

June 19 - July 1					
Monday - Friday	4:00pm-7:30pm				
Saturday & Sunday	9:00am-6:00pm				
July 2 - September 4					
Monday, Wednesday & Friday	7:30am-8:00pm				
Tuesday & Thursday	6:30am-8:00pm				
Saturday	6:30am-7:00pm				
Sunday	8:00am-6:00pm				

Holiday Schedule				
July 1	9:00am-5:00pm			
August 7	9:00am-5:00pm			
September 4	9:00am-5:00pm			
Lane Swim	9:00am-11:00am			
Open Swim	11:00am-5:00pm			

#### Schedules subject to change

Centennial Pool Summer Schedule								
June 19 - July 1								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
					Lane Swim 9:00-11:00am	Lane Swim 9:00-11:00am		
					Open Swim 11:00am-6:00pm	Open Swim 11:00am-6:00pm		
Open Swim 4:00-8:00pm	Open Swim 4:00-7:30pm	Open Swim 4:00-7:30pm	Open Swim 4:00-7:30pm	Open Swim 4:00-7:30pm				
	July 2 - September 4, 2023							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Water Power Fitness 6:30-7:30am		Water Power Fitness 6:30-7:30am		Water Power Fitness 6:30-7:30am			
Lane Swim 7:30-9:00am	Lane Swim 7:30-9:00am	Lane Swim 7:30-9:00am	Lane Swim 7:30-9:00am	Lane Swim 7:30-9:00am	Lane Swim 7:30-9:00am	Lane Swim 8:00-12:00pm		
AquaFit 9:00-10:00am	AquaFit 9:00-10:00am	AquaFit 9:00-10:00am	AquaFit 9:00-10:00am	AquaFit 9:00-10:00am				
Lane Swim 10:00-11:15am	Lane Swim 10:00-1:00pm	Lane Swim 10:00-11:15am	Registered Swim Lessons 10:00-1:00pm	Registered Swim Lessons 10:00-1:00pm				
Water Baby Bootcamp 11:15-12:00pm *3 Lanes available	Y Waves Swim Team 1:00-2:00pm	Water Baby Bootcamp 11:15-12:00pm *3 Lanes available		Y Waves Swim Team 1:00-2:00pm				
Open Swim 12:00-5:00pm	Open Swim 2:00-7:00pm	Open Swim 12:00-4:00pm	Private Rental 1:00pm-3:00pm Open Swim 3:00pm-8:00pm	Open Swim 2:00-8:00pm	Open Swim 9:00-6:00pm	Open Swim 12:00-6:00pm		
AquaFit 5:00-6:00pm		Registered Swim Lessons 4:00-8:00pm						
Open Swim 6:00-8:00pm			AquaStrong 6:00-6:45pm					
	Youth Water Volleyball 7:00-8:00pm	Lane Swim 7:00-8:00pm	Lane Swim 7:00-8:00pm					



Rates (HST Included)						
	Day Visit Pass	10 Visit Pass Summer Pass				
Individual (under 14 years)	\$4.25	\$38.00	\$99.00			
Individual (14years +)	\$6.00	\$53.00	\$160.00			
Family Rate (members of immediate household)	\$14.25	\$128.00	\$290.00			
Aquafit	\$10.00	\$90.75				
Pool Rental - Private	\$178.00					
Pool Rental - Shared	\$90.00					

# **Program Descriptions**

### **Aqua Strong**

This water bootcamp style fitness class improves cardiovascular strength, balance and uses muscles that you may not regularly use on dry land. This class includes resistance training and endurance challanges.

## Water Volleyball (12-15 years)

Jump right in and join our pickup water Volleyball games! No experience necessary. Just bring your bathing suit and energy!

#### Y Waves

Are you looking to add in a competitive edge to your swimming? Look no further! With the Y Waves swim team, you will build upon endurance, timing and skill. Prerequisite: 6 years of age and can swim continuously for 100 meters using a recognized stroke.