



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 Lane Swim	Lane Swim 6-7, 7-8, 8-9*shared	Lane Swim 6-7am 7-8am 8-9am*shared	Lane Swim 6-7, 7-8, 8-9*shared	Lane Swim 6-7, 7-8, 8-9*shared	8-9am Lane Swim	8:30-10:30am Lane Swim
9-11:30am Swim Lessons	8-9:30am Swim Club *shared	9-11:30am Swim Lessons	8-9:30am Swim Club *shared	8-9:30am Swim Club *shared	9-11:30am Swim Lessons Private	
9:45-10:30am Parent & Tot	9-11:30am Swim Lessons	9-11:30am Swim Lessons	9-11:30am Swim Lessons	9-11:30am Swim Lessons Private	10-11am Masters Swim	
	9:45-10:30am Aquafit	9:45-10:30am Parent & Tot	9:45-10:30am Aquafit	9:45-10:30am Parent & Tot		10:30-11:30am Aquafit
11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim
Public Swim 1-2:20pm 2:30-3:50pm 4-5pm	Public Swim 1-2:20pm 2:30-3:30pm	Public Swim 1-2:20pm 2:30-3:50pm 4-5pm	Public Swim 1-2:20pm 2:30-3:30pm	Public Swim 1-2:20pm 2:30-3:50pm 4-5pm	Public Swim 1:00-2:20pm 2:30-3:50pm 4:00-5:20pm 5:30-6:50pm	Public Swim 1:00-2:20pm 2:30-3:50pm 4:00-5:20pm 5:30-6:50pm
	3:30-5pm Swim Lessons	3:30-5pm JLC	3:30-5pm Swim Lessons			
5-8:30pm Swim Club	5-8:30pm Swim Club	5-8:30pm Swim Club	5-8:30pm Swim Club	WIBIT Swim 5:40-7pm 7:10-8:30pm		

Public Swims will have 1 lane available for lane swimming.

Public Swims & Lane Swims may be shared with other users.

Birthday Party Public Swim and WIBIT 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!

***Most Programs Cancelled July 8-9 for Swim Meet**

Pre-registration is recommended! Check availability and register online at golden.ca/recprograms