



Summer 2021

Aquatic Centre

Schedule & Programs

Reopening

June 14 - June 27, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Length Swim 8:00 AM - 10:30 AM			Senior Swim 8:00 AM - 10:30 AM	Length Swim 8:00 AM - 10:30 AM	
	Rental Option 10:30 AM - 11:15AM				Special Needs 10:30 AM - 11:30 AM	
Length/Public Swim 12:00 PM - 1:00 PM	Length/Public Swim 11:30 AM - 1:00 PM					Length/Public Swim 12:00 PM - 1:00 PM
Public Swim 1:00 PM - 2:30 PM	Schools 1:00 PM - 3:00 PM					Public Swim 1:00 PM - 2:30 PM
Public Swim 2:30 PM - 4:00 PM	Toonie Swim 3:00 PM - 3:45 PM	Toonie Swim 3:00 PM - 3:45 PM	Toonie Swim 3:00 PM - 3:45 PM	Toonie Swim 3:00 PM - 3:45 PM	Toonie Swim 3:00 PM - 3:45 PM	Public Swim 2:30 PM - 4:00 PM
Rental Option 4:00 PM - 5:00 PM	Preschool Swim/ Length Swim 4:00 PM - 6:00 PM	Preschool Swim/ Length Swim 4:00 PM - 6:00PM	Preschool Swim/ Length Swim 4:00 PM - 6:00 PM	Preschool Swim/ Length 4:00 PM - 6:00 PM	Preschool Swim/ Length Swim 4:00 PM - 6:00 PM	Rental Option 4:00 PM - 5:00 PM
	Public Swim 6:00 PM - 7:30 PM					

Summer 2021

Special Schedule for: June 28 - 30, July 2, & August 30 - September 3 *Closed on July 1st

Monday	Tuesday	Wednesday*	Thursday	Friday
Public/Length Swim 6:00 AM - 1:00 PM	Public/Length Swim 6:00 AM - 1:00 PM	Public/Length Swim 6:00 AM - 1:00 PM	Public/Length Swim 6:00 AM - 1:00 PM	Public/Length Swim 6:00 AM - 1:00 PM
Public Swim 1:00 PM - 7:30 PM	Public Swim 1:00 PM - 7:30 PM	Public Swim 1:00 PM - 7:30 PM	Public Swim 1:00 PM - 7:30 PM	Public Swim 1:00 PM - 7:30 PM
Length Swim 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM

Regular Summer Schedule: July 3 - August 29, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Swim 6:00 AM - 8:30 AM					
Rental Option 11:00 AM - 12:00 PM	Lifesaving Society Swim for Life Lessons 9:00 AM - 12:00 PM					Rental Option 11:00 AM - 12:00 PM
Length / Preschool Swim 12:00 PM - 1:00 PM						
Public Swim 1:00 PM - 2:30 PM	Public Swim 1:00 PM - 3:00 PM			Senior Swim 1:00 PM - 2:00 PM	Public Swim 1:00 PM - 3:00 PM	Public Swim 1:00 PM - 2:30 PM
				Public Swim 2:00 PM - 3:00 PM		
Public Swim 2:30 PM - 4:00 PM	Lifesaving Society Swim for Life Lessons 3:30 PM - 6:00 PM					Public Swim 2:30 PM - 4:00 PM
Rental Option 4:00 PM - 5:00 PM						Rental Option 4:00 PM - 5:00 PM
Public Swim 5:30 PM - 7:00 PM	Toonie Swim 6:00 PM - 7:30 PM					Public Swim 5:30 PM - 7:00 PM
	Length Swim 7:30 PM - 8:30 PM					

Pool Pass	Age	Daily	10 Time	Monthly	3 Month	Annual
Infant Special Senior	0 - 3 75+	Free				
Preschool	4 - 6	\$2.75	\$20.50	\$20.50	\$49.50	\$158
Child	7 - 11	\$4.75	\$38.75	\$38.75	\$94	\$299
Youth Senior	12 - 17 60 - 74	\$4.75	\$42	\$42	\$100	\$321
Adult	18 - 59	\$6.00	\$50.50	\$50.50	\$121.50	\$387
Aquafit		\$6.50	\$55.25			
Family		\$15.75		\$139	\$335	\$672

Rental Rates

Single Pool (max 30 individuals)	\$95
Double Pool (max 30 individuals)	\$138
Whole Pool (max 80 individuals)	\$158
Extra Lifeguard	\$32/hr
Great Canadian Dollar Store Room	\$33/hr Non-Profit \$43/hr For-Profit
Great Canadian Dollar Store Room	\$195/Day Non-Profit \$257/Day For-Profit
Meeting Room	\$33/hr Non-Profit \$43/hr For-Profit



Rent the Aquatic Centre for
your next private event!

