


OAC Fall Schedule September 21 - December 20, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6-7	Lane Swim 6-7	Lane Swim 6-7	Lane Swim 6-7	Lane Swim 6-7	Sept 21-Dec 20, 2020  Aquatic Centre	
Lane Swim 7-8	Lane Swim 7-8:30	Lane Swim 7-8	Lane Swim 7-8:30	Lane Swim 7-8		
Shallow Aquafit 8:30-9:15	Open Fitness Swim 9-10	Shallow Aquafit 8:30-9:15	Open Fitness Swim 9-10	Shallow Aquafit 8:30-9:15		
Deep Aquafit 9:30-10:15	Preschool Lessons 10:15-11:45	Deep Aquafit 9:30-10:15	Preschool Lessons 10:15-11:45	Deep Aquafit 9:30-10:15	Red Cross Lessons 9-11:45	SPC Rental 9:30-11:30
Leisure Swim 10:45-11:45	Private Lessons 10:15-11:45	Triathlon Club Rental 10:45-11:45	Private Lessons 10:15-11:45	Private Lessons 10:30-12	Lane & Tot Swim 12-1	Lane & Tot Swim 12-1
Lane & Tot Swim 12-1	Lane & Tot Swim 12-1	Lane & Tot Swim 12-1	Lane & Tot Swim 12-1	Lane & Tot Swim 12-1	Leisure Swim 1:15-2:45	Leisure Swim 1:15-2:45
College Lane Swim 1-2	Deep Aquafit 1:30-2:15	Leisure Swim 1:15-2:15	Deep Aquafit 1:30-2:15	Home School Lessons 1:15-3	Leisure Swim 3-4:30	Leisure Swim 3-4:30
Leisure Swim 2:15-4:15	Aquafit Bootcamp 2:30-3:30	Leisure Swim 2:30-3:30	Aquafit Bootcamp 2:30-3:30	Leisure Swim 3:30-4:30	Restrictions <ul style="list-style-type: none"> Swimmers may arrive a maximum of 15 minutes prior to swim time and must vacate change rooms a maximum of 15 minutes after the swim. We encourage all swimmers to arrive at the facility in their swimsuits and after your swim, shower at home. All swim time slots must be pre-booked. Physical distancing must be maintained throughout the facility. Please exit the pool promptly after your swim. Payment by debit/credit or purchase of a pass is preferred. Please do not come to the facility if you are sick. 	
Deep Aquafit 4:30-5:15	Red Cross Lessons 3:45-5:15	Red Cross Lessons 3:45-5:15	Red Cross Lessons 3:45-5:15	Leisure Swim 5-6		
Swim Club 5:30-7	Private Lessons 5-6	Swim Club 5:30-7	Swim Club 5:30-7			