



**PRE-SEASON - June 6 – June 23<sup>rd</sup>**  
**Weekends 12:00 – 8:00 pm / Weekdays 4:00 – 8:00 pm**

<b>SUMMER SEASON - June 24<sup>th</sup> - August 23<sup>rd</sup></b>							
<b>* All Programs are INCLUDED with MEMBERSHIP *</b>							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Synchro Practice	WaterPolo Practice	Synchro Practice	Water Polo Practice	<b>CLOSED</b>		
9:00	<b>9:00 – 11:00 am</b> <b>Swimming Lessons</b> 30 minute group sessions See Lesson board for time and level.						
9:30							
10:00							
10:30							
11:00							
11:30	<b>Aquafitness</b>				<b>FREE SWIM</b> <b>12:00 – 5:30</b>		
	<b>Diving</b>		<b>Diving</b>				
12:00pm	<b>Swim Team Practice</b> 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				<b>Diving</b> <b>12:00-1:00</b>		
12:30							
1:00							
1:30	<b>FREE SWIM</b> <b>1:30 – 5:30</b>						
2:30							
3:30							
4:30							
5:30	<b>ADULT FREE SWIM / 5:30 – 6:30 pm</b>						
6:00	Please check schedule for pool closures due to at home competitions.						
6:30	<b>FREE SWIM / 6:30-8:30</b>						
7:00	Please check schedule for pool closures due to at home competitions.						
7:30							
8:00							
8:30 pm	<b>POOL CLOSED - 8 :30 pm</b>						

<b>Daily Admission – Open to the Public</b> <b>During Free Swim Hours ONLY</b>  Children under 2 years – <b>FREE</b>	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <b>\$6 / Person</b> </div>	<b>Member Guest Passes - Booklet</b>  <div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <b>5 passes / \$20</b> </div>
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<b>PRIVATE SWIMMING LESSONS – Evenings, Afternoons, weekends</b>		
<b>CALL TO MAKE AN APPOINTMENT – 514-684-8262</b>		
<b>30 minute Lesson</b>	<b>Members Rate</b>	<b>Non-Members Rate</b>
1 lesson	\$ 15.00	\$ 20.00
5 lesson package	\$ 70.00	\$ 85.00