			Town Of Carbone	ar - Recreation	al Programming Schedule		
			Fal	2021 (Septembe	r - November)		
					onear.recreation@nf.aibn.com		
Aquatics				Recreation Fitness			
Day	Activity	Time	Location	Day	Activity	Time	Location
Monday	Water Aerobics	1:30-2:15PM	Carbonear Swimming Pool	Monday	Step Aerobics - Monica	7:00-8:00PM	Carbonear Swimming Pool
Monday	Swimming Lessons	2:45-5:00PM	Carbonear Swimming Pool	Tuesday	Youth Sports League (Grades 1-3)	4:30-5:45PM	Carbonear Academy
Monday	Poseidon Swim Club	5:00-7:00PM	Carbonear Swimming Pool	Tuesday	Youth Sports League (Grades 4-7)	6:00-7:15PM	Carbonear Academy
Tuesday	Water In Motion	1:30-2:15PM	Carbonear Swimming Pool	Thursday	Step Aerobics - Monica	7:00-8:00PM	Carbonear Swimming Pool
Tuesday	Swimming Lessons	3:30-5:00PM	Carbonear Swimming Pool	Friday	Chair Fitness - Jen (Biweekly)	2:30-3:30PM	Carbonear Swimming Pool
Tuesday	Poseidon Swim Club	5:00-7:00PM	Carbonear Swimming Pool	Saturdays	Active Start (Walking - Age 5)	10:00-12:00PM	TBT - Date of start to follow
Tuesday	Water Aerobics	7:00-7:50PM	Carbonear Swimming Pool	Recreation Programming			
Wednesday	Water Aerobics	1:30-2:15PM	Carbonear Swimming Pool	Day	Activity	Time	Location
Wednesday	Swim Lessons	2:45-5:00PM	Carbonear Swimming Pool	Tuesday (Sept 21)	Michelle - Adult Painting	6:30-8:30PM	Sheila Building (Water Street)
Wednesday	Special Olympics	7:00-7:50PM	Carbonear Swimming Pool	Tuesday (Sept 28)	Michelle - Youth Painting	6:30-8:30PM	Sheila Building (Water Street)
Thursday	Water In Motion	1:30-2:15PM	Carbonear Swimming Pool	Tuesday (Oct 19)	Michelle - Adult Fall Craft	6:30-8:30PM	Sheila Building (Water Street)
Thursday	Poseidon Swim Club	5:00-7:00PM	Carbonear Swimming Pool	Tuesday (Oct 26)	Michelle - Youth Halloween Craft	6:30-8:30PM	Sheila Building (Water Street)
Thursday	Swim Lessons	2:45-5:00PM	Carbonear Swimming Pool	Tuesday (Nov 23)	Michelle - Adult Winter Painting	6:30-8:30PM	Sheila Building (Water Street)
Thursday	Water Aerobics	7:00-7:50PM	Carbonear Swimming Pool	Tuesday (Nov 30)	Michelle - Youth Winter Painting	6:30-8:30PM	Sheila Building (Water Street)
Friday	Water Aerobics	1:30-2:15PM	Carbonear Swimming Pool	Thursday	Kids In The Kitchen	5:30-7:30	Sheila Building (Water Street)
Friday	Poseidon Swim Club	4:00-6:00PM	Carbonear Swimming Pool	Saturdays	The Hangout (Grades 7-12)	3:00-8:00PM	Sheila Building (Water Street)
Friday	Parent N Tot Drop In	2:30-3:15PM	Carbonear Swimming Pool				
Saturday	Swim Lessons	9:00-2:00PM	Carbonear Swimming Pool				
Sunday	Lifesaving Leadership	9:00-12:30	Carbonear Swimming Pool				
Sunday	Adult Swim Lessons	6:00-6:50PM	Carbonear Swimming Pool				
Swimming Schedule				Color Key			
Date	Activity	Time	Location	Youth Programming (Under 18)			
Sunday	Rental	1:00-1:50	Carbonear Swimming Pool		Adult Programm	ing and Fitness (18+)	
Sunday	Public Swim	2:00-2:50PM	Carbonear Swimming Pool	Older Adult Programming (Gentle stretching, joint and mobility rehabilitation)			
Sunday	Rental	3:00-3:50PM	Carbonear Swimming Pool	Competitive Swimming			
Sunday	Public Swim	4:00-4:50PM			Competiti	ve Swittining	
Sunday			Carbonear Swimming Pool		Preteen & Te	en Programming	
	Rental	5:00-5:50PM	Carbonear Swimming Pool		Preteen & Te Pool Rent	en Programming al Availability	
	Adult Rec/Lane	5:00-5:50PM 7:00-7:50PM	Carbonear Swimming Pool Carbonear Swimming Pool		Preteen & Te Pool Rent Public Swin	en Programming al Availability ming (All ages)	
Monday	Adult Rec/Lane Lane/Therapuetic Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool		Preteen & Te Pool Rent Public Swin Lane and Therapo	en Programming al Availability ming (All ages) eutic Swimming (18+)	
Monday Monday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool	Cost	Preteen & Te Pool Rent Public Swin Lane and Therapo Program	en Programming al Availability ming (All ages) eutic Swimming (18+) Cost	Program
Monday Monday Tuesday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim)	en Programming al Availability ming (All ages) eutic Swimming (18+) Cost \$250.00	Rental Booking (over 50 people)
Tuesday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim) Senior Drop In (Swim)	en Programming al Availability ming (All ages) eutic Swimming (18+) Cost \$250.00 \$90.00	Rental Booking (over 50 people) First Aid
Monday Monday Tuesday Tuesday Wednesday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (swim)	en Programming al Availability ming (All ages) eutic Swimming (18+) Cost \$250.00 \$90.00 \$50.00	Rental Booking (over 50 people) First Aid First Aid Re Certification
