



**ANNE FIDDICK**  
**AQUATIC & SPORTS CENTRE**  
**GOLD RIVER, B.C.**  
**250-283-2216**  
**pool@conumacable.com**



**WEIGHTROOM / CARDIO ROOM & COURT HOURS**  
 Monday/Wednesday 9 am -12 noon & 5 pm - 9 pm  
 Tuesday/Thursday 9 am -12 noon & 1 pm - 9 pm  
 Friday 9 am - 12 noon & 6 pm -10 pm  
 Saturday: 2 pm - 5 pm & 6 pm - 9 pm  
 Sunday: 12 noon - 4 pm



**SCHEDULE EFFECTIVE September 15 - December 20 , 2019**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY									
	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure	Main	Leisure								
9 - 10 am	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM	Aquafit 9:15 - 10:15 am	QUIET TIME SWIM												
10 - 11 am	<b>EVERYONE WELCOME</b>	PARENT & TOT 10 - 11 am	<b>EVERYONE WELCOME</b>		<b>EVERYONE WELCOME</b>	PARENT & TOT 10 - 11 am	<b>EVERYONE WELCOME</b>		<b>EVERYONE WELCOME</b>	PARENT & TOT 10 - 11 am							EVERYONE WELCOME 12 - 4 pm					
11 - 12 pm	↓	P/S LESSONS 10:30 - 11:30	SCHOOLS 11am -12pm	↓	↓	P/S LESSONS 10:30 - 11:30	SCHOOLS 11am - 12pm	↓	↓	<b>EVERYONE WELCOME</b>												
12 - 1 pm	<b>AQUATIC CENTRE CLOSED DURING LUNCH HOUR</b> <b>NOTE: LANE SWIMMING MAY BE UNAVAILABLE TUES/THURS 3:30 - 5:00 PM</b>												EVERYONE WELCOME 12 - 4 pm									
1 - 2 pm	<b>FACILITY CLOSED 12 noon - 5 PM</b>		<b>EVERYONE WELCOME</b> 1 - 9 pm		<b>FACILITY CLOSED 12 noon - 5 pm</b>		<b>EVERYONE WELCOME</b> 1 - 9 pm		<b>FACILITY CLOSED 12 noon - 6 pm</b>						<b>EVERYONE WELCOME</b> 2 - 5 pm				EVERYONE WELCOME 6 - 9 pm			
2 - 3 pm			<b>SCHOOLS</b> 1 - 3 pm				<b>SCHOOLS</b> 1 - 3 pm								<b>SCHOOLS</b> 1 - 3 pm						<b>SCHOOLS</b> 1 - 3 pm	
3 - 4 pm			<b>LESSONS</b> 3:30 - 5:45				<b>LESSONS</b> 3:30 - 5:45								<b>LESSONS</b> 3:30 - 5:45						<b>LESSONS</b> 3:30 - 5:45	
4 - 5 pm			<b>EVERYONE WELCOME</b> 5:00 - 9:00				<b>EVERYONE WELCOME</b> 5:00 - 9:00								<b>EVERYONE WELCOME</b> 5:00 - 9:00						<b>EVERYONE WELCOME</b> 5:00 - 9:00	
5 - 6 pm	<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00				<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 6 - 9 pm							
6 - 7 pm	<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 6 - 9 pm									
7 - 8 pm	<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 6 - 9 pm									
8 - 9 pm	<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:00 - 9:00		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 5:45 - 6:45		<b>EVERYONE WELCOME</b> 6 - 9 pm									
9 - 10 pm	<i>The pool will be closed October 14, November 11, December 24, 25, 26, 31, 2019 &amp; January 1, 2020</i>										<b>EVERYONE WELCOME</b> 6 - 10 pm		<b>EVERYONE WELCOME</b> 6 - 9 pm									