Saturdays: 11:00 AM - 12:00 PM

4:00 PM - 5:00 PM

Sundays: 11:00 AM - 12:00 PM

4:00 PM - 5:00 PM

Registrations for leadership courses must be done at least one week before start date.



**CANADIAN
RED CROSS**

Red Cross Babysitter Course

This nationally recognized course teaches participants basic first aid, the rights & responsibilities of babysitters, skills for caring for children, safety suggestions & ideas for helping children get along with each other.

Prerequisites: Must be 11 years old - minimum of 4 registrants

Interest List Date to be announced Cost: \$56

LSI (Swim & Lifesaving Instructor Course)

Learn to be a Swim instructor.

Prerequisites: Bronze Cross, Must be older than 16

Program Cost: \$340 + \$75 for materials

JULY 12 - 16, 2021

9am-5pm

Must be registered by June 28th



LIFESAVING SOCIETY
The Lifeguarding Experts



Train to be a lifeguard!



LIFESAVING SOCIETY
The Lifeguarding Experts

Step 1 Bronze Medallion

Lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Prerequisites: Must be 13 years old & Swim Kids Level 10

Cost: \$138 Fall - October 22 - 24 Friday 4-8, Saturday 8-4, Sunday 8-4

Step 2 Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Prerequisites: Bronze Medallion

Cost: \$102 Fall - Nov. 5 - 7 Friday 4-8, Saturday 8-4, Sunday 8-4

Step 3 Standard First Aid with CPR & AED

A recognized workplace approved first aid course, that also covers the basics of first aid necessary in aquatics.

Cost: \$102 Fall - Nov. 13 -14 Sat & Sun 8am-4pm

Step 4 National Lifeguard

This certification prepares lifeguards to fulfill the role of professional facilitator of safe, enjoyable aquatics in a pool setting.

Prerequisites: Bronze Cross, 16 years old & Standard First Aid or AEC

Cost: \$306

Fall Nov. 19 - 21 & Nov. 26-28 Friday 4-8, Saturday 8-4, Sunday 8-4

Lifesaving Society Swim for Life Preschool

Age 6 Months - 6 Years

The Preschool Program works to ensure children become comfortable in the water and have fun developing a foundation of water skills. Activities to teach Water Smart® education key messages are incorporated into all levels.

Parent/Tot 1 (4-12 months) Parent/Tot 2 (12-24 months) Parent/Tot 3 (24-36 months)

The Parent & Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age.

Squid (3-6 years)

1. Enter & exit shallow water - assisted
2. Jump into chest-deep water – assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back (3 sec. each) - assisted
6. Safe movement in shallow water – wearing PFD
7. Glide on back wearing (3 m. each) - assisted

Swordfish (3-6 years)

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge & exhale (3 times)
4. Float on front & back (3sec. each) wearing PFD or with buoyant aid
5. Roll laterally front to back & back to front, wearing PFD
6. Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
7. Flutter kick on back with buoyant aid (5m)

Dolphin (3-6 years)

1. Jump into deep water wearing PFD, return & exit
2. Sideways entry wearing PFD
3. Hold breath under water (3 sec.)
4. Submerge & exhale (5 times)
5. Recover object from bottom in waist -deep water
6. Back float; roll to front; swim 3 m
7. Float on front & back (5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)

Orca (3-6 years)

1. Jump into deep water, return & exit
2. Sideways entry
3. Tread water 10 sec. wearing PFD
4. Open eyes under water
5. Recover object from bottom in chest-deep water
6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)
10. Front crawl (5 m) wearing PFD

Shark (3-6 years)

1. Forward roll entry wearing PFD
2. Tread water (10 sec.)
3. Submerge & hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid
7. Front crawl (5m)
8. Back crawl (5 m)
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests

Lifesaving Society Adult Swimmer Program

Age 16 +

The Adult Swimmer Program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes.

