



Horton Street Seniors' Centre Aquatic Schedules

Regular Hours

September 12, 2011 to June 22, 2012



United Way
of London & Middlesex

Gentle Fit and morning Aqua-fit classes are for Members Only

Visitors 21 years and over are welcome to any aqua-fit classes and open swims after 12:00 p.m.

*Visitors will be charged an additional \$2.00 for Aqua-fit classes

AQUAPLEX POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
9:00-9:30 a.m.	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit
9:30-10:30 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
10:30-11:00 a.m.	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit
11:00-12:00 p.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
12:00-12:30p.m.	Aqua-fit	Open Swim 12:00-1:00 p.m.	Aqua-fit	Open Swim 12:00-1:00p.m.	Open Swim 12:00 - 1:00 p.m.
12:30-1:30 p.m.	Open Swim	CLOSED	Open Swim	CLOSED	CLOSED
1:30-2:15 p.m.	Aqua-fit (Deep)		Aqua-fit (Deep)		
2:15-3:00 p.m.	Open Swim		Open Swim		

LONDON LIFE FAMILY WELLNESS CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:30 a.m.	Recreational Swim	Gentle Fit	Recreational Swim	Gentle Fit	Recreational Swim
9:30-11:00 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00-11:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
11:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
12:00-2:00 p.m.	Open Swim	ASAP 1:00-2:00p.m.	Open Swim	ASAP 1:00-2:00p.m.	CLOSED

Water Fitness Classes- Aqua-fit & Gentle Fit Fees and Registration

"Drop-in" to any aqua-fit and gentle fit class for \$2.00.

Aqua-fit Classes are limited to 30 participants. **Gentle Fit** classes are limited to 20 participants

Fall Session

September 12-December 23, 2011

Currently registering

Winter Session

January 9-March 9, 2012

Registration begins December 12, 2011

Spring Session

March 19-June 22, 2012

Registration begins

March 5, 2012

Holiday Hours

AQUAPLEX POOL

December 28-January 6, 2012 & March 12-16, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
9:00-9:30 a.m.	Aqua-fit (Shallow)	Aqua-fit (Deep)	Aqua-fit (Shallow)	Aqua-fit (Shallow)	Aqua-fit (Deep)
9:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00-11:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
11:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

Summer Hours

AQUAPLEX POOL

June 25-August 31, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:30 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
8:30-9:00 a.m.	Aqua-fit (Shallow)	Aqua-fit (Deep)	Aqua-fit (Shallow)	Aqua-fit (Shallow)	Aqua-fit (Deep)
9:00-10:45 a.m.	Recreation Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-10:00 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
10:00-10:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
10:30-10:45 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim