

# Weekly Aquatics Schedule = October 19 - October 25

## Competition Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Bluephins 7L	Lane Swim 1L	Bluephins 3L	Lane Swim	Bluephins 4L		
6:00	Bluephins 7L	Lane Swim 1L	Bluephins 3L	Lane Swim	Bluephins 4L		
7:00	Aqua Jog 3L	Lane Swim 3L	Aqua Jog 3L	Lane Swim	Aqua Jog 3L		
8:00	Lane Swim	Tethered Explosion 3L	Tethered Explosion 3L	Tethered Explosion 3L	Lane Swim		
9:00	Cardio Craze 4L		Cardio Craze 4L		Cardio Craze 4L		
10:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Swimming Lessons & Special Needs		
11:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Swimming Lessons & Special Needs		
12:00	Aqua Arthritis 5L	Lane Swim	Aqua Arthritis 5L	Lane Swim	Aqua Arthritis 5L		
1:00							
2:00	UPEI Varsity Swim Team 4L	Open Swim & School Bookings	UPEI Varsity Swim Team 4L	Open Swim & School Bookings	UPEI Varsity Swim Team 4L		
3:00	UPEI Varsity Swim Team 4L	Open Swim & School Bookings	UPEI Varsity Swim Team 4L	Open Swim & School Bookings	UPEI Varsity Swim Team 4L		
4:00	Bluephins	Bluephins 3L	Bluephins	Bluephins 3L	Bluephins		
5:00	Bluephins	Bluephins 4L	Bluephins	Bluephins 4L	Bluephins		
6:00	Naiads	Sunset Fitness 2L	Naiads 6L	Sunset Fitness 2L	Open Swim		
7:00	Naiads 4L	UPEI Varsity Swim Team 2L	Naiads 6L	UPEI Varsity Swim Team 2L	Open Swim		
8:00	Masters 4L	Lane Swim 2L	Lane Swim 3L	Community Swim	Lane Swim		
9:00	Masters 4L	Lane Swim 2L	Masters 3L	Community Swim	Lane Swim		
9:30	Masters 4L	Lane Swim 2L	Masters 3L	Community Swim	Lane Swim		



This Schedule Is Not Reflective Of The Number Of Lanes Available In The Competition Pool. Unless otherwise Noted. All Aquatic Schedules Are Subject To Changed Without Notice.

## Leisure Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30							
6:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
8:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
9:00	Cardio Craze		Cardio Craze		Cardio Craze		
10:00	Baby & Me	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Swimming Lessons & Special Needs		
11:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Swimming Lessons & Special Needs	Swimming Lessons	Family Swim
12:00	Aqua Arthritis	Open Swim	Aqua Arthritis	Open Swim	Aqua Arthritis		
1:00							
2:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Toonie Swim		
3:00	Open Swim	Open Swim	Open Swim	Open Swim	Toonie Swim	Pool Closed	
4:00	Bluephins	Swimming Lessons	Bluephins	Swimming Lessons	Bluephins	Bluephin Development Swim Meet	
5:00	Bluephins	Swimming Lessons	Bluephins	Swimming Lessons	Bluephins	Come Cheer On Our Swimmers!	Swimming Lessons
6:00	Special Olympics PEI	Waterslide Open		Swimming Lessons			
7:00	Open Swim	Waterslide Open	Open Swim	Waterslide Open	Open Swim	Autism Swim	Autism Swim
8:00	Open Swim	Community Swim	Open Swim	Community Swim	Open Swim		
9:00	Open Swim	Community Swim	Open Swim	Community Swim	Open Swim		
9:30	Open Swim	Community Swim	Open Swim	Community Swim	Open Swim		



CARI Aquatics Mascot

CARI is an authorized reseller for all Speedo, Nike, TYR swimming gear!

- Goggles
- Lifejackets (PFD)
- Towels
- Kids Bathing Suits
- AquaFit Bathing Suits
- Nose Plugs
- Specialized Suits
- Training Suits

Have questions about Aqua Fitness? Unsure if Aqua Fitness is for you?

Let our certified instructors relieve any of your doubts! The Aquatics Department offers free 30 minute orientations for all new clients interested in starting Aqua Fitness. Orientations include information regarding: membership options, class schedules and suitability, facility parking, introduction to the pool facilities & pool area, use of aqua fitness equipment, accessibility options as well as any other questions you may have. Orientations are available on Thursdays from 9:00AM - 11:00AM and 4:00PM - 6:00PM. Schedule your appointment today!

**Be Sure To Check Out Our Fall Program Brochure!**

Leadership Programs      Swimming Lessons  
Private Lessons          Aqua Fit Programs

Program Information:      [aquatics@caripei.ca](mailto:aquatics@caripei.ca)

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