



# NUTRIEN CIVIC CENTRE - WINTER POOL SCHEDULE



## Updated Winter Pool Schedule 2025 - January 5th to March 2nd, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NCC HOURS OF OPERATION</b> <b>MONDAY TO FRIDAY</b> GYM 5:00AM-10:00PM POOL 6:00AM-8:00PM <b>SATURDAY</b> GYM 7:00AM-7:00PM POOL 7:00AM-6:00PM <b>SUNDAY</b> GYM 10:00AM-7:00PM POOL 10:00AM-6:00PM	6:00AM - 8:50AM Lane Swim	6:00AM - 8:50AM Lane Swim	6:00AM - 8:50AM Lane Swim	6:00AM - 8:50AM Lane Swim	6:00AM - 8:50AM Lane Swim	Opens At 7:00AM
						7:00AM - 8:00AM Lane Swim
						8:00 - 10:00AM Public Swim/Lane Swim
   10:00AM - 12:30PM Swim Lessons (Closed To The Public)	10AM -12:30PM Lane Swim	10:00-10:30AM Aqua Arthritis  11AM- 12:30PM Toddler Time	10AM -12:30PM Lane Swim  11AM- 12:30PM Toddler Time	10AM -12:30PM Lane Swim  11AM- 12:30PM Toddler Time	10AM -12:30PM Lane Swim  11AM- 12:30PM Toddler Time	10:00AM - 12:00PM Swim Lessons (Closed To The Public)
12:30PM - 1:30PM Toonie Swim <i>(public swim)</i>	12:30 - 1:30PM Closed	12:30 - 1:30PM Closed	12:30 - 1:30PM Closed	12:30 - 1:30PM Closed	12:30 - 1:30PM Closed	12:00 - 12:30PM Closed
1:30-3:30pm Swim Lessons (Closed To The Public)	1:30 - 2:30PM Sensory Swim	1:30 - 2:30PM Sensory Swim	1:30 - 2:30PM Sensory Swim	1:30 - 2:30PM Sensory Swim	1:30 - 2:30PM Sensory Swim	12:30-3:30PM Public Swim/Lane Swim
* 3:30 - 5:00PM Public Swim / Lane Swim	2:30 - 7:00PM Public Swim/Lane Swim	2:30- 6:00PM Public Swim/Lane Swim	2:30- 4:30PM Public Swim/Lane Swim	2:30- 6:00PM Public Swim/Lane Swim	2:30- 6:00PM Public Swim/Lane Swim	3:30PM - 4:30PM Toonie Swim <i>(public swim)</i>
* 5:00PM - 6:00PM Lane swim			4:30 - 7:00PM Swim Lessons (Closed To The Public)			4:30PM- 5:00PM Closed
Pool Closes At 6:00PM	7:00PM - 8:00PM Lane Swim	6:00PM-7:00PM Aqua Fitness	7:00PM - 8:00PM Lane Swim	6:00PM-7:00PM Aqua Fitness	6:00PM-7:00PM Toonie Swim <i>(public swim)</i>	5:00PM - 6:00PM Lane swim
		7:00PM - 8:00PM Lane Swim		7:00PM - 8:00PM Lane Swim	7:00PM - 8:00PM Lane Swim	7:00PM - 8:00PM Lane Swim

UPDATED JANUARY 2ND, 2025

\* Note: Sunday Afternoons, There Is Also National Lifeguard Training Happening In The Pool

# NCC POOL SCHEDULE DESCRIPTIONS 2025



**Aqua Arthritis:** This class is in the therapy pool. It is a safe and gentle stretching and range of motion class designed specifically for those with arthritis and joint issues of any age.

**Aqua Circuit:** Love Interval Circuit on the track? You're going to love this class! A fun mix of cardio & strength exercises, but in the water. There will be deep and shallow end options. This class will be led by our certified lifeguards. Come and give it a try!

**Aquafit:** An aerobic type of class in the water. Excellent for those with sore joints or those looking for no impact. All fitness levels welcome. Foam weights/pool noodles used. Shallow and deep options.

**Aqua Jogging:** A fun mix of cardio & strength exercises, in the water. There will be deep and shallow end options. This class will be led by our certified lifeguards.

**Lane/Lap Swim:** This swim is specifically geared for those looking to swim for exercise purposes.

**Leadership Course:** Necessary courses to become a lifeguard are offered at least once a year. Courses Offered: Emergency/Standard First-Aid, Bronze Medallion, Bronze Cross, National Lifeguard & Swim Instructor.

**Private Lessons:** One on one instruction with a certified life guard. Takes place during public/lane swim and public lessons (discount for multiple children or semi/private).

**Public Swim:** The best time to come with your family. Our full aquatic center (25m pool AND Therapy pool) is open to everyone with diving boards & swim toys available for the public. Come join us during this swim time if you're looking for a fun swim!

**Sensory Swim:** Tailored to meet the needs of those looking for a quieter swim time. If you have sensitivity to high noise levels, then this is the swim time for you! The diving boards are not available during sensory swim.

**Swim Patrol:** The Lifesaving Society Swim Patrol program is the next step for those who have completed swimming lessons. In this program students will continue to work on stroke proficiency & endurance, but also whet their appetite, learning lifesaving and first-aid skills. Students will receive 8 one-hour lessons that coincide with public lessons. A pre-requisite to lifeguarding.

**Swim Lessons:** Our guards are busy during this timeslot teaching our youth how to swim! The aquatic center is NOT open to the public during public lessons.

**Toddler Time:** Specifically for parents/guardians and their toddlers! Come and swim (Therapy Pool only) at a discounted rate! \$5/adult and \$2/child over 3 years.

**Toonie Swim:** Fun for the whole family! \$2/person ages 3+ (under 3 is free) watch our website & social media for last minute additions



**Questions Call The NCC Today: 506.432.6100 Or Email: [frontdesk@nutrienciviccentre.com](mailto:frontdesk@nutrienciviccentre.com)**