

## Sunday, March 23, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, March 23 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

#### 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 23 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

#### 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 23 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

#### 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.

## 6 Lane & Leisure

Date and Time: Sunday, March 23 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

### 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.

### Leisure Swim

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## Monday, March 24, 2025

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### Leisure Swim

Date and Time: Monday, March 24 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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.

### 6 Lane Swim

Date and Time: Monday, March 24 7:30 am - 8:50 am

Address: 35 Carrick Drive

### 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.

## **Aquatic Fitness**

Date and Time: Monday, March 24 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

## **Leisure Swim**

Date and Time: Monday, March 24 9:00 am - 9:50 am

Address: 35 Carrick Drive

### **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.

## **Aquatic Fitness**

Date and Time: Monday, March 24 10:00 am - 10:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

## **Adults in Motion**

Date and Time: Monday, March 24 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

## **Leisure - Social Time**

Date and Time: Monday, March 24 10:30 am - 12:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Socialize with friends, while enjoying music and games.

Ages: 50+

Cost: \$26

Register [Here](#) or call 576-8631

Space is Limited

### 3 Lane & Leisure

Date and Time: Monday, March 24 11:00 am - 1:50 pm

Address: 35 Carrick Drive

#### 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.

#### 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.

### Youth Lunch in

Date and Time: Monday, March 24 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

### Pop in Tot

Date and Time: Monday, March 24 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

#### Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

## After School Program

Date and Time: Monday, March 24 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## Aquatic Fitness

Date and Time: Monday, March 24 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

## Leisure Swim

Date and Time: Monday, March 24 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### 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.

## Body Conditioning

Date and Time: Monday, March 24 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

## Tuesday, March 25, 2025

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### Leisure Swim

Date and Time: Tuesday, March 25 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### 6 Lane Swim

Date and Time: Tuesday, March 25 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### Aquatic Fitness

Date and Time: Tuesday, March 25 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

### Leisure Swim

Date and Time: Tuesday, March 25 9:00 am - 9:50 am

Address: 35 Carrick Drive

### **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.

### **Core Balance**

Date and Time: Tuesday, March 25 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

### **6 Lane & Leisure**

Date and Time: Tuesday, March 25 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### **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.

### **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.

### **Youth Lunch in**

Date and Time: Tuesday, March 25 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

## Therapeutic Adult Swim

Date and Time: Tuesday, March 25 2:00 pm - 3:00 pm

Address: 35 Carrick Drive

### Therapeutic Adult Swim

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an attendant pass. Standard swim admissions apply.

## After School Program

Date and Time: Tuesday, March 25 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## 6 Lane & Leisure

Date and Time: Tuesday, March 25 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### 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.

### Leisure Swim

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## Wednesday, March 26, 2025

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### Leisure Swim

Date and Time: Wednesday, March 26 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### 6 Lane Swim

Date and Time: Wednesday, March 26 7:30 am - 8:50 am

Address: 35 Carrick Drive

#### 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.

### Aquatic Fitness

Date and Time: Wednesday, March 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

### Leisure Swim

Date and Time: Wednesday, March 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

#### Leisure Swim

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## Bridge Level 2

Date and Time: Wednesday, March 26 10:00 am - 12:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Now that you have the basics, learn how to play and build on your knowledge of the game. This course is in a small group setting.

Note: Completion of beginner bridge level 1 is a pre-requisite.

Cost: \$165

Register [Here](#) or call 576-8631

Space is Limited

## Adults in Motion

Date and Time: Wednesday, March 26 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

## Aquatic Fitness

Date and Time: Wednesday, March 26 10:00 am - 10:50 am

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## 3 Lane & Leisure

Date and Time: Wednesday, March 26 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### Lane Swim

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## **Youth Lunch in**

Date and Time: Wednesday, March 26 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

## **Pop in Tot**

Date and Time: Wednesday, March 26 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

## **Pop in Tot**

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

## **After School Program**

Date and Time: Wednesday, March 26 2:30 pm - 5:30 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

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You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## Everyone Welcome Swim

Date and Time: Wednesday, March 26 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### 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.

