



ESPANOLA REGIONAL RECREATION COMPLEX

September 2019 POOL SCHEDULE Effective September 3rd - September 30th 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pool Foulings are 🦄 and result in multiple program cancellations. ~If your child is feeling ill, skip the pool ~Avoid meals before swimming ~Toddlers who are not yet toilet trained must wear little swimmers Come <i>Swim</i> laps in our 3 lanes, <i>Steam</i> in our sauna and <i>Soak</i> in our swirl pool or designated leisure area in our lap pool! Slide and diving board NOT available during Leisure Swims Use of the diving board and slide available during recreational swims! Unaccompanied Children MUST be 10 years of age or able to pass the facility swim test
POOL SCHEDULE IS SUBJECT TO CHANGE - Give us a shout before you come out! 705-869-1961								
Fit Lanes *1 lane open **2 lanes open ***3 lanes open +Full Pool	9:00am-9:55am+ 10:00am-10:55am*** 11:00am-11:55am*** 5:00pm-5:55pm+ 7:30pm-8:25pm+	10:00am-10:55am* 11:00am-11:55pm***	9:00am-9:55am+ 10:00am-10:55am*** 11:00am-11:55am*** 5:00pm-5:55pm+ 7:30pm-8:25pm+ <i>Fit Lanes & stroke improvement clinic</i>	10:00am-10:55am* 11:00am-11:55am***	9:00am-9:55am+ 10:00am-10:55am*** 11:00am-11:55am***	12:00pm-12:55pm**	Closed	
Parents & Tots	9:00am-9:55am 10:00am-10:55am 11:00am-11:55am	10:00am-10:55am 11:00am-11:55am	9:00am-9:55am 10:00am-10:55am 11:00am-11:55am	10:00am-10:55am 11:00am-11:55am	9:00am-9:55am 10:00am-10:55am 11:00am-11:55am			
Leisure Swim	10:00am-10:55am 11:00am-11:55am	11:00am-11:55am	10:00am-10:55am 11:00am-11:55am	11:00am-11:55am	10:00am-10:55am 11:00am-11:55am			
Recreational Swim	6:00pm-7:25pm		6:00pm-7:25pm			12:00pm-12:55pm		
Lion's Club Free Recreational Swim						1:00pm-1:55pm		
Aqua Fit & Diaper Fit Shallow/Deep		10:00am-10:55am		10:00am-10:55am				

* If we experience an unexpected increase of patrons into a swim, the use of the slide may not be guaranteed*

Aqua Spin Bikes are available for use during all swims (at staff's discretion) Please ask a lifeguard to put a bike in the water for you

Aquatic Wheelchair Available for use

Fall 2019 Swim Lesson Registration Begins Online Sept 3rd and In-Person Sept 9th.

Registration Closes Sept 15th

Visit www.espanola.ca or call 705 869 1961 for details.

