

Weekly Aquatics Schedule = March 08 - March 14

Competition Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30							
6:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Bluephins 4L	Lane Swim	
7:00	Aqua Jog 3L		Aqua Jog 3L		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 & Stonepark	Open Swim & Glen Stewart	Swimming Lessons & Special Needs	Open Swim	
11:00						Naiads 4L	Family Swim
12:00	Aqua Arthritis 5L	Lane Swim	Aqua Arthritis 5L	Lane Swim	Aqua Arthritis 5L	Lane Swim	Lane Swim
1:00							Open Swim
2:00	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & School Bookings	Open Swim & Immanuel Christian School	Donagh Regional School & Toonie Swim \$2.00 Per Person!	Open Swim	Open Swim
3:00							Open Swim
4:00	Bluephins	Bluephins 3L	Bluephins	Bluephins 3L	Bluephins	Lane Swim	Open Swim
5:00	Bluephins	Bluephins 4L	Bluephins	Bluephins 4L	Bluephins	Open Swim	Open Swim
6:00	Naiads	Sunset Fitness 2L	Naiads 4L	Naiads 4L	Naiads	Open Swim	Open Swim
7:00	Naiads 4L	Lane Swim 2L	Naiads 6L	Sunset Fitness 2L	Naiads 6L	Autism Swim	Leadership Courses
8:00	Masters 4L	Community Swim \$3.00 Per Person!	Masters 4L	Community Swim \$3.00 Per Person!	Lane Swim	Open Swim	Lane Swim
9:00	Liquid Abs 2L		Liquid Abs 2L				
9:30							



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							
8:00							
9:00	Cardio Craze		Cardio Craze		Cardio Craze		
10:00	Baby & Me	Open Swim & School Bookings	Open Swim & Stonepark	Open Swim & Glen Stewart	Swimming Lessons & Special Needs	Open Swim	Family Swim
11:00	Open Swim & School Bookings						
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 & Immanuel Christian School	Donagh Regional School & Toonie Swim \$2.00 Per Person!	Open Swim	Open Swim
3:00	Open Swim		Open Swim			Waterslide Open	Open Swim
4:00	Bluephins	Open Swim	Bluephins	Open Swim	Bluephins	Open Swim	Open Swim
5:00	Bluephins	Open Swim	Bluephins	Open Swim	Bluephins	Waterslide Open	Open Swim
6:00	Special Olympics PEI	Waterslide Open	Waterslide Open	Waterslide Open	Waterslide Open	Autism Swim	
7:00	Open Swim	Community Swim \$3.00 Per Person!	Open Swim	Community Swim \$3.00 Per Person!	Open Swim		
8:00	Waterslide Open		Waterslide Open		Waterslide Open		
9:00							
9:30							



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

Goggles
Lifejackets (PFD)
Kids Bathing Suits
Towels
Aquafit Bathing Suits
Training Suits
Nose Plugs
Specialized 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
Private Lessons
Swimming Lessons
Aqua Fit Programs

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

"Splash"
CARI Aquatics Mascot