



Horton Street Seniors' Centre Aquatic Schedules



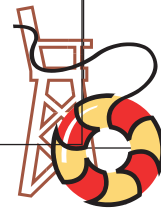
Regular Hours

September 13, 2010 to June 24, 2011

☺ Aquafit and Gentle Fit is for HSSC Members Only
 "Drop in" to any class for \$2.00, Tickets available at the Aquaplex Desk
 ☺☺ Open Swim is available for HSSC Members and Visitors over 21 years Cost \$3.00 per visit

Aquaplex

	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 8:00 - 8:45 a.m.
9:00 - 9:30 a.m.	Aquafit ☺	Aquafit ☺	Aquafit ☺	Aquafit ☺	Aquafit ☺ (deep) 8:45 - 9:30 a.m.
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.	Aquafit ☺	Aquafit ☺	Aquafit ☺	Aquafit ☺	Aquafit ☺
11:00 a.m. - 12:00 p.m.	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim
12:00 - 12:30 p.m.	Aquafit	Open Swim ☺☺ 12:00 - 1:00 p.m.	Aquafit	Open Swim ☺☺ 12:00 - 1:00 p.m.	Open Swim ☺☺ 12:00 - 1:00 pm
12:30 - 1:30 p.m.	Open Swim ☺☺		Open Swim ☺☺		
1:30 - 2:15 p.m.	Aquafit ☺ (deep)	Closed	Aquafit ☺ (deep)	Closed	Closed
2:15 - 3:00 p.m.	Open Swim ☺☺		Open Swim ☺☺		



London Life Family Wellness Centre



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30 am	Recreational Swim	Gentle Fit ☺	Recreational Swim	Gentle Fit ☺	Recreational Swim
9:30 - 11:00 am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00 - 11:30 am	Gentle Fit ☺	Gentle Fit ☺	Gentle Fit ☺	Gentle Fit ☺	Gentle Fit ☺
11:30 - 12:00 pm	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
12:00 - 2:00 pm	Open Swim ☺☺	ASAP 1:00 - 2:00 pm	Open Swim ☺☺	ASAP 1:00 - 2:00 pm	CLOSED

Water Fitness Classes - Aquafit & Gentle Fit

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

Aquafit Classes are limited to 30 participants. **Gentle-Fit Classes** are limited to 20 participants

Fall Session

September 13 - December 17, 2010
Currently registering

Winter Session

January 3 - March 11, 2011
Registration begins
December 13, 2010

Spring Session

March 21 - June 24, 2011
Registration begins
March 7, 2011

Holiday Hours

December 20 - 31, 2010 & March 14 - 18, 2011

AQUAPLEX

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00 am	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim
9:00 - 9:30 am	Aquafit (shallow)	Aquafit (deep)	Aquafit (shallow)	Aquafit (shallow)	Aquafit (deep)
9:30 - 12:00 pm	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 11:00am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00 - 11:30am	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
11:30 - 12:00 pm	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

**All Classes in Holiday Hours and Summer Hours are Drop In and for Members only,
Cost \$2.00. Tickets Available at the Aquaplex Desk**

Summer Hours

June 27, 2011 - September 2, 2011

AQUAPLEX

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 - 8:30 am	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim	Recreational / Fitness Swim
8:30 - 9:00 am	Aquafit (shallow)	Aquafit (deep)	Aquafit (shallow)	Aquafit (shallow)	Aquafit (deep)
9:00 - 11:00 am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 10:00am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
10:00 - 10:30am	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
10:30 - 11:00am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim