

Stan Stronge Pool Schedule

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
		Drop-In 9:00 – 10:00	Resident Swim 9:00 – 10:30	Resident Swim 9:00 – 10:30		
Exercise Class - Regular 9:30 – 10:30					Exercise Class - Regular 10:00 – 11:00	
Drop-In 10:30 – 12:00 pm		Exercise Class - Regular 10:00 – 11:00	Exercise Class - Regular 10:45 – 12:00	Exercise Class - Regular 10:45 – 12:00	Resident Swim 10:30-12:00	Resident Swim 9:00 – 11:30
		Exercise Class – Slow 11:00 – 12:00				
Lunch 12:15 – 12:45		Lunch 12:15 – 12:45	Lunch 12:15 – 12:45	Lunch 12:15 – 12:45	Lunch 12:15-12:45	Exercise Class - Regular 12:30 – 1:30 pm
Drop-In 1:00 – 2:00		Drop-In 1:00 – 2:00	Drop-In 1:00 – 3:00	Drop-In 1:00 – 2:30	Exercise Class - Slow 1:00 – 2:00	Drop-In 1:30 – 2:30 pm
Exercise Class - regular 2:00 – 3:00		Resident Swim 2:00 – 4:00			Drop-In 2:00 – 4:30	
	Resident Swim 2:30 – 4:00		Resident Swim 2:30 – 4:30			
		Vancouver Park Board 4:00 – 8:00		Vancouver Park Board 4:30 – 8:30		