

# Dawson City Pool –

## Summer Schedule Effective May 31<sup>st</sup>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6:30-8:30	Early Bird 6:30-8:30	Early Bird 6:30-8:30	Early Bird 6:30-8:30	Early Bird 6:30-8:30		
Public <b>LESSONS</b> 9-11:30	Daycare <b>LESSONS</b> 9-11:30	Public <b>LESSONS</b> 9-11:30	Daycare <b>LESSONS</b> 9-11:30	Public <b>LESSONS</b> 9-11:30	Private <b>LESSONS</b> 10-11:30	<b>AquaFit</b> 10:30-11:30
<b>AquaFit</b> 12-1	LANE SWIM 12-1:30	Mom & Baby Workout 12-1	LANE SWIM 12-1:30	<b>AquaFit</b> 12-1	LANE SWIM/ Parent n'tot 11:30-2	LANE SWIM/ Parent n'tot 11:30-2
Public Swim 1:30-2:45	Public Swim 2-4	Public Swim 1:30-2:45	Public Swim 2-4	Public Swim 1:30-2:45	Public Swim 2:30-4:30	Public Swim 2:30-4:30
Swim Team 3-4		Swim Team 3-4		Swim Team 3-4		
LANE SWIM 5-6	LANE SWIM 5-6	LANE SWIM 5-6	LANE SWIM 5-6	LANE SWIM 5-6		
<b>AquaFit</b> 6-7		<b>AquaFit</b> 6-7		<b>AquaFit</b> 6-7		
Public Swim 7:00-8:30	Public Swim 6:30-8:30	Public Swim 7:00-8:30	Public Swim 6:30-8:30	Public Swim 7:00-8:30		

### Swimming Pass Fees

	<u>Day Pass</u>	<u>10 Day Punch</u>	<u>Monthly</u>	<u>Season</u>
Child 3-12yrs	\$2.50	\$20.00	\$27.50	\$80.00
Youth 13-18yrs/Senior 55+	\$3.50	\$28.00	\$38.50	\$110.00
Adult 19-64yrs	\$4.50	\$36.00	\$49.50	\$145.00
Family	\$11.00	\$88.00	\$121.00	\$360.00
<b>Fitness</b>	\$3.50	\$28.00	\$38.50	\$110.00

# Pool Information



## LANE SWIM

People are welcome to get pointers on strokes from our fabulous guards!



## FITNESS WEEK



Bring a friend to lane swim and aqua-fit

### Showering

June 14<sup>th</sup>-28<sup>th</sup>

Please shower before swimming to keep our pool clean

And they swim FREE

### HOT TUB

We are currently changing over our hot tub system. We realize how important our hot tub is to our community. Please bear with us as we are trying our best to get it up and running.



CANADA DAY

JULY 1<sup>ST</sup>

12-1:30 Lane Swim

COME IN DURING LANE SWIM FOR A "CANADA DAY CHALLENGE" SWIM 1 KILOMETER AND BE ENTERED INTO A DRAW FOR 1HR MASSAGE



## AquaFit

## Mom & Baby Workout



This fun workout will keep you cool in the pool on those hot summer days! AquaFit is good for all ages and all fitness levels. It's a low impact exercise, you work at your own pace and there are no swimming

This class is designed to promote fun and fitness for new mom's and their babies. You'll have a challenging fitness workout with baby in a float (bring your own or borrow ours) Babies should have good neck stability and be 4-18 months old. All babies must wear "Little Swimmers" swim



## SWIM CAMP \$35

## PUBLIC LESSONS

School is out and summer is finally here! What's more fun than spending some free time at the pool.

Mon/Wed/Fri between 9-11:30 a.m.

Participants will be guided through a variety of Aquatic – based experiences including water games, safety sessions, swimming skills & snorkelling fun. Don't forget your swimsuit, towel and snack to keep you going.

1<sup>st</sup> Set – May 31–June 11 Registrations May 22-27

2<sup>nd</sup> Set – June 21-July 2 Registrations June 12-17

3<sup>rd</sup> Set – July 12-July 23 Registrations July 3-8

4<sup>th</sup> Set – Aug 2 – Aug 13 Registrations July 24-29

**Mon/Wed/Fri 9-11:30 a.m. Ages 7+**

1<sup>st</sup> Set Water Sports – June 14, 16, 18

2<sup>nd</sup> Set Ocean Explorers – July 5, 7, 9

3<sup>rd</sup> Set Pirates & Mermaids – July 26, 28, 30

Register at the Pool Cash/Debit/Credit

## Swim Team \$125



## Stat Holidays

Victoria Day May 24<sup>th</sup>

Aboriginal Day June 21<sup>st</sup>

Canada Day July 1<sup>st</sup>

Discovery Day Aug 16<sup>th</sup>

Swim Club is starting up again May 31<sup>st</sup>. Hope to see all our previous team members and some new faces too!