



# Golden Swimming Pool **May 21 - June 29, 2016**

## Spring Schedule

250.344.2118  
 pool@golden.ca  
 www.golden.ca

### Bonus Public Swim!

1-5pm  
 Tues. May 24

**Holiday Hours**  
 Open 2pm – 5pm  
 Mon. May 23

**Limited Hours**  
 Open until 4pm  
 Sat. June 4

**Private Rentals**  
 Available at any time outside of regular hours of operation. Hourly rate starts at \$50.

**Sponsorships**  
 Help support a Youth Swim or Public Swim for \$150.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Lane Swim</b> 6 - 9am 6 lanes	<b>Lane Swim</b> 6 - 7am 6 lanes 7 - 8am 3 lanes 8 - 9am 6 lanes	<b>Lane Swim</b> 6 - 9 am 6 lanes <b>Master's</b> 7 - 8am	<b>Lane Swim</b> 6 - 7am 6 lanes 7 - 8am 3 lanes 8 - 9am 6 lanes	<b>Lane Swim</b> 6 - 7am 6 lanes 7 - 8am 3 lanes 8 - 9am 6 lanes		
<b>Aquafit</b> 9 - 9:45am	Schools 9am-12pm	<b>Aquafit</b> 9 - 9:45am	Schools 9am-12pm	<b>Aquafit</b> 9 - 9:45am	<b>Lessons</b> 10am - 12pm	Private Rentals until 12pm
Schools 10am - 12pm		Schools 10am - 12pm		Schools 10am - 12pm		
<b>Lane Swim</b> 12-1pm 6 lanes	<b>Lane Swim</b> 12-1pm 6 lanes	<b>Lane Swim</b> 12-1pm 6 lanes	<b>Lane Swim</b> 12-1pm 6 lanes	<b>Lane Swim</b> 12-1pm 6 lanes	<b>Lane Swim</b> 12-2pm 6 lanes	<b>Lane Swim</b> 12-2pm 6 lanes
Schools 1 - 3pm	Schools 1 - 3pm	Schools 1 - 3pm	Schools 1 - 3pm	Schools 1 - 3pm	<b>Public Swim</b> 2 - 7pm	<b>Public Swim</b> 2 - 7pm
<b>Lessons</b> 3 - 5pm	<b>Public Swim</b> 3 - 5pm	<b>Lessons</b> 3 - 5pm	<b>Public Swim</b> 3 - 5pm	<b>Lessons</b> 3 - 5pm		
<b>Lane Swim</b> 5 - 8:30pm 2 lanes	<b>Lane Swim</b> 5 - 5:30pm & 7 - 8:30pm 2 lanes	<b>Lane Swim</b> 5 - 8:30pm 2 lanes	<b>Lane Swim</b> 5 - 8:30pm 2 lanes	<b>Public Swim</b> 5 - 8pm		
Private Rentals 8:30pm+	Private Rentals 8:30pm+	Private Rentals 8:30pm+	Private Rentals 8:30pm+	<b>Youth Swim</b> 8 - 9pm	Private Rentals 7pm+	Private Rentals 7pm+

<p><b>What is Public Swim?</b>          Everyone is welcome!          1-2 lap lanes available, space permitting.</p>	<p><b>AquaFit is...</b>          Low-impact exercise class focusing on cardio, interval training, and muscular strength/ endurance. Adults, seniors, and mature youth welcome to drop-in.</p>	<p><b>What is Master's?</b>          A coach provides a workout and instruction to help you improve. Master's is for anyone who can swim at least 1 or more lap continuously using any stroke. Drop ins welcome.</p>	<p><b>Lessons</b>          Pool is reserved for pre-registered lessons. Private and group lessons available for kids and adults – ask at front desk.</p>	<p><b>Wade Pool</b>          Open during all Public and Lane Swims. Children under 7 must be within arm's reach of an adult at all times.</p>	<p><b>Youth Swim is...</b>          A satellite program of the Youth Centre for youth 12-18. Special activities offered. Sponsorships allow most Youth Swims to be FREE of charge!</p>
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