



FALL SCHEDULE BEGINS SEPTEMBER 3, 2024

643 W Gore St, Stratford N5A 1L4
519-271-4090 EXT 2282
pool@sprucelodge.on.ca

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:00 - 9:45	FCASLO	9:00 - 10	Splash & Chat	9:00 - 10	Aquability	9:00 - 10	Splash & Chat	9:00 - 10	Splash & Chat
10 - 10:45	Splash & Chat	9:45 - 10:45	SL Swim	10 - 10:45	Aquatic Balance & Fall Prevention	9:45 - 10:45	SL Swim	10 - 10:45	Ai Chi
10:45-11:30	Aquability	10:45-11:30	Aquability	10:45 - 11:30	Reserved	10:45 - 11:30	Aquability	10:45 - 11:30	AquaBility
11:30 - 12:00	Splash & Chat	11:30 - 12:00	Splash & Chat	11:30 - 12:00	Splash & Chat	11:30 - 12:00	Splash & Chat	11:30 - 12:00	Splash & Chat
12 - 1 PM	Pool Closed	12 - 1 PM	Pool Closed	12 - 1 PM	Pool Closed	12 - 1 PM	Pool Closed	12 - 1 PM	Pool Closed
1:00 - 1:45	AquaBility	1:00 - 1:45	AquaBility	1:00 - 1:30	Ai Chi	1:00 - 1:45	AquaBility	1:00 - 1:45	AquaBility
1:45 - 3:00	Splash & Chat	1:45 - 3:00	Splash & Chat	1:45 - 3:00	Splash & Chat	1:45 - 3:00	Splash & Chat	1:45 - 2:30	FCASLO
3:00 - 4:00	Blue Soothe	3:15 - 4:00	Aqua Fitness	3:00 - 4:00	Blue Soothe	3:15 - 4:00	Aqua Fitness	3:00 - 4:00	Blue Soothe
4 PM	Pool Closed	4 PM	Pool Closed	4 PM	Pool Closed	4 PM	Pool Closed	4 PM	Pool Closed

SCHEDULED DAYS THE POOL WILL BE CLOSED (are subject to change):

- *Monday, October 14, 2024 Thanksgiving
- *Tuesday, December 24, Wednesday, December 25 and Thursday, December 26, 2024 Christmas
- *Tuesday, December 31, 2024 and Wednesday, January 1, 2025 New Years
- *Monday, February 17, 2025 Family Day
- *Friday April 18, 2025 Good Friday
- * Monday, May 19, 2025 May Long Weekend

Pool Program Descriptions

Ai Chi - This class focuses on the importance of connecting the mind, body and spirit with breathing. Experience the deep relaxing effect of warm water, while challenging core stability, balance, coordination and flexibility.

AquaBility/ Aqua Fitness - This class is suitable for individuals comfortable moving in water without assistance. Class focuses on enhancing balance, posture, functional range of motion and muscular strength. Mindful movement designed for participants with mild to moderate health challenges

FCASLO - Private swim for Festival City Adult Living Support Organization

Blue Soothe - Work independently with exercises prescribed by your doctor or aquatic time with your therapist. You are also welcome to enjoy a quieter aquatic experience.

Splash & Chat - Enjoy non-structured time. Take this opportunity to try the pool equipment, socialize, laugh and have fun!

Reserved - Private Aqua Fitness class for Mitchell Community Outreach