Adult 1 - Beginner

1. Enter & exit shallow water
2. Jump into deep water, return & exit
3. Tread water (30 sec.) wearing PFD
4. Submerge and exhale x10
5. Recover object from bottom in chest-deep water
6. Wearing PFD, jump into deep water, tread 30 sec. & kick on back (5–10 m)
7. Float on front & back
8. Roll laterally front to back
9. Glide on front, back & side (3–5 m)
10. Flutter kick on front, back & side 10m
11. Whip kick in vertical position 30 sec
12. Front crawl or back crawl (10–15 m)
13. Interval training: 4 x 9–12 m flutter kick

Adult 2 - Intermediate

1. Standing dive into deep water
2. Tread water (1–2 min.)
3. Handstand in shallow water
4. Front somersault (in water)
5. Swim underwater (5–10 m)
6. Flutter kick on back (5 m); reverse direction Roll to front; flutter kick on front (5 m)
7. Flutter kick on front (5 m); roll to back; flutter kick on back (5 m)
8. Whip kick on back (10–15 m)
9. Whip kick on front (10–15 m)
10. Breaststroke arms drill (10–5 m)
11. Front crawl & back crawl (25–50 m each)
12. Interval training: 4 x 25 m flutter kick
13. Interval training: 4 x 25 m front or back crawl
14. Sprint front crawl (25 m)

Adult 3 - Advanced

1. Shallow dive into deep water
2. Stride entry into deep water
3. Compact jump into deep water
4. Legs-only surface support (30–60 sec.)
5. Back somersault (in water)
6. Swim underwater (5–10 m) to recover object
7. Eggbeater kick or scissor kick on back (10–15m)
8. Breaststroke (25–50 m)
9. Front crawl & back crawl (50–100 m each)
10. Head-up front crawl (10–15 m)
11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests
12. Sprint front crawl, back crawl, or breaststroke (25–50 m)
13. Workout (300 m)

Lifesaving Society Swim for Life Swimmer program Age 6 -16 Years

The Swimmer Program uses in-water practice for swimmers of any ability to develop swimming strokes and skills. Activities to teach Water Smart® education key messages are incorporated into all levels.

<p><u>Swimmer 1</u></p> <ol style="list-style-type: none"> 1. Enter & exit shallow water 2. Jump into chest-deep water 3. Jump into deep water wearing PFD 4. Tread water (30 sec.) wearing PFD 5. Hold breath under water (5 sec.) 6. Submerge and exhale (5 times) 7. Open eyes under water 8. Float on front & back (5 sec. each) 9. Roll laterally front to back & back to front 10. Glide on front, back & side (3 m each) 11. Flutter kick on front & back (5 m each) 	<p><u>Swimmer 2</u></p> <ol style="list-style-type: none"> 1. Jump into deep water, return & exit 2. Sideways entry wearing PFD 3. Tread water (15 sec.) 4. Recover object from bottom in chest deep water 5. Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m) 6. Flutter kick on front, back & side (10 m each) 7. Whip kick in vertical position (30 sec.) with aid 8. Front crawl & back crawl (10 m each) 9. Interval training: 4 x 5 m flutter kick with 20 sec. rests 	<p><u>Swimmer 3</u></p> <ol style="list-style-type: none"> 1. Kneeling dive into deep water 2. Forward roll entry into deep water 3. Tread water (30 sec.) 4. Handstand in shallow water 5. Front somersault (in water) 6. Jump into deep water, tread 30 sec. & swim / kick (25 m) 7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m) 8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m) 9. Whip kick on back (10 m) 10. Front crawl & back crawl (15 m each) 11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
<p><u>Swimmer 4</u></p> <ol style="list-style-type: none"> 1. Standing dive into deep water 2. Tread water (1 min.) 3. Swim underwater (5 m) 4. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m 5. Whip kick on front (15 m) 6. Breaststroke arms drill (15 m) 7. Front crawl & back crawl (25 m each) 8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests 9. Sprint front crawl (25 m) 	<p><u>Swimmer 5</u></p> <ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Tuck jump (cannonball) into deep water 3. Jump entry into deep water & tread 2 min. 4. Stationary eggbeater kick (30 sec.) 5. Back somersault (in water) 6. Roll entry into deep water, tread 90 sec. and swim 75 m 7. Breaststroke (25 m) 8. Front crawl & back crawl (50 m each) 9. Head-up front crawl (10 m) 10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests 11. Interval training: 4 x 15 m breaststroke with 30 sec. rests 12. Sprint front crawl & back crawl (25 m each) 	<p><u>Swimmer 6</u></p> <ol style="list-style-type: none"> 1. Stride entry into deep water 2. Compact jump into deep water 3. Legs-only surface support 45 sec. 4. Swim underwater (10 m) to recover object 5. Eggbeater kick on back (15 m) 6. Scissor kick (15 m) 7. Breaststroke (50 m) 8. Front crawl & back crawl (100 m each) 9. Head-up swim 25 m 10. Interval training: 4 x 25 m breaststroke with 30 sec. rests 11. Sprint breaststroke (25 m) 12. Workout (300 m)

Canadian Swim Patrol is a fun, engaging, program in which participants improve their swimming skills and strokes; learn basic rescue, first aid, and safety skills; while engaging with people their own age, and become strong leaders in our community! Register after completing Swimmer 6/Red Cross SK8 - Leads into Bronze Awards



Rookie Patrol

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.



