

AQUATIC PROGRAMS APR-JUN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DEEP WATER AQUAFUSION 7:00-7:45AM		H2O CIRCUIT 7:00-7:45AM				
	CARDIO TONE 9:00-9:45AM		CARDIO CORE 9:00-9:45AM		CARDIO FLEX 9:00-9:45AM		
	CARDIO TONE 10:00-10:45AM	FUNCTIONAL FITNESS 10:00-10:45AM	CARDIO CORE 10:00-10:45AM	FUNCTIONAL FITNESS 10:00-10:45AM	CARDIO FLEX 10:00-10:45AM		
	MORNING MASTERS 11:00AM-12:00PM Apr 3-Jun 19	BABY & ME BOOTCAMP 11:15AM-12:00PM Apr 25-May 18 & May 23-Jun 15	LITTLE DUCKY'S PLAY DATE SWIM 11:00AM-12:00PM 				
	NOON LANE SWIM 12:00-1:00PM	NOON LANE SWIM 12:00-1:00PM	NOON LANE SWIM 12:00-1:00PM	NOON LANE SWIM 12:00-1:00PM	NOON LANE SWIM 12:00-1:00PM		
							
WIBIT DAYS 4:00-6:00PM (setup begins at 3:45pm) 1 lane avail.	RIPPLES DEVELOPMENT 4:00-4:45PM Apr 3-May 1	SWIM LESSONS 4:00-5:45PM <u>Apr 11-May 4</u>	RIPPLES DEVELOPMENT 4:00-4:45PM Apr 3-May 1	SWIM LESSONS 4:00-5:45PM <u>Apr 11-May 4</u>	JR LIFEGUARD CLUB 4:00-6:00PM May 11-Jun 29	TOONIE SWIM 3:30-5:30PM	SPLASH SQUAD 4:00-6:00PM
		SWIM LESSONS 4:00-5:45pm <u>Jun 5-15</u>					
	LIL SCIENCE & SWIM EXPLORERS 6:15-7:00PM Apr 17-May 29	CIRCUIT FUSION 6:00-6:45PM (ends May 16)		ABSOLUTE 6:00-6:45PM (ends May 18)	SWIM BASICS/STROKE 6:00-6:45PM Apr 6-May 4/May 11-Jun 8		
		MASTERS/TRI SWIM 7:00-8:00PM Apr 4-Jun 8		MASTERS/TRI SWIM 7:00-8:00PM Apr 4-Jun 8			
		ADULT ONLY SWIM 8:00-9:00PM (until Jun 27)		ADULT ONLY SWIM 8:00-9:00PM (until Jun 29)			

DROP-IN

REGISTERED

SPECIAL WIBIT DAYS EVERY 2nd SATURDAY OF EACH MONTH:

MID-DAY POOL CLOSURE FROM 2:00-3:30PM, MON-FRI

Apr 8 May 6 Jun 10 4:00-6:00pm

Exceptions: Pro-D days, Spring Break, Summer Break

(no Splash Squad on these days)



Creston & District
Community Complex