

PROFESSIONAL ACTIVITY DAY SCHEDULE - OCT 16

5:45 AM-9:00 PM

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms							
	Lane	Leisure		Cycle	Fitness		1	2	3					
Registration recommended for Group Fitness Classes, programs with * registration is required														
5:45														
6:00	Lane Swim 6-8:30	OSAC* 6-7:45 (5 lanes)	TYPTI 6-8:30 <i>Equipment not provided</i>			Athletic Performance Training: Teen 6:15-7	Boot Camp 6:15-7							
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														
7:45														
8:00			Open Swim 7-8:45											
8:15														
8:30														
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle* 9-9:45									
9:00														
9:15					Chair Fit 9:15-10									
9:30														
9:45	Lane Swim	Advanced Courses* 9:45-10:30	Aqua Motion 9:35-10:05				Gravity* 9:45-10:15		PA Day Camp* 6:45-5					
10:00	9:45-10:30 (4 lanes)					Yoga 10-10:45				Gravity* 10:20-10:50				
10:15			Rec Swim 10:15-11:15			Mommy & Me: Yoga 10:15-11				Family Play (0-6yrs) 10-12				
10:30														
10:45														
11:00														
11:15	Lane Swim	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12	Cardio: Gentle 11-11:45		PA Day Camp* 11:15-5								
11:30	11:15-12 (2 lanes)													
11:45														
12:00			PA Day Camp 12-2											
12:15	Lane Swim	Advanced Courses* 12-1:15												Adult/ Therapy 12-1
12:30	12-1:15 (6 lanes)													
12:45														
1:00														
1:15	Lane Swim 1:15-5:45 (2 lanes)	Rec Swim 1:15-3:30		PA Day Camp 12-2										
1:30														
1:45														
2:00														
2:15														
2:30														
2:45		Owen Sound Otters* 4:30-5:45		Family Gym 2-6										
3:00														
3:15														
3:30														
3:45														
4:00														
4:15	OSAC* (4 lanes) 5:45-7:30		Rec Swim 5:30-8											
4:30														
4:45														
5:00														
5:15														
5:30														
5:45	Rec/Lane Swim 5:45-8													
6:00														
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														
7:45			Basketball 6:15-8:45											
8:00														
8:15														
8:30														
8:45	PA Day													