**Pool Schedule**

Starting October 13th, 2020

**Membership or Drop-In Fee required. Drop-in users are required to provide their name and phone number.**

Note: Schedules may change throughout the season, we reserve the right to change schedule without prior notice.

**Things to Know:**

- All users must check in at the Aquarena Customer Service Desk for Aquarena Swims and the Field House Customer Service Desk for MUN Pool Swims
- **Check in time is 15 minutes prior to activity start time.**
- Customers will have 15 minutes after the activity time to exit the Change Room.

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**Aquarena**

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**MUN Pool**

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**Sunday**

- Lane Swim 12:30-1:30pm

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Read our [Customer FAQ](#) before arriving at The Works to make your visit run smoothly!
**Lane Swimming:**

- **50m Swims** – Due to limited availability, advanced booking by all participants is required for these swims. Maximum 5 swimmers per lane.
  - Time Slot 1 – 6:30am-7:30am - 15 swimmers
  - Time Slot 2 – 7:30am-8:30am - 20 Swimmers.
  Booking is taken up to 6 days in advance. Book online with a credit card at [reg.theworksonline.ca](http://reg.theworksonline.ca) or by phone 709-864-3798. Individuals with Visit Passes can use their visit towards booking their class. If a participant is a no show – they will lose their visit or drop-in fee. Members who are a “no show” for 2 swims they will lose their booking privileges for 30 days.

- **25m Swims & MUN Pool** - Users do not need to sign up/book a lane, admission is on a first come first service basis. This may change at any time based on demand. Maximum 4 swimmers per lane.

- Users are encouraged to share a lane with a member of their bubble or select a lane where other swimmers are keeping a similar pace.

**Water Fitness:**

- All Participants, including members, must book a spot for each class. Booking is taken up to 6 days in advance.
- Max 25 participants
- Book online with a credit card at [reg.theworksonline.ca](http://reg.theworksonline.ca) or by phone 709-864-3798.
- Individuals with Visit Passes can use their visit towards booking their class.
- If a participant is a “no show” – they will lose their visit or drop-in fee. Members who are a “no show” for 2 swims they will lose their booking privileges for 30 days.

**Changerooms & Showers:**

**Aquarena Main Floor Change Rooms:**
- Showers are not available in the change rooms. Rinse only showers located on Pool Deck
- Day use coin operated lockers available
- No hand dryers / hair dryers

**Aquarena Lower Level Member-Only Change Rooms:**
- Showers available
- No towel service, hot tub or sauna
- Lockers available for day use only
- No hand dryers / hair dryers

**MUN Pool:**
- Limited number of showers are available in the Physical Education Building Change Rooms
- When leaving the facility, MUN Pool users must use the Physical Education doors next to the main entrance of the Field House.