

WINTER PUBLIC SWIM SCHEDULE

JANUARY 2 - MARCH 25, 2012

Please note: on January 2, 3, 4, 5 & 6th public swim will be extended from 11:30-4:30.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 6:30-9:00 a.m. (shared 6:30-7:45)	Lap Swim 6:30-7:30 a.m. 9:00-11:30 a.m.	Lap Swim 6:30-9:00 a.m. (shared 6:30-7:45)	Lap Swim 6:30-7:30 a.m. 9:00-11:30 a.m.	Lap Swim 6:30-9:00 a.m. (shared 6:30-7:45)	Swimming Lessons 8:00 a.m. - 1:00 p.m.	Please note: Most of our swim times are shared pool space. Safety rules are strictly enforced, please call or review them at www.steinbach.ca . Please note that proper swimwear 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 Lessons 1:00-3:00 p.m.	School Lessons 1:00-3:00 p.m.	School Lessons 1:00-3:00 p.m.	School Lessons 1:00-3:00 p.m.	School Lessons 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 4:30-9:00 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.	Swimming Lessons 4:30-7:00 p.m.	Closed Mon. February 20, 2012. <i>Schedule is subject to change without notice. Pool foulings may require up to an 18-hour shutdown.</i>	
Public Swim (Leisure Pool Only) 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 7:15-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 8:00-9:00 p.m.	Public Swim 7:00-9:00 p.m. Limited Lap Swim 7:15-9:00 p.m.	Private Rentals: Can be held Saturday and Sunday evenings from 6:00-9:00 p.m. Please call or visit our website for more information.	

Pre-purchase for public swim to guarantee your admission ... ask us for more information!!

STEINBACH AQUATIC CENTRE

330 Park Road East; Steinbach, Manitoba

Phone: (204) 346-6207

Fax: (204) 346-6539

Email: aquaticcentre@steinbach.ca

Mail: 225 Reimer Ave; Steinbach MB; R5G 2J1

Office Hours:

Monday to 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.

www.steinbach.ca



aquacise schedule

**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 are subject to cancellation due to low participation. An average of 8 participants required.

Morning Classes

- 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

- 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

Monday and Wednesday Evenings -- 9:00-10:00 p.m.
Tuesday and Thursday Mornings -- 6:30-7:30 a.m.

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!!