



# Town of Golden Swimming Pool Schedule Summer 2023

*\*Calendar in effect July 3-Aug 27, 2023. Programs are subject to change – check Amilia website for latest updates.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am 7-8am 8-9am <b>Lane Swim</b>	<b>Lane Swim</b> 6-7, 7-8, 8-9*shared	<b>Lane Swim</b> 6-7am 7-8am 8-9am*shared	<b>Lane Swim</b> 6-7, 7-8, 8-9*shared	<b>Lane Swim</b> 6-7, 7-8, 8-9*shared	8-9am <b>Lane Swim</b>	8:30-10:30am <b>Lane Swim</b>
9-11:30am <b>Swim Lessons</b>	8-9:30am <b>Swim Club</b> *shared	9-11:30am <b>Swim Lessons</b>	8-9:30am <b>Swim Club</b> *shared	8-9:30am <b>Swim Club</b> *shared	9-11:30am <b>Swim Lessons</b>	
9:45-10:30am <b>Parent &amp; Tot</b>	9-11:30am <b>Swim Lessons</b>	9:45-10:30am <b>Parent &amp; Tot</b>	9-11:30am <b>Swim Lessons</b>	9-11:30am 4 set <b>Private Lessons</b>	10-11am <b>Masters Swim</b>	10:30-11:30am <b>Aquafit</b>
	9:45-10:30am <b>Aquafit</b>		9:45-10:30am <b>Aquafit</b>	9:45-10:30am <b>Parent &amp; Tot</b>		
11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>	11:30-1pm <b>Lane Swim</b>
<b>Public Swim</b> 1-2:20pm 2:30-3:50pm 4-5pm	<b>Public Swim</b> 1-2:20pm 2:30-3:30pm	<b>Public Swim</b> 1-2:20pm 2:30-3:50pm 4-5pm	<b>Public Swim</b> 1-2:20pm 2:30-3:30pm	<b>Public Swim</b> 1-2:20pm 2:30-3:50pm 4-5pm	<b>Public Swim</b> 1:00-2:20pm 2:30-3:50pm 4:00-5:20pm 5:30-6:50pm	<b>Public Swim</b> 1:00-2:20pm 2:30-3:50pm 4:00-5:20pm 5:30-6:50pm
	3:30-5pm <b>Swim Lessons</b>	3:30-5pm JLC	3:30-5pm <b>Swim Lessons</b>			
5-8:30pm <b>Swim Club</b>	5-8:30pm <b>Swim Club</b>	5-8:30pm <b>Swim Club</b>	5-8:30pm <b>Swim Club</b>	<b>WIBIT Swim</b> 5:40-7pm 7:10-8:30pm		

Lane Swims may be shared with other similar user groups.  
Public Swims will have 1 lane available for lane swimming.  
Public Swims may be shared with other users.  
Birthday Party rentals available on Saturdays/Sundays in place of a public swim slot.  
JLC is a new junior lifeguard club for ages 8-15 year olds!

### Golden Swimming Pool Public Programs

**\*Most Programs Cancelled July 16-17 for Swim Meet**

**Pre-registration is recommended! Check availability and register online at [golden.ca/recprograms](https://golden.ca/recprograms)**