Pool Schedule
Starting January 4, 2021

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Aqurena</strong></td>
<td>50m Lane Swim 6:30-7:30am 7:30-8:30am</td>
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<td>Shallow Water Fitness 10:45-11:30am</td>
<td>Deep Water Fitness 10:45-11:30am</td>
<td>Shallow Water Fitness 9:30am-10:15am 10:45-11:30am</td>
<td>Deep Water Fitness 10:45-11:30am</td>
<td>Shallow Water Fitness 10:45-11:30am</td>
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<td>25m Lane Swim 12:00-1:30pm</td>
<td>25m Lane Swim 12:00-1:30pm</td>
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<td>25m Lane Swim 12:00-1:30pm</td>
<td><strong>Sunday</strong></td>
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<tr>
<td><strong>MUN Pool</strong></td>
<td>Lane Swim 5:30-6:30pm</td>
<td>Lane Swim 5:30-6:30pm</td>
<td>Lane Swim 5:30-6:30pm</td>
<td>Lane Swim 5:30-6:30pm 6:30-7:30pm <em>Swimmers cannot cross over between times</em></td>
<td>Lane Swim 5:30-6:30pm</td>
<td>Lane Swim 12:30-1:30pm</td>
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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.

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 – Mon, Wed, Thurs & Fri - 40 Swimmers  Tues-20 Swimmers

  Booking is taken up to 6 days in advance. Book online with a credit card at 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 30 participants
- Book online with a credit card at 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.

December 10, 2020