

Cedar Park Heights Pool

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive
Early Bird Swim 7h15 - 8h15												Staff Training			Notes: Monday * Bronze Med & Cross courses in deep end (14h-17h) tentative schedule Sunday * Master diving not included in the membership fees (Pointe Claire Dive Club)					
Swimming Lessons 8h15 - 10h45 Diving Lessons 9h15 - 10h45																				
JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30							
Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15							
Junior Aqua Skills 12h30-13h	Water polo Team 12h15-13h		Junior Aqua Skills 12h30-13h	Adult Swim 12h30-13h	Dive Team 12h15-13h	Junior Aqua Skills 12h30-13h	Water polo Team 12h15-13h		Junior Aqua Skills 12h30-13h	Adult Swim 12h30-13h	Dive Team 12h15-13h	Junior Aqua Skills 12h30-13h	Water polo Team 12h15-13h							
Synchro Team 13h - 14h			Synchro Team 13h - 14h			Synchro Team 13h - 14h			Synchro Team 13h - 14h			Synchro Team 13h - 14h								
* Bronze Med & Cross Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 12h-20h			Free Swim 12h-20h		
Dive Team 17h - 18h			Synchro Solo & Duets 16h30 - 18h			Synchro Solo & Duets 17h - 18h			Synchro Solo & Duets 16h30 - 18h			Dive Team 17h - 18h			Dive Team 17h - 18h			* Masters Diving 17h - 18h		
			Swim Lessons 18h - 19h30		Wpolo Team 18h-19h															
Masters 19h - 20h			Home Swim Meets Pool Closed at 18h on June 27, July 25, Aug 1			Swim Lessons 18h - 19h30			Wpolo Team 18h-19h15			Masters 19h - 20h			Masters 18h30 - 19h30					
Masters 19h - 20h						Masters 19h - 20h														

2018

Last update : 07 May 2018