

Updated Swim Program Information:

Due to our renovations we have had to change some of our swim program start dates advertised in the [Winter Active Living Guide](#).

We sincerely apologize for any inconvenience this may cause.

Our pool is currently closed and will reopen Monday February 1st with all our familiar faces and maybe even a few new ones.

Coast Capital Free Swim January 22, 7:00 to 8:30pm has been **cancelled**

Monday and Wednesday lessons for January have been **cancelled** with the next full set starting Wednesday February 10th

Monday only Mini Polo will be a shorter set starting February 2nd with only 5 classes instead of 6.

Tuesday and Thursday lessons for January have been **cancelled** with the next full set starting Thursday, February 11th

Tuesday only lessons have been changed to a stroke improvement set running 5 classes long new start date of February 2, 2010 – no report cards will be given

Wednesday only lessons have been changed to a stroke improvement set running 5 classes long new start date of February 3, 2010 – no report cards will be given

Thursday only Adapted Aquatics has been cancelled

Friday only lessons have been changed to a stroke improvement set running 5 classes long new start date of February 5, 2010 – no report cards will be given

Saturday morning only lessons have been cancelled starting up again after spring break.

Saturday afternoon lessons have been changed to a stroke improvement set running 5 classes long new start date of February 6, 2010 – no report cards will be given

Saturday, January 16th the Weight Room re-opens

Sunday afternoon lessons have been changed to a stroke improvement set running 5 classes long new start date of February 7, 2010 – no report cards will be given

Please call 250-475-7104 to book your private lessons.