Ranger Patrol

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues.



Star Patrol

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.

Red Cross → Lifesaving Society Learn to Swim Lessons

We have Switched to Lifesaving Society Learn to Swim Lessons. Please follow the guide below to register your child in the correct level

If you were in	Now register in:	Price	If you were in	Now register in:	Price
Level 1 Incomplete/Complete	Swimmer 1	\$52 \$52	Adult lessons	Adult 1 : Little to none water experience	\$63
Level 2 Incomplete/Complete	Swimmer 2	\$52 \$52		Adult 2: Basic knowledge of swimming, able to swim 25m	\$63
Level 3 Incomplete	Swimmer 2	\$52		Adult 3: Stroke Improvement	\$63
Level 3 Complete	Swimmer 3	\$63	Starfish	Parent/Tot 1	\$46
Level 4 Incomplete/Complete	Swimmer 3	\$63	Duck	Parent/Tot 2	\$46
		\$63	Sea Turtle	Parent/Tot 3	\$46
Level 5 Incomplete/Complete	Swimmer 4	\$63	Sea Otter Incomplete	Squid	\$52
		\$63	Sea Otter Complete	Swordfish	\$52
Level 6 Incomplete	Swimmer 4	\$63	Salamander Incomplete	Swordfish	\$52
Level 6 Complete	Swimmer 5	\$63	Salamander Complete	Dolphin	\$52
Level 7 Incomplete	Swimmer 5	\$63	Sunfish Incomplete	Dolphin	\$52
Level 7 Complete	Swimmer 6	\$63	Sunfish Complete	Orca	\$52
Level 8 Incomplete	Swimmer 6	\$63	Crocodile Incomplete	Orca/Swimmer 1	\$52
Level 8 Complete	Rookie Patrol/JLC	\$71/86	Crocodile Complete	Shark/Swimmer 2	\$52
Level 9 Incomplete/Complete	Rookie Patrol/JLC	\$71/86	Whale Incomplete	Shark/Swimmer 2	\$52
Level 10	Ranger Patrol/JLC	\$71/86	Whale Complete	Swimmer 2 (when 6 years old)	\$52

Registration for Summer Lessons opens June 21, 2021

Summer Session A ▪ July 6 - July 16		
Swimmer 2 9:00 AM - 9:30 AM	Squid 9:00 AM - 9:30 AM	Swimmer 5 9:00 AM - 9:45 AM
Shark 9:30 AM - 10:00 AM	Swimmer 4 9:30 AM - 10:15 AM	July 6-9 Private Lesson options: 9:45 AM - 10:15 AM 10:15 AM - 10:45 AM 10:45 AM - 11:15 AM
Dolphin 10:00 AM - 10:30 AM	Orca 10:15 AM - 10:45 AM	
Swimmer 6 10:30 AM - 11:15 AM	Swimmer 1 10:45 AM - 11:15 AM	
Swordfish 11:15 AM - 12:00 PM	Swimmer 3 11:15 AM - 12:00 PM	July 12-16 9am-5pm Lifesaving Swim Instructor Course
Orca 3:30 PM - 4:00 PM	Swordfish 3:30 PM - 4:00 PM	Swimmer 4 3:30 PM - 4:15 PM
Squid 4:00 PM - 4:30 PM	Swimmer 1 4:00 PM - 4:30 PM	Swimmer 3 4:15 PM - 5:00 PM
Swimmer 2 4:30 PM - 5:00 PM	Swimmer 5 4:30 PM - 5:15 PM	
Swimmer 6 5:00 PM - 5:45 PM	Swimmer 3 5:15 PM - 6:00 PM	Dolphin 5:15 PM - 5:45 PM
Summer Session B ▪ July 19- July 29 (Morning)		
Swimmer 1 9:00 AM - 9:30 AM	Swimmer 3 9:00 AM - 9:45 AM	Parent Tot 2/3 9:00 AM - 9:30 AM
Parent Tot 1/2 9:30 AM - 10:00 AM	Swimmer 4 9:45 AM - 10:30 AM	Swimmer 2 9:30 AM - 10:00 AM
Shark 10:00 AM - 10:30 AM		Swimmer 6 10:00 AM - 10:45 AM
Swimmer 5 10:30 AM - 11:15 AM	Swordfish 10:30AM - 11:00 AM	Swimmer 1 10:45 AM - 11:15 AM
Dolphin 11:15 AM - 11:45 AM	Squid 11:00 AM - 11:30 AM	
	Swimmer 2 11:30 AM - 12:00 PM	Squid 11:15 AM - 11:45 AM

