

# Ed Newland Pool Schedule: July 1 - September 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 2 pm	Leisure Swim 11:30am - 2 pm
Leisure Swim 1:30 - 3:30 pm	Leisure Swim 2:30 - 3:30 pm	Leisure Swim 1:30 - 3:30 pm	Leisure Swim 1:30 - 3:30 pm	Leisure Swim 2:30 - 3:30 pm	Leisure Swim 2 - 4 pm	Leisure Swim 2:30 - 4 pm
Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm	Splash Swim 4 - 6 pm
Leisure Swim 6 - 8 pm	Leisure Swim 6 - 8 pm	Leisure Swim 6 - 8 pm	Leisure Swim 6 - 8 pm	Leisure Swim 6 - 8 pm	Leisure Swim 6 - 7 pm	Leisure Swim 6 - 7 pm

# George Hancock Pool Schedule: July 1 - September 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Splash Swim 11:30 am - 1:30 pm		Splash Swim 11:30 am - 1:30 pm	Splash Swim 11:30 am - 1:30 pm	Aqua Deep 12:30 pm - 1:15 pm	
AquaCombo 1:15 - 2 pm	AquaCombo 1:15 - 2 pm	AquaCombo 1:15 - 2 pm	AquaCombo 1:15 - 2 pm		Leisure Swim 1:30 - 3:30 pm	Leisure Swim 1:30 - 3:30 pm
Leisure Swim 2:30 - 4 pm	Leisure Swim 2:30 - 4 pm	Leisure Swim 2:30 - 4 pm	Leisure Swim 2:30 - 4 pm	Leisure Swim 2:30 - 4 pm		
Splash Swim 4 - 5:30 pm	Splash Swim 4 - 5:30 pm	Splash Swim 4 - 5:30 pm	Splash Swim 4 - 5:30 pm	Splash Swim 4 - 5:30 pm	Splash Swim 3:30 - 5 pm	Splash Swim 3:30 - 5 pm
Leisure Swim 5:30 - 7 pm	Leisure Swim 5:30 - 7 pm	Leisure Swim 5:30 - 7 pm	Leisure Swim 5:30 - 7 pm	Leisure Swim 5:30 - 7 pm	Leisure Swim 5 - 7 pm	Leisure Swim 5 - 7 pm

- Scheduled swim times may be shared with other programs and change on P.D. Days and holidays. Please check with the Centre for details.
- Please note City of Cambridge pool admission standards are in effect for children 10 years of age and under for all swim times and rentals.

## Lane Swim

Lanes are open for lane swimming. Whether you swim slow, medium or fast, we have a lane to suit your needs. Lane etiquette must be followed. A leisure lane is available.

## Splash Swim

Enjoy this opportunity for multi-use of the pool. Including unstructured playtime for children accompanied by a caregiver, adult leisure swim and lanes available for lane swim. The diving board will be open and lifejackets may be used in the deep end. Children under 18 years of age must swim with someone 18 years of age or older. Swim Admission Process still applies.

## Women's Only Splash Swim

To create a safe space, participation is only open to women caregivers and their children. This is multi-use of the pool including the diving board and sauna is open for use. During a splash swim two lanes will be available for swimming lengths. Boys 6 and under are able to attend the Women's Only Swim with their female guardian.

## Leisure Swim

Come spend time playing and enjoying the water. All ages are welcome and the diving board is open for use. Everyone must follow the Swim Admission Process.

## AquaCombo

Water exercise is a good fit for everybody. These classes will energize you while they improve your fitness in a gravity-reduced, resistive environment. Each workout includes warm-up, cardiovascular exercise, muscle conditioning and stretch. The AquaCombo class will transition from chest deep to deep water, with the option to work exclusively at your preferred depth.

## AquaBility

This class is ideal for adults, participants with joint pain, pregnant participants, people recovering from injuries or surgeries, or anyone new to aquatic exercise. AquaBility classes will help you improve balance, align and strengthen your core, and adapt exercises as required to suit their specific needs and exercise abilities. AquaBility participants are welcome to work in either deep or chest deep water.

## AquaDeep

Deep water aqua fitness improves balance, while it challenges cardio and core strength in a zero-gravity environment. No swimming skill is required, but you should be comfortable in deep water. Flotation belts are provided. AquaDeep can provide a new challenge to your land based training, or expand your aqua fitness skills.

## Sensory Swim

Going swimming at a pool can be an overwhelming sensory experience for individuals with autism, sensory or other learning accommodations. The diving board and on deck music will not be available.