

### Stan Stronge Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Drop-In 9:00 – 10:00		Resident Swim 9:00 – 10:30		Resident Swim 9:00 – 10:30					
Exercise Class - Regular 9:30 – 10:30		Exercise Class - Regular 10:00 – 11:00						Ai Chi 9:30 – 10:30			
Drop-In 10:30 – 12:00 pm		Exercise Class – Slow 11:00 – 12:00		Exercise Class - Regular 10:45 – 12:00		Exercise Class - Regular 10:45 – 12:00		Resident Swim 10:30-12:00		Resident Swim 9:00 – 11:30	
<b>Lunch</b> 12:15 – 12:45		<b>Lunch</b> 12:15 – 12:45		<b>Lunch</b> 12:15 – 12:45		<b>Lunch</b> 12:15 – 12:45		<b>Lunch</b> 12:15-12:45		Exercise Class - Regular 12:30 – 1:30 pm	
Drop-In 1:00 – 2:00		Drop-In 1:00 – 2:00		Drop-In 1:00 – 3:00		Drop-In 1:00 – 2:30		Exercise Class - Slow 1:00 – 2:00		Drop-In 1:30 – 2:30 pm	
Exercise Class - regular 2:00 – 3:00	Resident Swim 2:00 – 4:00						Drop-In 2:00 – 3:30				Contact us: Street Address: 719 West 59 <sup>th</sup> Ave Vancouver  Mailing Address: 700 West 57 <sup>th</sup> Ave Vancouver, BC, V6P 1S1  Telephone: 604 301-3810
		Resident Swim 2:30 – 4:00		Resident Swim 3:00 – 5:00		Resident Swim 2:30 – 4:30		Lengths 3:30 – 4:30			
		Vancouver Park Board 4:00 – 8:00				Vancouver Park Board 4:30 – 8:30					