

# FREE SWIM (FREE)

## PUBLIC SWIM

Monday to Friday	Noon to 1 p.m.
Monday to Friday	4 p.m. to 5 p.m.
Friday	7 p.m. to 10 p.m.
Saturday and Sunday	1 p.m. to 4 p.m.
Saturday and Sunday	6:30 p.m. to 8 p.m.

Both pools are accessible to the public.  
Two lanes are reserved for doing lengths.  
Children 7 and under must be accompanied by an adult.

## ADULT SWIM

Monday, Wednesday and Friday	6:30 a.m. to 8:30 a.m.
Monday to Friday	9 p.m. to 10 p.m.
Saturday and Sunday	8 p.m. to 9 p.m.

In the 25-metre pool, swimming is reserved for people 18 and over.  
Three lanes are reserved for doing lengths.

## FAMILY SWIM

<i>Small pool only:</i>	
Tuesday and Thursday	2 p.m. to 4 p.m.
<i>Also admitted:</i>	
Pregnant women and Seniors	Tuesday and Thursday 2 p.m. to 4 p.m.

Swimming reserved for children accompanied by one or more adults.  
Adults on their own are not admitted.

## SENIOR SWIM

Tuesday	9 a.m. to 10:30 a.m.
---------	----------------------

Bathing reserved for persons 55 and over.  
Both pools are accessible.

