



19 Wing Fitness & Community Centre

02 SEP- 23 DEC 2019

Pool Schedule

FITNESS CENTRE

HOURS OF OPERATION

Mon—Fri: 0600-2100 hrs

**Sat/Sun/Holidays:
0700-1800hrs**

**MILITARY ONLY
HOURS**

**Mon-Fri: 0600-0830,
1130-1300**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE TEAM 0610-0730	CFSSAR TRG 0700-0815	BASE TEAM 0610-0730	CFSSAR TRG 0700-0815	BASE TEAM 0610-0730		
LANE SWIM 0730-0830		MAINTENANCE 0730-0830		LANE SWIM 0730-0830		
		RENTAL 0830-0930		RENTAL 0830-0930	SWIM LESSONS 0830-1300	
		LANE SWIM 0930-1030		 LANE SWIM 0930-1130		
		OPEN SWIM +2 LANES 1030-1130				
DEFENCE TEAM LANE SWIM 1130-1245						
					OPEN SWIM 1300-1500	
		MFRC 1500-1600			LANE SWIM 1500-1600	
AQUAFIT 1600-1700		AQUAFIT 1600-1700		AQUAFIT 1600-1700		
		LANE SWIM 1700-1800				
		OPEN SWIM 1800-1930				
		ADULT LANE 1930-2030				

Pool Drop In Rates

(Must be guest of Authorized User)

Pool	Adult / 19yrs +	Child / Teen	Tot (6 & under)
Reg	\$3.00	2.00	Free
Ord	\$4.00	3.00	Free
Ass	\$6.00	4.00	Free

**Schedule subject to change without notice

www.cafconnection.ca/comox

facebook.com/19WingComoxPSP

250.339.8211 ext. 8315 (Info line)

1575 Military Row, Lazo, V0R 2K0