Monday Monday Tuesday Tuesday Wednesday Thursday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 12:00-1:15PM	Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (swim) Water Aerobics Drop In	en Programming al Availability puting (All ages) eutic Swimming (18+) Cost \$250.00 \$90.00 \$50.00 \$300.00	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 12:00-1:15PM 7:00-7:50PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks)	en Programming al Availability eutic Swimming (18+) Cost \$250.00 \$90.00 \$50.00 \$300.00 \$350.00	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 weeks)	en Programming al Availability eutic Swimming (18+) Cost \$250.00 \$90.00 \$50.00 \$300.00 \$350.00 \$350.00 \$200.00	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion
Monday Monday Tuesday Tuesday Wednesday Wednesday Thursday Thursday Friday Friday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim Rental	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 6:15-7:05PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Aerobics 10 Pass	en Programming al Availability eutic Swimming (18+) Cost \$250.00 \$90.00 \$50.00 \$300.00 \$350.00 \$350.00 \$350.00 \$180.00	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Friday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim Rental Public Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 6:15-7:05PM 7:30-8:20PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50 \$37.50	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Adult Swimming Lessons (8 Weeks) Adult Swim Pass of 10	en Programming al Availability eutic Swimming (18+) Cost Solution Soluti	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross National Lifeguard
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Saturday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane Swim Lane/Therapuetic Swim Rental Public Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 6:15-7:05PM 7:30-8:20PM 2:30-3:20PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50 \$37.50 \$87.50	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Adult Swim Pass of 10 Adult Swim Pass of 25	en Programming al Availability eutic Swimming (18+) Cost Solution Soluti	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross National Lifeguard Lifesaving Instructors
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Friday Saturday Saturday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Rental Public Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 6:15-7:05PM 7:30-8:20PM 2:30-3:20PM 3:30-4:20PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50 \$37.50 \$87.50 \$27.50	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Adult Swim Pass of 10 Adult Swim Pass of 10	en Programming al Availability eutic Swimming (18+) Cost Solution Soluti	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross National Lifeguard
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Friday Saturday Saturday Saturday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Rental Public Swim Rental Public Swim Rental	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 12:00-1:15PM 12:00-1:15PM 12:00-1:15PM 7:00-7:50PM 7:30-8:20PM 2:30-3:20PM 3:30-4:20PM 4:30-5:20PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50 \$37.50 \$87.50 \$27.50 \$62.50	Preteen & Te Pool Rent Public Swin Lane and Therape Program Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Adult Swim Pass of 10 Adult Swim Pass of 10 Child Swim Pass of 25	en Programming al Availability eutic Swimming (18+) Cost Solution Soluti	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross National Lifeguard Lifesaving Instructors
Monday Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Friday	Adult Rec/Lane Lane/Therapuetic Swim General/Lane Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Lane/Therapuetic Swim Rental Public Swim	5:00-5:50PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 7:00-7:50PM 12:00-1:15PM 6:15-7:05PM 7:30-8:20PM 2:30-3:20PM 3:30-4:20PM	Carbonear Swimming Pool Carbonear Swimming Pool	\$3.00 \$3.50 \$4.00 \$5.00 \$60.00 \$75.00 \$47.50 \$37.50 \$87.50 \$27.50	Preteen & Te Pool Rent Public Swin Lane and Therape Child Drop In (Swim) Senior Drop In (Swim) Adult Drop In (Swim) Water Aerobics Drop In Youth Swimming Lessons (8 weeks) Adult Swimming Lessons (8 Weeks) Adult Swim Pass of 10 Adult Swim Pass of 10	en Programming al Availability eutic Swimming (18+) Cost Solution Soluti	Rental Booking (over 50 people) First Aid First Aid Re Certification Water Safety Instructors Water Safety Instructors + First Aid Bronze Medallion Bronze Cross National Lifeguard Lifesaving Instructors