

Summer Swimming Lesson Schedule

Allan F. Gretsinger Pool – 4361 Central Ave, Beamsville

	June Lessons	June Lessons	Session #1	Session #2	Session #3	Session#4
Level	June 5 - 16	June 19 – 30	July 3 – July 14	July 17 – 28	July 31 – Aug 11	Aug 14 – 25
Private Lessons / Semi Private Lessons			9 a.m. (3) 10:30 a.m. 11:30 a.m. 5 p.m.	9 a.m. (3) 10 a.m. 11 a.m. 6 p.m.	9 a.m. (3) 9:30 a.m. 10 a.m. 5 p.m.	9 a.m. (3) 11 a.m. 11:30 a.m. 5:30 p.m.
Starfish / Duck			10 a.m.	11:30 a.m.	9 a.m.	11 a.m.
Starfish/Duck/Sea Turtle	6 p.m.	5:30 p.m.	6 a.m.	6 p.m.	6 p.m.	6 a.m.
Sea Turtle			10:30 a.m.	9:30 a.m.	11 a.m.	9 a.m.
Sea Otter	5:30 p.m.	6 p.m.	9:30 a.m. 11 a.m. 5 p.m. 5:30 p.m.	10 a.m. 10:30 a.m. 5:00 p.m. 5:30 p.m.	9:30 a.m. 10 a.m. 11:30 a.m. 5 p.m. 6 p.m.	10:30 a.m. 11:30 a.m. 5 p.m. 6:30 p.m.
Salamander	6:30 p.m.	6:30 p.m.	9 a.m. 10 a.m. 11 a.m. 6:30 p.m.	9:30 a.m. 11:30 a.m. 6:30 p.m.	10:30 a.m. 11:30 a.m. 6:30 p.m.	9:30 a.m. 10 a.m. 11 a.m. 5:30 p.m.
Sunfish	6 p.m.	5:30 p.m.	9:30 a.m. 11:30 a.m. 6:30 p.m.	10 a.m. 11 a.m. 5:30 p.m.	9:30 a.m. 10:30 a.m. 6:30 p.m.	9:30 a.m. 11 a.m. 11:30 a.m.
Crocodile/ Whale		6 p.m.	10:30 a.m. 5 p.m.	10 a.m. 6 p.m.	10 a.m. 5:30 p.m.	10 a.m. 6 p.m.
Swim 1	6:30 p.m.	5:30 p.m.	10 a.m.	9:30 a.m.	11:30 a.m.	10:30 a.m.
Swim 1 / 2			11:30 a.m. 5:30 p.m.	10:30 a.m. 6:30 p.m.	10:30 a.m. 5:30 p.m.	10 a.m. 6 p.m.
Swim 2	5:30 p.m.	6:30 p.m.	10:30 a.m.	11:30 a.m.	11 a.m.	9:30 a.m.
Swim 2/ 3			11 a.m.	9:30 a.m.	10 a.m.	10:30 a.m.
Swim 3	6:30 p.m.	5:30 p.m.	11:30 a.m.	10:30 a.m. 5 p.m.	11 a.m.	11:30 a.m. 5 p.m.
Swim 4	5:30 p.m.		9:30 a.m.	11 a.m.	11:30 a.m.	11:30 a.m.
Swim 4 / 5		6:30 p.m.	10 a.m. 6 p.m.	9 a.m. 6:30 p.m.	9:30 a.m. 5:30 p.m.	11 a.m. 6:30 p.m.
Swim 5	6 p.m.		9:30 a.m.	11 a.m.	10:30 a.m.	10 a.m.
Swim 6	5:30 p.m.	6 p.m.	9 a.m. 5:30 p.m.	10:30 a.m. 11:30 a.m.	11 a.m. 5 p.m.	9:30 a.m. 10:30 a.m. 6:30 p.m.
Swim 7			9:30 a.m.	11 a.m.	10 a.m.	
Swim 7 / 8	6 p.m.			5 p.m.		9 a.m. 5 p.m.
Swim 8			10:30 a.m.	9 a.m.	11 a.m.	
Swim 9 / 10		6 p.m.	11 a.m. 6 p.m.	10 a.m.	9 a.m. 6 p.m.	10 a.m.

Jordan Lions Pool – Fourth Avenue, Jordan

	Session #1	Session #2	Session #3	Session#4
Level	July 3 – July 14	July 17 – 28	July 31 – Aug 11	Aug 14 – 25
Private Lessons / Semi Private Lessons	9 a.m. (4)	9 a.m. (4)	9 a.m. (4)	9 a.m. (4)
Sea Otter	10 a.m. 11 a.m. 11:30 a.m.	10:30 a.m. 11 a.m.	10 a.m. 10:30 a.m. 11 a.m.	10:30 a.m. 11:30 a.m.
Salamander	10:30 a.m. 11:30 a.m.	10 a.m. 10:30 a.m. 11 a.m.	10 a.m. 10:30 a.m.	10 a.m. 10:30 a.m. 11 a.m.
Sunfish	10 a.m.	11:30 a.m.	11 a.m.	10 a.m.
Crocodile/ Whale	10:30 a.m.	10 a.m.	11 a.m.	11:30 a.m.
Swim 1	10:30 a.m.	10 a.m.	10:30 a.m.	11 a.m.
Swim 1 / 2	10 a.m.	11:30 a.m.	11:30 a.m.	11:30 a.m.
Swim 2	11 a.m.	10:30 a.m.	10 a.m.	10 a.m.
Swim 3	10:30 a.m.	11:30 a.m.	11:30 a.m.	10:30 a.m.
Swim 4	11:30 a.m.	10 a.m.	11:30 a.m.	10 a.m.
Swim 4 / 5	10:30 a.m.	11:30 a.m.	10:30 a.m.	9:30 a.m.
Swim 5	10 a.m.	11 a.m.	10 a.m.	11 a.m.
Swim 6	11 a.m.	10:30 a.m.	11:30 a.m.	10:30 a.m.
Swim 7 / 8	9:30 a.m.	11 a.m.	10:30 a.m.	11 a.m.
Swim 9 / 10	11 a.m.	10:30 a.m.	9:30 a.m.	10 a.m.
Lifesaving Fitness			11 a.m.	

Public Swim Schedule

Public Swim, Family Swim, Senior Swim, Water Fitness Classes and Spray Pad Hours can be picked up at the following locations:

- Town Hall – 4800 South Service Road, Beamsville
- The Fleming Centre – 5020 Serena Drive, Beamsville
- Allan F. Gretsinger Pool – **Opens Saturday, June 3, 2017**
- Jordan Lions Pool – **Opens Saturday, June 24, 2017**
- Viewed online at www.lincoln.ca

Fun Swims in 2017

- Pools are available to rent for birthday parties, special events etc.
- Family Fun Night on Thursday, July 20, 2017 from 7 – 11 p.m. at Allan F. Gretsinger Pool
- Rock and Swim on Saturday Nights at Allan F. Gretsinger Pool

Water Fitness

The outdoor pools offer a variety of drop-in fitness classes including Aquafit, Deep Water Aquafit, Aqua Zumba and Lengths. Pick up a pool schedule for days and times or visit www.lincoln.ca