



# Golden Swimming Pool June 30 - Aug 27, 2017

# Summer Schedule

250.344.2118  
 pool@golden.ca  
 www.golden.ca

\*Schedule is subject to change

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Lane Swim</b> 6 - 9am 6 lanes	<b>Lane Swim</b> 6-7:30am 6 lanes 7:30-9am 2 lanes* <i>*6 lanes starting Aug 17</i>	<b>Lane Swim</b> 6 - 9 am 6 lanes	<b>Lane Swim</b> 6-7:30am 6 lanes 7:30-9am 2 lanes* <i>*6 lanes starting Aug 17</i>	<b>Lane Swim</b> 6-7:30am 6 lanes 7:30-9am 2 lanes* <i>*6 lanes starting Aug 17</i>		
<b>Lessons</b> 9am – 12pm	<b>Lessons</b> 9am – 12pm	<b>Lessons</b> 9am – 12pm	<b>Aquafit</b> 9-9:45am	<b>Lessons</b> 9am – 12pm	<b>Lessons</b> 9am – 12pm	<b>Lessons</b> <i>till July 29 only</i> 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
<b>Public Swim</b> 1 - 4 pm	<b>Public Swim</b> 1 - 4 pm	<b>Public Swim</b> 1 - 4 pm	<b>Public Swim</b> 1 - 4 pm	<b>Public Swim</b> 1 - 6 pm	<b>Public Swim</b> 2 - 7pm	<b>Public Swim</b> 2 - 7pm
<b>Lane Swim</b> 4 - 7:30pm 2 lanes	<b>Lane Swim</b> 2 lanes JULY: 4-5pm & 6:30-7:30pm AUGUST: 4 - 7:30pm	<b>Lane Swim</b> 4 - 7:30pm 2 lanes	<b>Lane Swim</b> 4 - 7:30pm 2 lanes	<b>Wibit Swim</b> 7 - 9 pm		
<b>Aquafit</b> 7:30-8:15pm	<b>Public Swim</b> 7:30 - 9pm	<b>Public Swim</b> 7:30 - 9pm	<b>Public Swim</b> 7:30 - 9pm			

### Holiday Hours

**Sat July 1**  
**Mon Aug 7**  
 Open 2pm - 5pm

### Closed Sat. July 8<sup>th</sup>

Due to swim meet.  
 Come cheer on the  
 Golden Dolphins!

### Limited Hours

**Sun. July 9<sup>th</sup>**  
 Open 5:30pm - 7pm

### Bonus Public Swims!

**Aug 16** 6 - 9pm    **Aug 21** 4 – 7:30pm  
**Aug 17** 4 - 9pm    **Aug 22-24** 4 - 9pm

### What is Public Swim?

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

### Private Rentals

Available outside of  
 regular hours of operation.  
 Yes, you can rent the pool  
 with the Wibit! Ask us for  
 rates and availability.

### Wade Pool

Open during all Public and  
 Lane Swims. Children  
 under 7 must be within  
 arm's reach of an adult at  
 all times.

### Lessons

Pool is reserved for pre-  
 registered lessons. Private and  
 group lessons available for  
 kids and adults – ask at front  
 desk.

### Sponsorships

Give back to the community! Help  
 support a Public Swim or Wibit Swim  
 for \$150. Sponsor chooses if the event  
 is by donation/proceeds go to charity  
 or free to the public.

### AquaFit is...

Low-impact exercise class for  
 adults, seniors and mature youth.  
 Featuring cardio, interval training,  
 and muscular strength/  
 endurance.