Registration for Summer Lessons opens June 21, 2021

Summer Session B ▪ July 19- July 29 (Afternoon)			
Orca 3:30 PM - 4:00 PM	Swordfish 3:30 PM - 4:00 PM	Kayaking with the RCC 3:00 - 4:30 PM	
Squid 4:00 PM - 4:30 PM	Swimmer 1 4:00 PM - 4:30 PM		
Swimmer 2 4:30 PM - 5:00 PM	Swimmer 5 4:30 PM - 5:15 PM	Dolphin 4:30 PM - 5:00 PM	
Swimmer 6 5:00 PM - 5:45 PM	Swimmer 3 5:15 PM - 6:00 PM	Swimmer 4 5:00 PM - 5:45 PM	
Summer Session C ▪ Aug. 3 - Aug. 13			
Swimmer 2 9:00 AM - 9:30 AM	Squid 9:00 AM - 9:30 AM	Ranger 9:00 AM - 10:00 AM	
Swimmer 1 9:30 AM - 10:00 AM	Swimmer 4 9:30 AM - 10:15 AM		
Dolphin 10:00 AM - 10:30 AM	Orca 10:15 AM - 10:45 AM	Swimmer 2 10:15AM - 10:45 AM	
Swimmer 5 10:30 AM - 11:15 AM	Swimmer 1 10:45 AM - 11:15 AM	Shark 10:45 AM - 11:15 AM	
Swordfish 11:15 AM - 12:00 PM	Swimmer 3 11:15 AM - 12:00 PM	Squid 11:15 AM - 11:45AM	
Orca 3:30 PM - 4:00 PM	Swordfish 3:30 PM - 4:00 PM	Swimmer 5 3:30 PM - 4:15 PM	Swimmer 3 3:30 PM - 4:15 PM
Swimmer 2 4:00 PM - 4:30 PM	Swimmer 1 4:00 PM - 4:30 PM	Swimmer 1 4:15 PM - 4:45 PM	Swimmer 4 4:15 PM - 5:00 PM
Squid 4:30 PM - 5:00 PM	Swimmer 2 4:30 PM - 5:00PM	Shark 4:45 PM - 5:15PM	Swordfish 5:00 PM - 5:30 PM
Swimmer 6 5:00 PM - 5:45 PM	Rookie 5:00 PM - 6:00 PM	Squid 5:15 PM - 5:45 PM	Dolphin 5:30 PM - 6:00 PM

Registration for Summer Lessons opens June 21, 2021

Summer Session D ▪ Aug. 16 - Aug. 26			
Swimmer 1 9:00 AM - 9:30 AM	Swimmer 3 9:00 AM - 9:45 AM	Swordfish 9:00 AM - 9:30 AM	Swimmer 5 9:00 AM - 9:45 AM
Orca 9:30 AM - 10:00 AM		Swimmer 2 9:30 AM - 10:00 AM	
Shark 10:00 AM - 10:30 AM	Swimmer 4 9:45 AM - 10:30 AM	Swimmer 6 10:00 AM - 10:45 AM	Swimmer 1 9:45 AM - 10:30 AM
Swimmer 4 10:30 AM - 11:15 AM	Swordfish 10:30 AM - 11:00 AM	Swimmer 3 10:45 AM - 11:30 AM	Squid 10:30 AM - 11:00 AM
Dolphin 11:15 AM - 11:45 AM	Squid 11:00 AM - 11:30 AM		Parent Tot 2/3 11:00 AM - 11:30 AM
	Swimmer 2 11:30 AM - 12:00 PM	Parent Tot 1/2 11:30 AM - 12:00 PM	Swimmer 1 11:30 AM - 12:00 PM
Swimmer 2 3:30 PM - 4:00 PM	Swordfish 3:30 PM - 4:00 PM	Swimmer 5 3:30 PM - 4:15 PM	Swimmer 3 3:30 PM - 4:15 PM
Orca 4:00 PM - 4:30 PM	Swimmer 1 4:00 PM - 4:30 PM		
Squid 4:30 PM - 5:00 PM	Swimmer 2 4:30 PM - 5:00 PM	Swimmer 1 4:15 PM - 4:45 PM	Swimmer 4 4:15 PM - 5:00 PM
Swimmer 6 5:00 PM - 5:45 PM	Star 5:00 PM - 6:00 PM	Squid 4:45 PM - 5:15 PM	Swordfish 5:00 PM - 5:30 PM
		Shark 5:15 PM - 5:45 PM	Dolphin 5:30 PM - 6:00 PM