

2024 POOL EVENING SCHEDULE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30pm-5:15pm Senior Swim ★	4:30pm-5:15pm Parent & Tot ★	4:30pm-5:15pm Senior Swim ★	4:00pm-8:00pm Swim Lessons	8:00am-12:45pm Swim Lessons	8:00am-2:45pm Swim Lessons
5:15pm-6:00pm Aquafit Classic	5:30pm-7:00pm Public Swim ★	5:15pm-6:00pm Aquafit Classic	6:00pm-8:00pm Bronze Club and Patrol Team Training	4:00pm-8:00pm Private Rentals	4:00pm-5:30pm Public Swim ★
6:15pm-7:00pm Aquafit Resistance	7:15pm-8:00pm Lane Swim ★	6:15pm-7:00pm Aquafit Interval			6:00pm-7:00pm AVFN/Women's Only- Alternating
7:15pm-8:00pm Lane Swim ★		7:15pm-8:00pm Lane Swim ★			7:15pm-8:00pm Lane Swim ★

★ Indicates a "Drop In" program. Cost is \$5 per person or \$15 per family.

All other programs require registration. To register for an aquatic program visit www.countyofkings.ca/registration