## PAT CROSSMAN AQUATIC CENTER

## **TYPES OF SWIMS:**

LAP SWIMS: AN OPPORTUNITY FOR SWIMMERS TO FOCUS ON STROKE AND ENDURANCE.

AQUAFIT: 45-MIN GUIDED WORKOUT OUT IN THE POOL.

SOCIAL SWIM: 3 LANES OFFERED FOR LAP SWIM AND 1/2 POOL FOR STRETCHES. DESIGNED FOR THOSE AGED 60+ OR AGED 2 AND UNDER WITH AN ADULT.

OPEN SWIM: REACTIONAL SWIMS FOR EVERYONE.

PRESCHOOL SWIM: LEISURE SWIM FOR PARENTS AND PRESCHOOL-AGED CHILDREN.

PRESCHOOL SWIM. LEISURE SWIM FOR PARENTS AND PRESCHOOL-AGED CHILDREN.						
SUN	MON	TUE	WED	THU	FRI	SAT
MODIFIED SCHEDULE DURING MARCH BREAK 2024 (MARCH 2ND-9TH)  CHECK OUT TOWNOFRIVERVIEW.CA/SWIM FOR FURTHER DETAILS.	AQUAFIT 9:30-10:15AM  SOCIAL SWIM 10:30-11:20AM  LAP SWIM 11:30AM-1:00PM	LAP SWIM 7:30-9:15AM  AQUAFIT 9:30-10:15AM  SOCIAL SWIM 10:30-11:20AM  LAP SWIM 11:30AM-1:00PM  LAP SWIM 8:15-9:15PM	AQUAFIT 9:30-10:15AM  SOCIAL SWIM 10:30-11:20AM  LAP SWIM 11:30AM-1:00PM	LAP SWIM 7:30-9:15AM  PRESCHOOL SWIM 9:30-10:15AM  SOCIAL SWIM 10:30-11:20AM  LAP SWIM 11:30AM-1:00PM  AQUAFIT 1:15-2PM  LAP SWIM 8-9:15PM	SOCIAL SWIM 10:30-11:20AM  LAP SWIM 11:30AM-1:00PM	LAP SWIM 12:45-1:45PM  OPEN SWIM 2-3:30