

Weekly Aquatics Schedule = March 01 - March 07

Competition Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Bluephins 4L	Lane Swim	Bluephins 3L				
6:00	Bluephins 4L	Lane Swim	Lane Swim				
7:00	Aqua Jog 3L	3L	Bluephins 3L				
8:00	Lane Swim	Tethered Explosion 3L	Tethered Explosion 3L				
9:00	Cardio Craze 4L		Cardio Craze 4L				
10:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings				
11:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings				
12:00	Aqua Arthritis 5L	Lane Swim	Lane Swim				
1:00							
2:00	Open Swim & School Bookings	Open Swim & School Bookings					
3:00	Open Swim & School Bookings	Open Swim & School Bookings	55 Plus Games 8L				
4:00	Bluephins	Bluephins 3L					
5:00	Bluephins	Bluephins 4L	Bluephins				
6:00	Naiads	Bluephins 4L	Naiads 4L				
7:00	Naiads 4L	Sunset Fitness 2L	Naiads 4L				
8:00	Masters 4L	Lane Swim 2L	Lane Swim				
9:00	Masters 4L	Liquid Abs 2L	Community Swim \$3.00 Per Person!				
9:30	Masters 4L	Liquid Abs 2L	Masters 4L				

POOL CLOSED

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East Coast Short Course Championships

Come Cheer On Our Swimmers!!

POOL CLOSED

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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				
7:00	Open Swim	Open Swim	Open Swim				
8:00		Open Swim					
9:00	Cardio Craze		Cardio Craze				
10:00	Baby & Me	Open Swim & School Bookings	Open Swim & School Bookings				
11:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings				
12:00	Aqua Arthritis	Open Swim	Aqua Arthritis				
1:00							
2:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings				
3:00	Open Swim	Open Swim	Open Swim				
4:00	Bluephins		Bluephins				
5:00	Bluephins		Bluephins				
6:00	Special Olympics PEI	Open Swim					
7:00	Open Swim	Open Swim	Open Swim				
8:00	Open Swim	Community Swim \$3.00 Per Person!	Open Swim				
9:00	Open Swim	Waterslide	Open Swim				
9:30	Open Swim	Waterslide	Open Swim				



East Coast Short Course Championships

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"Splash" CARI Aquatics Mascot

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

Goggles Lifejackets (PFD) Nose Plugs
Towels Aquafit Bathing Suits Specialized Suits
Kids Bathing 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. Schedule your appointment today!

Be Sure To Check Out Our Winter / Spring Program Brochure!

Leadership Programs Swimming Lessons
Private Lessons Aqua Fit Programs

Program Information: aquatics@caripei.ca
Website: www.caripei.ca --- Phone: 902-569-4584