



Golden Swimming Pool Summer Schedule

July 2 - Aug 25, 2019

250.344.2118
pool@golden.ca
www.golden.ca

*Schedule is subject to change

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lane Swim 6 - 9am 6 lanes	Lane Swim 6-7:30am 6 lanes 7:30-9am 2 lanes* *6 lanes starting Aug 13	Lane Swim 6 - 9 am 6 lanes Master's 7am	Lane Swim 6-7:30am 6 lanes 7:30-9am 2 lanes* *6 lanes starting Aug 15	Lane Swim 6-7:30am 6 lanes 7:30-9am 2 lanes* *6 lanes starting Aug 16		
Lessons 9am - 12pm	Lessons 9am - 12pm	Lessons 9am - 12pm	Aquafit 9-9:45am	Lessons 9am - 12pm	Lessons 9am - 12pm	Aquafit 9-9:45am
					<i>until July 27</i> 10am - 12pm	
Lane Swim 12 - 1pm 6 lanes	Lane Swim 12 - 1pm 6 lanes	Lane Swim 12 - 1pm 6 lanes	Lane Swim 12 - 1pm 6 lanes	Lane Swim 12 - 1pm 6 lanes	Lane Swim 12-2pm 6 lanes	Lane Swim 12-2pm 6 lanes
Public Swim 1 - 4 pm	Public Swim 1 - 4 pm	Public Swim 1 - 4 pm	Public Swim 1 - 4 pm	Public Swim 1 - 4 pm	Public Swim 2 - 7pm	Public Swim 2 - 7pm
Lane Swim 4 - 7:30pm 2 lanes	Lane Swim 2 lanes JULY: 4-5pm & 6:30-7:30pm AUGUST: 4 - 7:30pm	Lane Swim 4 - 7:30pm 2 lanes	Lane Swim 4 - 7:30pm 2 lanes	Wibit Swim 5 - 7 pm		
Aquafit 7:30-8:15pm	Public Swim 7:30 - 9pm	Public Swim 7:30 - 9pm	Public Swim 7:30 - 9pm	Adult Wibit 7-8pm July 5 th & Aug 2 nd only		

Limited Hours & Cancellations

Fri June 28 No Wibit (short staffed)

Sat June 29 2 - 5pm public swim

Sun June 30 Closed (short staffed)

Mon July 1 2 - 5pm public swim (holiday)

July 20 Closed for swim meet.

July 21 5:30 - 7pm public swim

Aug 5 2 - 5pm public swim

Annual Cardboard Boat Race!

Sat Aug 24 6pm

Build a vessel using only cardboard & duct tape. Race with a standard paddle.

Bonus Public Swims!

Aug 13-15 &

Aug 19-22

6 - 9pm

What is Public Swim?

Everyone welcome!
1-2 lap lanes available,
space permitting/

Wade Pool

Open during all Public, Wibit and Lane Swims. Children 6 and under must be within arm's reach of an adult at all times.

Lessons

Pools are reserved for pre-registered lessons. Private and group lessons available for kids and adults - ask at front desk.

Wibit Swim 5-7pm

Jump, slide and swim on our inflatable obstacle course! Everyone welcome in the pool, but kids must be 6yr+ to access Wibit. Kids 6 and under must be within arm's reach of an adult at all times.

Adult Wibit 7-8pm

on July 5 & Aug 2

The first Friday of every month is for the "big kids"! Swimmers 17 yr+ only in the main pool; wade pool is open for kids.

Master's

A workout is provided on the board to do at your own pace and ability.

AquaFit

Low-impact exercise class featuring cardio, interval training, and muscular strength/ endurance.