## Thursday, March 27, 2025

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### Leisure Swim

Date and Time: Thursday, March 27 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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.

### 6 Lane Swim

Date and Time: Thursday, March 27 7:30 am - 8:50 am

Address: 35 Carrick Drive

### 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.

## Aquatic Fitness

Date and Time: Thursday, March 27 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

## Leisure Swim

Date and Time: Thursday, March 27 9:00 am - 9:50 am

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## Core Balance

Date and Time: Thursday, March 27 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

## 6 Lane & Leisure

Date and Time: Thursday, March 27 10:00 am - 1:50 pm

Address: 35 Carrick Drive

### 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.

### Leisure Swim

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## Youth Lunch in

Date and Time: Thursday, March 27 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

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Date and Time: Thursday, March 27 2:30 pm - 5:30 pm

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You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## Oil Painting - Pondsides Landscape

Date and Time: Thursday, March 27 6:00 pm - 8:00 pm

Address: 35 Carrick Drive - Paul Reynolds Community Centre

Materials included, no experience necessary.

Ages: 18+

Cost: \$60

Register [Here](#) or call 576-8631

Space is limited

## 6 Lane & Leisure

Date and Time: Thursday, March 27 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### **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.

### **Leisure Swim**

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## **Body Conditioning**

Date and Time: Thursday, March 27 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

## **Friday, March 28, 2025**

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### **Leisure Swim**

Date and Time: Friday, March 28 7:00 am - 8:50 am

Address: 35 Carrick Drive

### **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.

### **6 Lane Swim**

Date and Time: Friday, March 28 7:30 am - 8:50 am

Address: 35 Carrick Drive

### **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.

## **Aquatic Fitness**

Date and Time: Friday, March 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

## **Leisure Swim**

Date and Time: Friday, March 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

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## **Adults in Motion**

Date and Time: Friday, March 28 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

## **6 Lane Swim**

Date and Time: Friday, March 28 10:00 am - 10:50 am

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### **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.

## **3 Lane & Leisure**

Date and Time: Friday, March 28 11:00 am - 1:50 pm

Address: 35 Carrick Drive

### **Lane Swim**

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### **Leisure Swim**

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## **Youth Lunch in**

Date and Time: Friday, March 28 12:00 pm - 1:00 pm

Address: 35 Carrick Drive

Youth Lunch-In Program for the students at St. Paul's Junior High School is available at the Paul Reynold Community Centre. Join us in the Wedgewood Room Monday-Friday from 12:00pm-1:00pm starting January 6th until April 17th. There will be games and activities for the youth to avail of during their lunch break, as well as a microwave they can use. We also have the gym on Tuesday's, Thursday's, and Friday's (don't forget to bring indoor sneakers).

## **Pop in Tot**

Date and Time: Friday, March 28 2:00 pm - 2:50 pm

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### **Pop in Tot**

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## **After School Program**

Date and Time: Friday, March 28 2:30 pm - 5:30 pm

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Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Discovery (ages 5-8) or Explore (ages 9-11)

Space is Limited

Register for Discovery [Here](#) - Currently FULL,

Register for Explore [Here](#)

Or call 576-8631

## Everyone Welcome Swim

Date and Time: Friday, March 28 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### 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, March 29, 2025

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### Leisure Swim

Date and Time: Saturday, March 29 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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.

### 6 Lane Swim

Date and Time: Saturday, March 29 7:30 am - 8:50 am

Address: 35 Carrick Drive

### **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.

## **Everyone Welcome Swim**

Date and Time: Saturday, March 29 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **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, March 29 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

### **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.

## **3 Lane & Leisure**

Date and Time: Saturday, March 29 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### **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.

### **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.

