

Fall schedule

SEPTEMBER 27 TO DECEMBER 20, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 6:30-9:00 a.m. (shared 6:45-8:00)	Lap Swim 6:30-7:30 a.m. 9:00-11:30 a.m.	Lap Swim 6:30-9:00 a.m. (shared 6:45-8:00)	Lap Swim 6:30-7:30 a.m. 9:00-11:30 a.m.	Lap Swim 6:30-9:00 a.m. (shared 6:45-8:00)	Swimming Lessons 8:00 a.m. - 1:00 p.m.	Please Note: Most of our public and lap swim times are shared pool space. Our safety rules are strictly enforced. Please call or review then at www.steinbach.ca prior to visiting the pool. Please note that proper swimming attire is required. Thanks!
Public Swim (Leisure Pool Only) & Lap Swim 11:30-1:00 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 11:30-1:00 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 11:30-1:00 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 11:30-1:00 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 11:30-1:00 p.m.		
School Programs 1:00-3:00 p.m.	School Programs 1:00-3:00 p.m.	School Programs 1:00-3:00 p.m.	School Programs 1:00-3:00 p.m.	School Programs 1:00-3:00 p.m.	Public Swim (Limited Lap Swim) 1:00-6:00 p.m.	Public Swim (Limited Lap Swim) 1:00-6:00 p.m.
Public Swim (Leisure Pool Only) & Lap Swim 3:00-4:30 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 3:00-4:30 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 3:00-4:30 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 3:00-4:30 p.m.	Public Swim (Leisure Pool Only) & Lap Swim 3:00-4:30 p.m.		
Swimming Lessons 4:30-7:30 p.m.	Swimming Lessons 4:30-7:00 p.m.	Swimming Lessons 4:30-7:00 p.m.	Swimming Lessons 4:30-7:00 p.m.	Swimming Lessons 4:30-7:00 p.m.		
Public Swim (Leisure Pool Only) 7:30-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 7:45-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 7:00-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 7:00-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 7:00-9:00 p.m.	Private Rentals Can be held Saturday and Sunday evenings from 6:00-9:00 p.m. Please call for more information.	

POOL CLOSURES: Closed - Monday October 11. Open @ 1 p.m. on November 11. Sunday November 7 & December 19, we will close at 5 p.m. instead of 6 p.m.

Schedule is subject to change. Pool foulings may require up to an 18-hour shutdown!
PRE-PURCHASE...ASK FOR MORE INFORMATION!

CONTACT US:

STEINBACH AQUATIC CENTRE
330 PARK ROAD EAST
STEINBACH, MANITOBA

FAX: (204) 346-6539
WWW.STEINBACH.CA

EMAIL: aquaticcentre@steinbach.ca

Mailing Address: 225 Reimer Ave.,
Steinbach, Manitoba R5G 2J1



PHONE:
(204) 346-6207

OFFICE HOURS:

Monday-Friday
6:30 a.m. to 9:00 p.m.

Saturday
8:00 a.m. to 6:00 p.m.

Sunday
1:00 p.m. to 6:00 p.m.

aquacise schedule

SEPTEMBER 27 TO DECEMBER 20, 2010

ALL AQUACISE CLASSES ARE ON A FIRST COME FIRST SERVE BASIS. WE ACCEPT A MAXIMUM NUMBER OF 25 PARTICIPANTS IN EACH CLASS.

THESE CLASSES HAVE A MAXIMUM OF 15 PARTICIPANTS IN EACH CLASS.

CLASSES SUBJECT TO CANCELLATION DUE TO LOW PARTICIPATION. AN AVERAGE OF 8 PARTICIPANTS REQUIRED.

MORNING CLASSES - Cancelled Oct. 11 & Nov. 11

- 7:35-8:20 A.M. : **TUESDAY & THURSDAY** ~ *SHALLOW END*
9:00-9:45 A.M. : **MONDAY, WEDNESDAY, FRIDAY** ~ *DEEP END*
9:45-10:30 A.M. : **MONDAY, WEDNESDAY, FRIDAY** ~ *SHALLOW END*
9:45-10:30 A.M. : **MONDAYS & FRIDAYS** ~ *MOMS & TOTS AQUACISE (4-18 MONTHS)***

EVENING CLASSES - Cancelled Oct. 11

- 8:15-9:00 P.M. : **MONDAYS** ~ *DEEP END* **
9:00-9:45 P.M. : **TUESDAY & THURSDAY** ~ *DEEP END*

PLEASE TAKE NOTE: Trained lifeguards teach these classes for motivational purposes. The staff are not certified fitness instructors. Please be sure to participate at your ability level and let staff know immediately if you have any abnormal pain or discomfort. Those with medical conditions, new participants and those adding exercise into their life should seek medical advice prior to participating. There is an inherent risk of injury in any physical activity including this aquacise program.

masters schedule

SEPTEMBER 27 TO DECEMBER 20, 2010

STEINBACH MASTERS IS A COACHED PRACTICE FOR ADULTS WHO WANT TO IMPROVE THEIR STROKES AND MAINTAIN FITNESS. STROKE CORRECTION FOR ALL SKILL LEVELS IS OFFERED FROM BEGINNERS DOING 5-10 LAPS TO EXPERIENCED SWIMMERS DOING 60+ LAPS, AND EVERYONE IN BETWEEN!!

MONDAY & WEDNESDAY EVENINGS - 9:00-10:00 P.M.
TUESDAY & THURSDAY MORNINGS - 6:30-7:30 A.M.