

# OTTAWA ATHLETIC CLUB POOL SCHEDULE - WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 8:45 OPEN SWIM	5:45 - 9:00 OPEN SWIM	5:45 - 8:45 OPEN SWIM	5:45 - 9:00 OPEN SWIM	5:45 - 8:45 OPEN SWIM	7:00 - 9:00 OPEN SWIM	7:00 - 9:00 OPEN SWIM
8:45 - 9:30 POWER AQUA	9:00 - 9:45 AQUA BOOT CAMP	8:45 - 9:30 POWER AQUA	9:00 - 9:45 AQUA BOOT CAMP	8:45 - 9:30 POWER AQUA	9:00 - 9:45 AQUA	9:00 - 2:00 PRIV. / SEMI PRIV. / GROUP SWIM LESSONS
9:30 - 10:15 AQUA	10:00 - 4:00 OPEN SWIM	9:30 - 10:15 AQUA	10:00 - 4:00 OPEN SWIM	9:30 - 10:15 AQUA	10:00 - 2:00 PRIV. / SEMI PRIV. / GROUP SWIM LESSONS	
10:15 - 4:00 OPEN SWIM		10:30 - 4:00 OPEN SWIM		10:30 - 4:00 OPEN SWIM		
4:00 - 5:30 PRIV. / SEMI PRIV. SWIM LESSONS	4:00 - 8:00 PRIV. / SEMI PRIV. SWIM LESSONS	4:00 - 5:30 PRIV. / SEMI PRIV. SWIM LESSONS	4:00 - 8:00 PRIV. / SEMI PRIV. SWIM LESSONS	4:00 - 5:30 PRIV. / SEMI PRIV. SWIM LESSONS	2:00 - 10:00 OPEN SWIM	2:00 - 10:00 OPEN SWIM
5:30 - 6:15 AQUA		5:30 - 6:15 AQUA		5:30 - 6:15 AQUA		
6:15 - 8:00 PRIV. / SEMI PRIV. SWIM LESSONS	4:30 - 5:30 AQUA KIDS (LIFEGUARDS ON DUTY)	6:15 - 8:00 PRIV. / SEMI PRIV. SWIM LESSONS		6:15 - 8:00 PRIV. / SEMI PRIV. SWIM LESSONS		
8:00 - 11:00 OPEN SWIM	8:00 - 11:00 OPEN SWIM	8:00 - 11:00 OPEN SWIM	8:00 - 11:00 OPEN SWIM	8:00 - 10:00 OPEN SWIM		



The pool is unavailable for member swims during times marked in Purple.

The pool is open for member swims during the time marked in Light Blue (The lap lane will be available.)

The pool is shared with other programming during time marked in Blue (The lap lane may be unavailable.)

**MONDAY JANUARY 7 - SUNDAY MARCH 31**