

## Sunday, March 30, 2025

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### Lane & Leisure

Date and Time: Sunday, March 30 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

#### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### Lane & Leisure

Date and Time: Sunday, March 30 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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### Everyone Welcome Swim

Date and Time: Sunday, March 30 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Everyone Welcome Swim**

Date and Time: Sunday, March 30 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Lane & Leisure**

Date and Time: Sunday, March 30 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Everyone Welcome Swim**

Date and Time: Sunday, March 30 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Lane & Leisure**

Date and Time: Sunday, March 30 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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## **Monday, March 31, 2025**

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### **Lane & Leisure**

Date and Time: Monday, March 31 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Lane & Leisure**

Date and Time: Monday, March 31 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

## **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Lane & Leisure**

Date and Time: Monday, March 31 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## **Knitting Circle**

Date and Time: Monday, March 31 10:30 am - 12:00 pm

Address: 40 Mundy Pond Road

Meet others, socialize, enjoy a hot beverage all while knitting or crocheting with others who share the same interest.

**Instructor is not provided for this program.**

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## **Lane & Leisure**

Date and Time: Monday, March 31 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc

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## **Everyone Welcome Swim**

Date and Time: Monday, March 31 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Lane & Leisure**

Date and Time: Monday, March 31 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## **Tuesday, April 1, 2025**

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## **Lane & Leisure**

Date and Time: Tuesday, April 1 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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## **Lane & Leisure**

Date and Time: Tuesday, April 1 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## **Lane & Leisure**

Date and Time: Tuesday, April 1 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## **Lane & Leisure**

Date and Time: Tuesday, April 1 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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## **Shallow End Only - Everyone Welcome Swim**

Date and Time: Tuesday, April 1 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. \* **Please note only the shallow end of the pool is available due to a rental**

## **Shallow End Only - Everyone Welcome Swim**

Date and Time: Tuesday, April 1 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. \* **Please note only the shallow end of the pool is available due to a rental**

## **Wednesday, April 2, 2025**

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### **Lane & Leisure**

Date and Time: Wednesday, April 2 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Lane & Leisure**

Date and Time: Wednesday, April 2 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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## **Lane & Leisure**

Date and Time: Wednesday, April 2 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## Leisure - Social Time

Date and Time: Wednesday, April 2 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited

## Lane & Leisure

Date and Time: Wednesday, April 2 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## Everyone Welcome Swim

Date and Time: Wednesday, April 2 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Wednesday, April 2 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

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## **Thursday, April 3, 2025**

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### **Lane & Leisure**

Date and Time: Thursday, April 3 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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### **Lane & Leisure**

Date and Time: Thursday, April 3 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Thursday, April 3 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## Lane & Leisure

Date and Time: Thursday, April 3 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## Shallow End Only - Everyone Welcome Swim

Date and Time: Thursday, April 3 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### Shallow End Only - Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

ge rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. \* **Please note only the shallow end of the pool is available due to a rental**

## Shallow End Only - Everyone Welcome Swim

Date and Time: Thursday, April 3 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### Shallow End Only - Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. \* **Please note only the shallow end of the pool is available due to a rental**

## Friday, April 4, 2025

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### Lane & Leisure

Date and Time: Friday, April 4 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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### Lane & Leisure

Date and Time: Friday, April 4 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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## **Lane & Leisure**

Date and Time: Friday, April 4 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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## **Leisure - Social Time**

Date and Time: Friday, April 4 10:30 am - 12:30 pm

Address: 40 Mundy Pond Road

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8499

Space is Limited - Currently FULL

## **Lane & Leisure**

Date and Time: Friday, April 4 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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### **Everyone Welcome Swim**

Date and Time: Friday, April 4 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

### **Everyone Welcome Swim**

Date and Time: Friday, April 4 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Saturday, April 5, 2025**

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### **Lane & Leisure**

Date and Time: Saturday, April 5 9:00 am - 10:20 am

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

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+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Everyone Welcome Swim

Date and Time: Saturday, April 5 10:30 am - 11:50 am

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Saturday, April 5 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

### Lane Swim

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## Everyone Welcome Swim

Date and Time: Saturday, April 5 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

### Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Everyone Welcome Swim

Date and Time: Saturday, April 5 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Lane & Leisure**

Date and Time: Saturday, April 5 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## **Everyone Welcome Swim**

Date and Time: Saturday, April 5 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

<https://calendar.stjohns.ca>