

Jun 26  
Sept 2  
v 1

# Lap Pool



| Monday                      |   |   |   |   |   |  | Tuesday                     |   |   |   |   |   |  | Wednesday                   |   |   |   |   |   |  | Thursday                    |   |   |   |   |   |  | Friday                      |   |   |   |   |   |  | Saturday         |   |   |   |   |   |  | Sunday              |   |   |   |   |   |  |
|-----------------------------|---|---|---|---|---|--|-----------------------------|---|---|---|---|---|--|-----------------------------|---|---|---|---|---|--|-----------------------------|---|---|---|---|---|--|-----------------------------|---|---|---|---|---|--|------------------|---|---|---|---|---|--|---------------------|---|---|---|---|---|--|
| 1                           | 2 | 3 | 4 | 5 | 6 |  | 1                           | 2 | 3 | 4 | 5 | 6 |  | 1                           | 2 | 3 | 4 | 5 | 6 |  | 1                           | 2 | 3 | 4 | 5 | 6 |  | 1                           | 2 | 3 | 4 | 5 | 6 |  | 1                | 2 | 3 | 4 | 5 | 6 |  | 1                   | 2 | 3 | 4 | 5 | 6 |  |
| Adult Lane Swimming 6 Lanes |   |   |   |   |   |  | Adult Lane Swimming 6 Lanes |   |   |   |   |   |  | Adult Lane Swimming 6 Lanes |   |   |   |   |   |  | Adult Lane Swimming 6 Lanes |   |   |   |   |   |  | Adult Lane Swimming 6 Lanes |   |   |   |   |   |  | Closed           |   |   |   |   |   |  | Closed              |   |   |   |   |   |  |
| Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Comp Swim        |   |   |   |   |   |  | Aquafit             |   |   |   |   |   |  |
| Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Aquafit                     |   |   |   |   |   |  | Swimming Lessons |   |   |   |   |   |  | Swimming Lessons    |   |   |   |   |   |  |
| Centre Camp                 |   |   |   |   |   |  | Centre Camp                 |   |   |   |   |   |  | Centre Camp                 |   |   |   |   |   |  | Centre Camp                 |   |   |   |   |   |  | Centre Camp                 |   |   |   |   |   |  | Swimming Lessons |   |   |   |   |   |  | Adult Lane Swimming |   |   |   |   |   |  |
| Leisure                     |   |   |   |   |   |  | Leisure                     |   |   |   |   |   |  | Leisure                     |   |   |   |   |   |  | Leisure                     |   |   |   |   |   |  | Leisure Swim                |   |   |   |   |   |  | Leisure          |   |   |   |   |   |  |                     |   |   |   |   |   |  |
| Swimming Lessons            |   |   |   |   |   |  | Swimming Lessons            |   |   |   |   |   |  | Swimming Lessons            |   |   |   |   |   |  | Swimming Lessons            |   |   |   |   |   |  | Leisure                     |   |   |   |   |   |  | Leisure          |   |   |   |   |   |  |                     |   |   |   |   |   |  |
| Closed                      |   |   |   |   |   |  | Mettle Multisport Triathlon |   |   |   |   |   |  | Closed                      |   |   |   |   |   |  | Closed                      |   |   |   |   |   |  | Closed                      |   |   |   |   |   |  | Closed           |   |   |   |   |   |  |                     |   |   |   |   |   |  |

Before 4pm every day, the outdoor pool is available to members only. Guests may continue to use the indoor pools

**Adult Lane Swim Etiquette**  
 You will see [Slow|Medium|Fast] indicators and the direction of travel is counter-clockwise. When entering a lane, give swimmers the right of way and EVERY TIME inform other swimmers that you are entering. Parallel swimming is not allowed. Please avoid lengthy conversations and stationary exercise in the adult lanes. Lifeguards have the RESPONSIBILITY and AUTHORITY to ask you to move to a specific lane. You MUST listen to their directions, regardless of the situation. Any comments or concerns can be brought to the Aquatics Manager AFTER THE FACT

**Leisure Swimming for kids & adults in this pool:**  
 Mon - Thu: 11:30-4:30  
 Fri: 11:30-4:00pm  
 Sat: 2:00 - 9:30pm  
 Sun: 9:30am - 7:30pm

**Aquatic Fitness Schedule:**  
 Mon/Wed/Fri: 9:00-9:55am & 10:00-10:55  
 Tue/Thu: 9:30-10:25 & 10:30-11:25 & 8:30-9:25pm  
 Sat: 1:00-1:55pm  
 Sun: 8:30-9:25am

**Don't forget to:**  
 Shower, use Flip-Flops and spit out gum.  
  
**Staff can offer:**  
 Hair ties & Shoe Covers.  
 Hair Ties are OPTIONAL.

Register for swimming lessons at  
[srcentre.ca/aquatics](http://srcentre.ca/aquatics)

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# Kids' Pool



| Monday           |            | Tuesday          |            | Wednesday        |            | Thursday         |            | Friday           |            | Saturday         |            | Sunday           |            |
|------------------|------------|------------------|------------|------------------|------------|------------------|------------|------------------|------------|------------------|------------|------------------|------------|
| Left Side        | Right Side | Left Side        | Right Side | Left Side        | Right Side | Left Side        | Right Side | Left Side        | Right Side | Left Side        | Right Side | Left Side        | Right Side |
| Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            |
| Daycare          |            | Daycare          |            | Waterbabies      |            | Waterbabies      |            | Centre Camp      |            | Swimming Lessons |            | Swimming Lessons |            |
| Centre Camp      |            | Centre Camp      |            | Centre Camp      |            | Centre Camp      |            | Centre Camp      |            | Waterbabies      |            | Waterbabies      |            |
| Leisure          |            | Leisure          |            | Leisure          |            | Leisure          |            | Leisure          |            | Leisure          |            | Leisure          |            |
| Swimming Lessons |            | Swimming Lessons |            | Swimming Lessons |            | Swimming Lessons |            | Swimming Lessons |            | Leisure          |            | Leisure          |            |
| Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            | Closed           |            |

Before 4pm every day, the outdoor pool is available to members only. Guests may continue to use the indoor pools

Please ensure correct and well-fitted pool diapers are used with infants.

