



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim (6:30-7:20am)	Lane Swim (6:30-7:20am)	Aqua Fit (8-8:50am)	Lane Swim (6:30-7:20am)	Lane Swim (7:00-7:50am)	Lane Swim (10:00-10:50am)	Lane Swim (10:00-10:50am)
CLOSED for Programming (7:30-12pm)	CLOSED for Programming (7:30-12pm)	CLOSED for Programming (9-12pm)	CLOSED for Programming (7:30-12pm)	Aqua Fit (8-8:50am)	Aqua Fit (11-11:50am)	Aqua Fit (11-11:50am)
Public Swim (12-1pm) (2:20-4:20pm) *CLOSED 1-2:20pm*	Public Swim (12-1pm) (2:20-4:20pm) *CLOSED 1-2:20pm*	Public Swim (12-1pm) (2:20-4:20pm) *CLOSED 1-2:20pm*	Public Swim (12-1pm) (2:20-4:20pm) *CLOSED 1-2:20pm*	CLOSED for Programming (8:30am-12pm)	Public Swim (12-6pm)	Public Swim (12-6pm)
CLOSED for Programming (4:30-6pm)	CLOSED for Programming (4:30-6pm)	Lane Swim (4:30-5:20pm)	CLOSED for Programming (4:30-6pm)	Public Swim (12-1pm) (2:20-4:20pm)	Fees/Registration PUBLIC SWIM: Drop in option, Pay per hour / person AQUA FIT & LANE SWIM: Drop in option, Pay per session / person SWIMMING LESSONS & SWIM TEAM: Registered MEMBERSHIPS: All Access Individual Includes public swim, lane swim, and aqua fit. PUBLIC SWIM PASS: Individual and Family Passes Available For more information, visit our website.	
Public Swim BEACH SIDE ONLY (6-7pm)	Public Swim BEACH SIDE ONLY (6-7pm)	Public Swim BEACH SIDE ONLY (6-7pm)	Public Swim BEACH SIDE ONLY (6-7pm)	Aqua Fit (4:30-5:20pm)		
Lane Swim (Competition Pool) Public Swim (1-2 lanes avail.) (7-7:50pm)	Lane Swim (Competition Pool) Public Swim (1-2 lanes avail.) (7-7:50pm)	Public Swim (7-8pm) *Except on Swim Meet Nights* TBC	Lane Swim (Competition Pool) Public Swim (1-2 lanes avail.) (7-7:50pm)	Public Swim BEACH SIDE ONLY (6-7pm)		
Aqua Fit (8-8:50pm)	Aqua Fit (8-8:50pm)	POOL IS CLOSED JULY 11th (Stingray Invitational Swim Meet)		Aqua Fit (8-8:50pm)	Public Swim ALL POOL (7-8pm)	

FRIDAY, JULY 31
2:20-3:30pm
Sponsored by Nortera

FRIDAY, AUGUST 7
2:20-3:20pm
Sponsored by Stingray

FRIDAY, AUGUST 14
2:20-3:30pm
Sponsored by Stingray

FRIDAY, AUGUST 21
2:20-3:20pm
Sponsored by Stingray



REGISTER ONLINE

www.strathroy-caradoc.ca/recreation-community-culture/aquatics

In Person: 334 Metcalfe Street West, Strathroy Phone: 519-246-3202

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