





























# WFCU Centre Pool Winter/Spring Schedule - Jan 7<sup>th</sup> to June 30<sup>th</sup>, 2019

**\*\* Admission to Recreation Swims will be processed 10 minutes prior to start of swim**

**\* Lengths minimum 2 lanes available**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fit Lanes-Lengths</b> 6:00am-8:30am 8:30am-12:15pm* 12:15pm-1:00pm 7:30pm-9:00pm* 	<b>Fit Lanes-Lengths</b> 6:00am-8:30am 8:30am-12:15pm* 12:15pm-1:00pm 7:30pm-9:00pm* 	<b>Fit Lanes-Lengths</b> 6:00am-8:30am 8:30am-12:15pm* 12:15pm-1:00pm 7:30pm-9:00pm* 	<b>Fit Lanes-Lengths</b> 6:00am-8:30am 8:30am-12:15pm* 12:15pm-1:00pm 7:30pm-9:00pm 	<b>Fit Lanes-Lengths</b> 6:00am-8:30am 8:30am-12:15pm* 12:15pm-1:00pm 	<b>Fit Lanes-Lengths</b> 7:00-9:00am 	<b>Fit Lanes-Lengths</b> 8:30am-10:00am* The Therapy Pool is not available during this time 
<b>Deep Aquafit</b> 9:00am-9:45am 	<b>Deep Aquafit</b> 9:00am-9:45am 	<b>Deep Aquafit</b> 9:00am-9:45am 	<b>Deep Aquafit</b> 9:00am-9:45am 	<b>Deep Aquafit</b> 9:00am-9:45am 	<b>Recreation Swim**</b> 2:00pm-4:00pm 	<b>Recreation Swim**</b> 10:30am-12:30pm 
<b>Water Walking</b> 8:45am-9:30am 	<b>Water Walking</b> 8:45am-9:30am 	<b>Water Walking</b> 8:45am-9:30am 	<b>Water Walking</b> 8:45am-9:30am 	<b>Water Walking</b> 8:45am-9:30am 		
<b>Shallow Aquafit</b> 9:45am-10:30am 7:30pm-8:15pm 	<b>Shallow Aquafit</b> 9:45am-10:30am 2:00pm-2:45pm (Therapy Pool is not available during this time) 	<b>Shallow Aquafit</b> 9:45am-10:30am 7:30pm-8:15pm 	<b>Shallow Aquafit</b> 9:45am-10:30am 2:00pm-2:45pm (Therapy Pool is not available during this time) 	<b>Shallow Aquafit</b> 9:45am-10:30am 	 <b>WFCU CENTRE</b> <small>WINDSOR FAMILY CREDIT UNION</small> 8787 McHugh St Windsor, ON 519-974-7979 ext 4600  There are no classes on holidays, and during special events  Please check for any updates Or changes to the schedule	
<b>Therapeutic Accessibility Swim</b> 1:00pm-2:00pm 	<b>Pre-School Swim</b> 10:30am-12:00pm 		<b>Pre-School Swim</b> 10:30am-12:00pm 	<b>Recreation Swim**</b> 8:00pm-9:30pm 