



MILITARY AQUATICS SCHEDULE

Dundonald Hall Fitness Sports & Aquatic Centre

(subject to change without notice)

Program	Monday	Tuesday	Wednesday	Thursday	Friday
MILITARY LANE SWIM	0600-0700 1200-1300	0600-0700 1200-1300	0600-0700 1200-1300	0600-0700 1200-1300	0600-0700
UNIT PT (Contact unit PSP Fitness Instructor)	0800-0900	0800-0900 1300-1400	0700-0800 0800-0900 1300-1400	0800-0900	0700-0800 0800-0900
SWIM LESSONS (30 min classes. Contact Military Lifeguard for more details)	0800-0900		0700-0800 0800-0900		0700-0900
RECONDITIONING (Pool programming)		0700-0800		0700-0800	0800-0900 (Pre and Post Natal, Physio)
Women's Lane Swim (Women in Sport)	0700-0800				
DDH Front Desk 613-687-5511 X7114 Military Fitness Coordinator 613-687-5511 x7129		Reconditioning Manager 613-687-5511 x6482 Military Aquatics Supervisor 613-687-5511 x6515		Recreation Aquatics Coordinator 613-687-5511 x5305 Recreation Complex 613-687-2923	