

Monday - 15	Tuesday - 16	Wednesday - 17	Thursday - 18	Friday - 5	Saturday- 20	Sunday -21
Early Bird Lane Swim 5:45 - 9:00 am		Early Bird Lane Swim 5:45 - 9:00 am	Silver Sharks 2 lanes 6:00 - 7:15 am	Early Bird Lane Swim 5:45 - 9:00 am	Silver Sharks/ Lane Swim (2Lanes) 7:00 - 9:00 am	
Aquasize 9:00 - 10:00 am	School Board Lessons 9:00 - 10:00 am	Aquasize 9:00 - 10:00 am	School Board Lessons 9:00 - 10:00 am	Aquasize 9:00 - 10:00 am	Town Lessons 9:00am- 12:00pm	
Aqua Motion Group A- 10:00 -11:00 Group B - 11:00 -12:00	School Board Lessons 10:00 am - 12:00 pm					
Noon Hour Lane Swim 12:00 - 1:00 pm						
School Board Lessons 1:00 - 3:00 pm					Public Swim 1:00 - 4:00pm	Public Swim 1:00 - 4:00 pm
	Town Lessons/Lane Swim (2Lanes) 4:00 - 6:00 pm		Town Lessons/Lane Swim (2Lanes) 4:00 - 6:00 pm			
Silver Sharks 4:30 - 7:00 pm	Polominos Water Polo 6:00 - 7:00 pm	Silver Sharks 4:30 - 7:00 pm	Polominos Water Polo 6:00 - 7:00 pm	Silver Sharks 4:30 - 6:30 pm		
Silver Sharks (2 Lanes) / Lane Swim 7:00 - 8:00 pm	Lane Swim 7:00 - 8:00 pm	Silver Sharks (2 Lanes) / Lane Swim 7:00 - 8:00 pm	Deep Water Aquasize 7:00 - 8:00 pm	Public Swim 6:30 -8:00 pm		

The Strathmore Aquatic Centre is participating in the [Restriction Exemption Program](#) (Vaccine Passport). All participants over 18 must show proof of full vaccination. Those who wish to watch any form of swim within our facility over the age of 12 must show full proof of vaccination. If you have questions or

Kiddy Pool Only Hours:

Saturday and Sunday

12:00 - 1:00 pm

And any time there is public swim times.

Hot Tub Hours:

Monday, Wednesday, Friday

6:15 am to 10:15 am

12:00 - 1:00 pm

4:00 - 8:00 pm

Tuesday

6:15 am to 9:00 am

12:00 - 1:00 pm

4:00 - 8:00 pm

Thursday

6:15 am to 9:00 am

12:00 - 1:00 pm

4:00 - 8:00 pm

Saturday and Sunday

12:00 - 4:00 pm

Certification Courses

National Lifeguard

November 19th and 26th

4:30 - 8:30 pm

and November 20, 21, 27, 28

9:00 am - 5:00 pm

Water Safety Instructor Course

coming January 2022

Swimming Lesson Registration is open, go to
strathmore.perfectmind.com to register.