



# August Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Laps 6:00-7:00am		Laps 6:00-7:00am		Laps 6:00-7:00am	
	Laps 7:30-8:30am		Laps 7:30-8:30am		Laps 7:30-8:30am	
	Aqua Therapy 9:00-10:00am	Private Lesson 8:15-10:15am	Aqua Lite 9:00-10:00am	Private Lesson 8:15-10:15am	Open Swim 9:00-10:00am	
	Open Swim 10:30-11:30am	Open Swim 10:30-11:30am	Open Swim 10:30-11:30am	Open Swim 10:30-11:30am	Open Swim 10:30-11:30am	
Laps 12:30-1:30pm	Quiet Swim 12:00-1:00pm	Quiet Swim 12:00-1:00pm	Quiet Swim 12:00-1:00pm	Quiet Swim 12:00-1:00pm	Quiet Swim 12:00-1:00pm	Private Lesson 12:30-1:30pm
Laps 2:00-3:00pm					Laps 2:30-3:30pm	Laps 2:00-3:00pm
Open Swim 3:30-4:30pm	Laps 4:00-5:00pm	Laps 4:00-5:00pm	Laps 4:00-5:00pm	Laps 4:00-5:00pm	Private Lesson 4:00-5:00pm	Open Swim 3:30-4:30pm
Open Swim 5:00-6:00pm	Open Swim 5:30-6:30pm	Open Swim 5:30-6:30pm	Open Swim 5:30-6:30pm	Open Swim 5:30-6:30pm	Open Swim 5:30-6:30pm	Open Swim 5:00-6:00pm

To register call 250.428.7127 or visit [www.rdck.ca](http://www.rdck.ca)

Creston & District Community Complex  
 Phone: 250.428.7127  
 Website: [www.rdck.ca/recreation](http://www.rdck.ca/recreation)  
 312 19th Avenue N., Creston

[rdck.ca](http://rdck.ca)



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## Laps

### Lap Pool

This is a structured swim for continuous lap swimming. Must be comfortable in deep water and able to swim 50m. Circular pattern while swimming. Up to five lap lanes are available.

### Leisure Pool

Non-structured swim in the leisure pool with access to the Lazy River. Good for therapy. Family rate is unavailable.

## Open Swim

### (Leisure & Lap Pools)

This is a non-structured swim with full access to all of the aquatic facility features. Only one lap lane will be available. Family rate is available by phoning to reserve.

## Quiet Swim

### Lap Pools

This is a non-structured swim with full access to all of the aquatic facility features. Number of lap lanes will depend on number of swimmers. No music will be available. Must be comfortable in deep water.

### Leisure Pool

Non-structured in the leisure pool with access to the Lazy River. Good for therapy. No music will be available. Family rate is unavailable.



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