

# Meadowvale Pool Schedule

## Recreational Swims and Instructed Therapeutic Programs

### March Break 2018

(MP) – Main Pool      (TP) – Therapeutic Pool

| Sunday 11                                                                                                | Monday12                                                                                                                                                                                                                                                                                                                                                                                                                   | Tuesday13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday14                                                                                                                                                                                                                                                                                                                                                                                                                                               | Thursday 15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday 16                                                                                                                                                                                                                                                                                                                                                                                                                        | Saturday 17                                                                                        |
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| <b>Lane (MP)</b><br>12:05-1:00 pm<br><br><b>Family</b><br>1:05-2:30 pm<br><br><b>Fun</b><br>2:45-4:15 pm | <b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>7:00-9:00 am<br><br><b>Oh My Aching Body</b><br>9:30-10:30 am<br><br><b>Hip and Knee</b><br>10:30-11:30 am<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>11:30-1:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b><br>2:30-4:00 pm<br><br><b>Fun</b><br>7:35-9:00 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>9:05-10:00 pm | <b>Lane (MP)</b><br>7:00-9:00 am<br><br><b>Adult Leisure (TP)</b><br>7:00-8:30 am<br><br><b>Oh My Aching Body Advanced</b><br>8:30-9:30 am<br><br><b>Oh My Aching Body</b><br>9:30-10:30 am<br><br><b>Parent &amp; Tot</b><br>10:30-11:30 am<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>11:30-1:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b><br>2:30-4:00 pm<br><br><b>Fun</b><br>7:35-9:00 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>9:05-10:00 pm | <b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>7:00-9:00 am<br><br><b>Oh My Aching Body</b><br>9:30-10:30 am<br><br><b>Shoulder / Posture</b><br>10:30-11:30 am<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>11:30-1:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b> (Tim Horton's Free Swim)<br>2:30-4:00 pm<br><br><b>Fun</b><br>7:35-9:00 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>9:05-10:00 pm | <b>Lane (MP)</b><br>7:00-9:00 am<br><br><b>Adult Leisure (TP)</b><br>7:00-8:30 am<br><br><b>Ai Chi</b><br>8:30-9:30 am<br><br><b>Oh My Aching Body</b><br>9:30-10:30 am<br><br><b>Parent &amp; Tot</b><br>10:30-11:30 am<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>11:30-1:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b><br>2:30-4:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b><br>7:35-9:00 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>9:05-10:00 pm | <b>Oh My Aching Body</b><br>9:30-10:30 am<br><br><b>Better Backs</b><br>10:30-11:30 am<br><br><b>Restorative Pilates (land class in Studio)</b><br>11:15-12:15 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>11:30-1:00 pm<br><br><b>Therapeutic Time</b><br>1:00-2:30 pm<br><br><b>Fun</b><br>2:30-4:00 pm<br><br><b>Fun</b><br>7:35-9:00 pm<br><br><b>Lane (MP)</b><br><b>Adult Leisure (TP)</b><br>9:05-10:00 pm | <b>Lane</b><br>8:30-9:30 am<br><br><b>Fun</b><br>1:30-3:00 pm<br><br><b>Family</b><br>6:30-8:00 pm |