



GOLD RIVER
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 January 2 - March 15, 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	EVERYONE WELCOME	PARENT & TOT 10 - 11 am	EVERYONE WELCOME		EVERYONE WELCOME	PARENT & TOT 10 - 11 am	EVERYONE WELCOME		EVERYONE WELCOME	PARENT & TOT 10 - 11 am							
11 - 12 pm	↓	P/S LESSONS 10:30 - 11:30	SCHOOLS 11am -12pm	↓	↓	P/S LESSONS 10:30 - 11:30	SCHOOLS 11am - 12pm	↓	↓	EVERYONE WELCOME							
12 - 1 pm	AQUATIC CENTRE CLOSED DURING LUNCH HOUR NOTE: LANE SWIMMING MAY BE UNAVAILABLE TUES/THURS 3:30 - 5:00 PM																
1 - 2 pm	FACILITY CLOSED 12 noon - 5 pm		EVERYONE WELCOME 1 - 9 pm	FACILITY CLOSED 12 noon - 5 pm		EVERYONE WELCOME 1 - 9 pm	FACILITY CLOSED 12 noon - 6 pm		EVERYONE WELCOME 1 - 9 pm	EVERYONE WELCOME 12 - 4 pm							
2 - 3 pm			SCHOOLS 1 - 3 pm			EVERYONE WELCOME 1 - 9 pm			SCHOOLS 1 - 3 pm								
3 - 4 pm			LESSONS 3:30 - 5:45			EVERYONE WELCOME 1 - 9 pm			LESSONS 3:30 - 5:45								
4 - 5 pm			↓			EVERYONE WELCOME 1 - 9 pm			↓								
5 - 6 pm	EVERYONE WELCOME 5:00 - 9:00	EVERYONE WELCOME 5:45 - 6:45	EVERYONE WELCOME 5:00 - 9:00	EVERYONE WELCOME 5:45 - 6:45	EVERYONE WELCOME 6 - 10 pm				EVERYONE WELCOME 6 - 9 pm								
6 - 7 pm	↓	EVERYONE WELCOME 5:45 - 6:45	↓														
7 - 8 pm	↓	EVERYONE WELCOME 5:45 - 6:45	↓														
8 - 9 pm	↓	EVERYONE WELCOME 5:45 - 6:45	↓														
9 - 10 pm	↓	EVERYONE WELCOME 5:45 - 6:45	↓														
The pool will be closed February 18, 2019 for Family Day																	