



## FREE SWIM



# Winter 2012

**Beginning : February 6, 2012**  
**Côte-des-Neiges swimming pool**  
**514 342-9988**

### MONDAY

11 :30am-12 :25pm	Adults with laps (16+)
07 :30pm-08 :25pm	For all* (
08 :30pm-09 :25pm	Adults with laps (16+)

### TUESDAY

07 :30am-08 :15am	For all with laps*
11 :30am-12 :25pm	Adults with laps (16+)
08 :30pm-09 :25pm	Women and girls*

### WEDNESDAY

11 :30am-12 :25pm	Adults with laps(16+)
08 :30pm-09 :25pm	Men and boys *

### THURSDAY

07 :30am-08 :15am	For all with laps*
11 :30am-12 :25pm	Adults with laps (16+)
07 :30pm-08 :25pm	For all*
08 :30pm-09 :25pm	Adults with laps (16+)

### FRIDAY

11 :30am-12:25pm	Adults with laps (16+)
03 :00pm-03 :55pm	For all with laps*
07 :30pm-08 :25pm	For all*
08 :30pm-09 :25pm	Adults with laps ( 16+)

### SATURDAY

03:00pm- 03 :55pm	For all*
05 :00pm-05 :55pm	Adults with laps (16+)

### SUNDAY

01 :00pm-01 :50pm	Women and girls*
02 :00pm-02:55 pm	Men and boys*
03 :00pm-04 :15pm	For all
04 :15pm-05 :15pm	Adults with laps(16+)

Note :You must have the free membership card **to have access to the free swim.**

★ Children under 8 yrs of age must be accompanied by an adult 18 yrs and over.