

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 – 11:00am		**Open Swim	**Open Swim	**Open Swim	**Open Swim		
11:00 – 12:00pm		Arthritic Exercises	Lessons (11:00 – 11:45am) Start Jan. 14 (8 weeks)	Arthritic Exercises	**Open Swim		
12:00 – 1:00pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Lessons (10:00–2:45pm) Start Jan. 17 (8 weeks)	Lane Swim
1:00 – 2:00pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim		Family Swim
2:00 – 3:00pm							Open Swim
3:00 – 4:00pm		Lessons (3:45 – 5:15pm) Start Jan. 13 (8 weeks)	Lessons (3:45 – 5:15pm) Start Jan. 14 (8 weeks)	Lessons (3:45 – 5:15pm) Start Jan. 15 (8 weeks)		Open Swim	Rental (3:00 – 4:00pm)
4:00 – 5:00pm	Lessons (6 weeks) Starting Jan 12					Gander Lakers Swim Club (4:00 – 6:00pm)	Gander Lakers Swim Club (4:00 – 7:00pm)
5:00 – 6:00pm	Gander Lakers Swim Club (5:00 – 7:00pm)	Gander Lakers Swim Club (5:15 – 7:00 pm)	Gander Lakers Swim Club (5:15 – 7:00pm)	Gander Lakers Swim Club (5:15 – 7:00pm)		Rental (6:00 – 7:00pm)	
6:00 – 7:00pm							
7:00 – 8:00pm		Adult Lessons Start Jan. 13 (8 weeks)	Family Swim	Open Swim	Family Swim		Open Swim
8:00 – 9:00pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim			Adult Swim

Family Swim	Open Swim	Adult Swim	Lane Swim	Arthritic Swim
<ul style="list-style-type: none"> A recreational swim for all ages. Parents MUST accompany children in the water. 	<ul style="list-style-type: none"> A recreational swimming session for all ages. ATTENTION: Adults MUST accompany children in the water if the children are under 8 years of age or if the children cannot swim. Note: Lanes will be provided during the weekday morning swims ONLY at the discretion of the Supervisor and the number of patrons. 	<ul style="list-style-type: none"> A session designed to accommodate all levels of swimming skills. 3 lanes are provided for lap swimming, and a designated area for leisure swimming. Swimmers must be 18 years or older. 	<ul style="list-style-type: none"> This swim is for ages 12 and up. This swim is designated for LAP SWIMMING only. 	<ul style="list-style-type: none"> A guided exercise program for patrons needing the aquatic buoyancy and low impact to work on strength and joint mobility.

ADMISSION FEES: Children (Under 18 years) - \$2.25 per swim / \$40.00 per card of 20 passes
Seniors (60 years and older) - \$3.00 per swim / \$55.00 per card of 20 passes
Adults (18 years and older) - \$3.25 per swim / \$60.00 per card of 20 passes

Birthday Party Rentals: To book a birthday party, please call Karen in the office at 709-256-1283 for availability.
\$75.00 = 1 hour pool/1 hour room (Parties available only on FRIDAYS 6-8pm and SUNDAYS 3-5pm)

Please Note: This schedule may change at any time pending swim attendance.
Schedule updates are available at 709-256-1062.

155 Airport Blvd., P.O. Box 2222, Gander, NL | Main office: 709-256-1283
Office Hours Mon-Fri 9:00 am – 4:00 pm