

MOORE SPORTS COMPLEX - FITNESS SCHEDULE

Effective September 26, 2022

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------------------------------------|---|---------------------------------------|---|---------------------------------------|---|-------------------------------|
| 7:30 AM | Lane Swim 7:30am – 9:20am | | | | | Swim Team Rental 7:30am – 9:30am | CLOSED |
| 9:30 AM | Parent & Tot 9:30am – 10:00am | Adult Drop in Lessons 9:30am – 10:00am | Parent & Tot 9:30am – 10:00am | Closed | Parent & Tot 9:30am – 10:00am | Group & Private Lessons 9:30am-12:00pm | Lane Swim 8:00am-12:00pm |
| 10:30 AM | Aqua Fitness 10:00am –10:50am | Aqua Fitness 10:00am –10:50am | Aqua Fitness 10:00am –10:50am | Aqua Fitness 10:00am –10:50am | Aqua Fitness 10:00am –10:50am | | Rec. Swim 12:00pm – 2:00pm |
| 11:00 AM | Rec. Swim 11:00am – 12:00pm | Rec. Swim 11:00am – 12:00pm | Rec. Swim 11:00am – 12:00pm | Rec. Swim 11:00am – 12:00pm | Rec. Swim 11:00am – 12:00pm | | |
| 12:00 PM | Water Therapy 12:00pm – 12:50pm | Water Therapy 12:00pm – 12:50pm | Water Therapy 12:00pm – 12:50pm | Water Therapy 12:00pm – 12:50pm | Water Therapy 12:00pm – 12:50pm | Lane Swim 12:00pm-1:00pm | Rec. Swim 12:00pm – 2:00pm |
| 1:00 PM | Rec. Swim/ Lane Swim 1:00pm-4:00pm | Rec. Swim/ Lane Swim 1:00pm-4:00pm | Rec. Swim/ Lane Swim 1:00pm-4:00pm | Rec. Swim/ Lane Swim 1:00pm-4:00pm | Rec. Swim/ Lane Swim 1:00pm-7:00pm | Rec. Swim 1:00pm – 3:00pm | CLOSED |
| 4:00 PM | Group Lessons 4:00pm-7:45pm | Private Lessons 4:00pm – 7:00pm | Group Lessons 4:00pm-7:45pm | Private Lessons 4:00pm – 7:00pm | | | |
| 6:00 PM | | Swim Team Rental 7:00-8:00pm | | Swim Team Rental 7:00-8:00pm | | | |
| 7:00 PM | Fitness Swim 7:45pm-8:45pm | Aqua Fitness / Lane Swim 8:00pm – 8:50pm | Fitness Swim 7:45pm-8:45pm | Aqua Fitness / Lane Swim 8:00pm – 8:50pm | CLOSED | CLOSED | |
| 8:00 PM | | | | | | | |



FOR MORE INFORMATION CALL
THE MOORETOWN SPORTS COMPLEX
 Ph: 519-867-2651 • Fax: 519-867-2393
 www.stclairtownshipcommunityservices.ca
 E-mail: info@stclairtownship.ca

POOL ADMISSION STANDARD

Children under 10 years of age (unable to comfortably swim 2 widths of the pool), any children under 7 years of age or under 48 inches tall or special needs **must be directly supervised** in the water **within arms reach by an adult** during rec swims, rentals or parties.

Child to Guardian Ratio: Without Life jackets – 2 Children : 1 Guardian,
 With Life jackets – 4 Children : 1 Guardian (lifeguard discretion)