



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLOSED MONDAY	2 p.m. to 3 p.m. Free swim SENIORS AND PREGNANT WOMEN	2 p.m. to 3 p.m. Free laps SENIORS AND PREGNANT WOMEN AÎNÉS ET	2 p.m. to 3 p.m. Free swim SENIORS AND PREGNANT WOMEN	2 p.m. to 3 p.m. Free laps SENIORS AND PREGNANT WOMEN		SUNDAY CLOSED
	3 p.m. to 4:30 p.m. Free swim ALL AGES	3 p.m. to 4:30 p.m. Free swim ALL AGES	3 p.m. to 4:30 p.m. Free swim ALL AGES	3 p.m. to 4:30 p.m. Free swim ALL AGES	12:30 p.m. to 1:30 p.m. Free laps ADULTS	
	4:30 p.m. to 6 p.m. Free laps ADULTS	4:30 p.m. to 6 p.m. Free laps ADULTS	4:30 p.m. to 6 p.m. Free laps ADULTS	4:30 p.m. 6 p.m. Free laps ADULTS	1:30 p.m. to 3:25 p.m. Free swim ALL AGES	
	7 p.m. to 8:55 p.m. Free swim ALL AGES	7 p.m. to 8:55 p.m. Free swim ALL AGES	7 p.m. to 8:55 p.m. Free swim ALL AGES	7 p.m. to 8:55 p.m. Free swim ALL AGES	3:30 p.m. to 4:30 p.m. Free laps ADULTS	
	9 p.m. to 10 p.m. Free laps ADULTS	9 p.m. to 10 p.m. Free swim adults Laps ADULTS	9 p.m. to 10 p.m. Free laps ADULTS	9 p.m. to 10 p.m. Free swim adults Laps ADULTS		

RATIOS

Children accompanied by adults One adult (18 and over) at all times Inside and outside the water
Child 0-3 y/o / 1 adult / 1 child
Child 3-7 y/o / 1 adult / 3 children

DURING THIS PERIOD

All	Period also applies to families.
Adults	Only persons aged 18 and over admitted to the pool.
Free swim	One or two roap floats divide the pool in the deep and shallow ends.
Laps	Roap floats in place for lap swimming.

INSTRUCTIONS

A bathing suit is mandatory at all times. No shorts, bermudas, etc. Please bring your own soap, towel and lock. All personal effects must be kept in lockers. Please leave at home: credit cards, money, jewelry, etc. Flippers, masks and snorkels are not permitted. Floating objects such as air mattresses are not permitted.
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Enjoy your swim!

* For more information concerning classes and swim clubs,
the Club aquatique CDN-NDG at 514 296-6285.

please call

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