

(*Weather Permitting: Open during light rain. Closed at any sign of thunder or lightning*)

Times and dates subject to change without notice. Call the pool office 613-729-6060 with any questions

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am	Open Swim 3 Lap Lanes 8:00am-12:00 pm	Lap Swim 7:30-9:30 am	Lap Swim 7:30-9:30 am	Lap Swim 7:30-9:30 am	Lap Swim 7:30-9:30 am	Lap Swim 7:30-9:30 am	Open Swim 3 Lap Lanes 8:00am-12:00 pm
9am		Aquawaves 9:30-10:15 am	Aquawaves 9:30-10:15 am	Aquawaves 9:30-10:15 am	Aquawaves 9:30-10:15 am	Aquawaves 9:30-10:15 am	
10am		Open Swim 2 Lap Lanes 10:15am-12pm	Open Swim 2 Lap Lanes 10:15am-12pm	Open Swim 2 Lap Lanes 10:15am-12pm	Open Swim 2 Lap Lanes 10:15am-12pm	Open Swim 2 Lap Lanes 10:15am-12pm	
11am							
12pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm
1pm	Open Swim 1:00-7:30 pm	Open Swim 2 Lap Lanes 1:00-6:15 pm	Open Swim 2 Lap Lanes 1:00-6:00 pm	Open Swim 2 Lap Lanes 1:00-6:15 pm	Open Swim 2 Lap Lanes 1:00-6:00 pm	Open Swim 2 Lap Lanes 1:00-7:30 pm	Open Swim 1:00-7:00 pm
2pm							
3pm							
4pm							
5pm							
6pm		Aquawaves 6:15-7:00 pm	Open Swim 3 Lap Lanes 6:00-7:00 pm	Aquawaves 6:15-7:00 pm	Open Swim 3 Lap Lanes 6:00-7:00 pm		
7pm	Open Swim 3 Lap Lanes 7:00-7:30 pm		Open Swim 3 Lap Lanes 7:00-7:30 pm				

Age	Requirement	Guardian:Child Ratio
5 years and under	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:2 at all times
6 to 7	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:4 or 1:6 if wearing life jackets
8 - 9 (non-swimmer)	Always accompanied by parent/guardian 16 years or older	1:4 or 1:8 if wearing life jackets
8-9 (completed swim test) & 10 and older	No guardian supervision required	

The outdoor pool is available to SJCC members only.