




Town of Iroquois Falls Recreation Department

Aquatics Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Public/Lap Swim 9:30AM-10:30AM	Public/Lap Swim 9:30AM-10:30AM	Public/Lap Swim 9:30AM-10:30AM	Public/Lap Swim 9:30AM-10:30AM	Public/Lap Swim 9:30AM-10:30AM		Tuesdays & Thursdays 10:30am-11:30am swim time is subject to change.
10am							
11am	Aqua Fitness 10:30AM-11:30AM	Adult & Tot 10:30AM-11:30AM	Aqua Fitness 10:30AM-11:30AM	Adult & Tot 10:30AM-11:30AM	Aqua Fitness 10:30AM-11:30AM		
12pm	Adult/Lap Swim 12:00PM-1:00PM	Adult/Lap Swim 12:00PM-1:00PM	Adult/Lap Swim 12:00PM-1:00PM	Adult/Lap Swim 12:00PM-1:00PM	Adult/Lap Swim 12:00PM-1:00PM		
1pm						Public Swim 1:00PM-2:30PM	 <p>The Senior Classes are offered at no cost as they are funded by a New Horizons Seniors Grant.</p>
2pm		Seniors Water Exercise 2:00PM-3:00 PM		Seniors Water Exercise 2:00PM-3:00PM		Pool Party Rental available 2:30PM-3:30PM	
3pm							
4pm							Pool Party Rental time available 4:00PM-6:00PM
5pm							
6pm	Public Swim 6:00PM-7:00PM				Family Swim 6:00PM-7:00PM		Family Swim 6:00PM-7:00PM
7pm	Aqua Dance 7:00PM-8:00PM	Public Swim 6:30PM-8:00PM		Public Swim 6:30PM-8:00PM	Public Swim 7:00PM-8:00PM		Public Swim 7:00PM-8:00PM
8pm	Adult/Lap Swim 8:00PM-9:00PM	Adult/Lap Swim 8:00PM-9:00PM		Adult/Lap Swim 8:00PM-9:00PM	Teen/Adult Swim 8:00PM-9:00PM		Adult/Lap Swim 8:00PM-9:00PM

