



Western Lachine Pool weekly schedule 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7h00 - 8h00	Masters Swim						
8h00-10h00	Swim Lessons (All levels)				Staff Training	CLOSED	ALPS Dive Team
					9H30 Aquafun Parent + Baby	9H30 Aquafit/ AquaZumba + Leaders	
10h00 - 10h45	Dive Team A :: Swim Team B					10h30 - 11h30 Swim Lessons (Preschool)	
10h45 - 11h30	Dive Team B :: Swim Team A						
11h30 - 12h30	Adult Swim						
12h30 - 13h30	Synchornized Swim Teams					Family Swim	
13h30 - 18h30	Free Swim						
18h30 -19h30	Adult Swim (1/2 pool) :: Free swim (1/2 pool)	Adult Swim (1/2 pool) :: Swim Lessons (Levels 1-5) (1/2 pool) :: Yoga (on the hill)	ALPS Swim Team If none: Adult Swim (1/2 pool) :: Free Swim (1/2 pool)	Adult Swim (1/2 pool) :: Swim Lessons (Levels 1-5) (1/2 pool)	Adult Swim (1/2 pool) :: Free swim (1/2 pool)	Adult Swim (1/2 pool) :: Free swim (1/2 pool)	
19h30 - 20h30	Free Swim						
20h30 - 21h00	Adult Swim						
21h00	CLOSED						
	Baby Pool is open during teams, evening swim lessons, free swims and adult swims						