The SRC considers swimmers aged 11 and under as children. Differing levels of supervision are required depending on age and ability. 7 & Under: Must be supervised by an adult aged 16+. Caregiver is expected to be in bathing attire and within arms reach of the children. Maximum 2 children per caregiver. 8 & 9 years old: Can attempt a "facility test" by swimming 25m and treading water for 1 minute. If successful, can be treated the same as 10 & 11 years old. If unsuccessful, must be treated the same as 7 & under. 10 & 11 years old: May use any of the leisure swimming areas without direct supervision. However, a caregiver aged 16+ must be within the SRC. (such as in the gym or in the cafe)

Leisure swim times in this pool for kids & adults  
 Mon-Fri: 8:00am - 9:30pm  
 Sat: 8:00-9:30am, 1pm-9:30pm  
 Sun: 8:00-9:30am, 1-2pm, 2:30 - 7:30pm

Kids' pool temperature is 31°C / 88°F

Kids pool maximum depth is 95cm / 3.1 feet  
 Head-first entries into this pool are forbidden.

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# Outdoor Pool



| Monday            |                             |   |   | Tuesday           |                             |   |   | Wednesday         |                             |   |   | Thursday          |                             |   |   | Friday            |                             |   |   | Saturday                               |                             |   |   | Sunday            |                             |   |   |   |   |   |   |
|-------------------|-----------------------------|---|---|-------------------|-----------------------------|---|---|-------------------|-----------------------------|---|---|-------------------|-----------------------------|---|---|-------------------|-----------------------------|---|---|----------------------------------------|-----------------------------|---|---|-------------------|-----------------------------|---|---|---|---|---|---|
| S                 | 1                           | 2 | 3 | S                 | 1                           | 2 | 3 | S                 | 1                           | 2 | 3 | S                 | 1                           | 2 | 3 | S                 | 1                           | 2 | 3 | S                                      | 1                           | 2 | 3 | S                 | 1                           | 2 | 3 | S | 1 | 2 | 3 |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Mettle Multisport Adult Triathlon Club |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary                             | Adult 12+ Lane Swim 3 Lanes |   |   | Stationary        | Adult 12+ Lane Swim 3 Lanes |   |   |   |   |   |   |
| Centre Camp       |                             |   |   | Centre Camp       |                             |   |   | Centre Camp       |                             |   |   | Centre Camp       |                             |   |   | Centre Camp       |                             |   |   | Mettle Multisport Adult Triathlon Club |                             |   |   | Centre Camp       |                             |   |   |   |   |   |   |
| Adult Lanes 12+   |                             |   |   | Adult Lanes 12+   |                             |   |   | Adult Lanes 12+   |                             |   |   | Adult Lanes 12+   |                             |   |   | Adult Lanes 12+   |                             |   |   |                                        |                             |   |   | Recreational Swim |                             |   |   |   |   |   |   |
| Recreational Swim |                             |   |   | Recreational Swim |                             |   |   | Recreational Swim |                             |   |   | Recreational Swim |                             |   |   | Recreational Swim |                             |   |   |                                        |                             |   |   | Recreational Swim |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |
| Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   | Closed            |                             |   |   |                                        |                             |   |   | Closed            |                             |   |   |   |   |   |   |

Before 4pm every day, the outdoor pool is available to members only. Guests may continue to use the indoor pools

Due to sunlight conditions, the outdoor pool will close at 7:30pm as of August 14

Please ensure:  
\*correct and well-fitted pool diapers are used with infants.  
\*There is a period of 15 minutes for sunscreen to absorb prior to entering the pool.

The SRC considers swimmers aged 11 and under as children. Differing levels of supervision are required depending on age and ability. 7 & Under: Must be supervised by an adult aged 16+. Caregiver is expected to be in bathing attire and within arms reach of the children. Maximum 2 children per caregiver. 8 & 9 years old: Can attempt a "facility test" by swimming 25m and treading water for 1 minute. If successful, can be treated the same as 10 & 11 years old. If unsuccessful, must be treated the same as 7 & under. 10 & 11 years old: May use any of the leisure swimming areas without direct supervision. However, a caregiver aged 16+ must be within the SRC. (such as in the gym or in the cafe)

Leisure swim times in this pool for kids & adults  
Mon-Fri: 1:30pm - 8:30pm  
Sat: 9:30am - 8:30pm  
Sun: 9:30am - 7:30pm  
  
Adult Lane Swim  
Everyday: 7:30am - 9:30am  
Mon-Fri: 1:30pm - 4:30pm

Outdoor pool temperature is 28°C / 86°F

Outdoor pool maximum depth is 1.5m / 5 feet  
  
Head-first entries into this pool are forbidden.