


Col. J.J Parr Sports Centre – Aquatic Schedule

September 2018-June 2019

25 Meter Pool, Leisure Pool, Water Slide, Hot Tub, Sauna & Family Change Rooms						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lane Swim 6:15 - 7:30 am					 <p style="font-size: small; text-align: right;">A division of CF Morale & Welfare Services Une division des Services de bien-être et moral des FC</p>	
Red Cross Lessons 9:00-10:00	Aquafit 9:00-10:00	Red Cross Lessons 9:00-10:00	Aquafit 9:00-10:00			
School Lessons 10:00-11:00	School Lessons 10:00-11:00	School Lessons 10:00-11:00	School Lessons 10:00-11:00			
Noon Lane Swim (Main Pool) & Parent/Tot 0-6 years (Leisure Pool) 11:15 am – 1:00 pm					Red Cross Lessons 9:30- 1:00	Private Bookings: 11:30-12:30
School Lessons 1:15-2:15	School Lessons 1:15-2:15	School Lessons 1:15-2:15	School Lessons 1:15-2:15		Lane Swim & Parent/Tot (0-6 years) 1:00 – 2:30 pm	
	Physio 2:45 – 3:45 pm		Physio 2:45 – 3:45 pm		Family Swim 2:30 – 4:00 pm	
Swim Lessons 4:30-6:00					Public Swim 4:00 – 5:30 pm	
Marlins 4:30-6:00						
Public Swim 6:00 – 8:00 pm	Aquafit 6:30-7:30 Adult Swim Strokes 6:30-7:30	Family Swim 6:00 – 8:00 pm	Aquafit 6:30-7:30 Adult Swim Basic 6:30-7:30	Toonie Public Swim 6:00 – 8:00 pm	Aquatic Schedule changes during Christmas and Spring Break. Schedule is subject to change without notice. Call 780-840-8000 EXT 7806 OPTION 1 for all Aquatic updates.	
Lane Swim 8:00-9:00pm	Lane Swim 7:30-9:00pm	Lane Swim 8:00-9:00pm	Lane Swim 7:30-9:00pm	Lane Swim 8:00-9:00pm		

Visit Our Website:

<https://www.cafconnection.ca/Cold-Lake/Home.aspx>