team Practice 12:00 – 12:45 (8 and under / 9-10 yrs.) (11-12 / 13-14 / open) 12:00 – 12:45 dryland / 12:45 – 1:30 pool				Diving 12:00-1:00	FREE SWIM 12:00 – 5:30		
12:30								
1:00	FREE SWIM 1:30 – 5:30 Evening and Weekend Memberships 4:30 – 8:30							
1:30								
2:30								
3:30								
4:30								
5:30	ADULT FREE SWIM / 5:30 – 6:30 pm							
6:00	Please check schedule for pool closures due to at home competitions.							
6:30	FREE SWIM / 6:30-8:30 Please check schedule for pool closures due to at home competitions.							
7:00								
7:30								
8:00								
8:30 pm	POOL CLOSED - 8:30 pm							