



UNIVERSE  
SATELLITE  
AQUATIC CENTRE  
Home of the Rocanville Tiger Sharks

CHECK OUT OUR FACEBOOK, INSTAGRAM OR THE TOWN  
OF ROCANVILLE WEBSITE AND COMMUNITY CALENDAR  
FOR THE FULL SCHEDULE!

# JANUARY @ THE UNIVERSE SATELLITE AQUATIC CENTRE

## TUESDAY, JANUARY 6

7:30 AM TO 9:00 AM - LANE SWIM  
9:00 AM TO 10:30 AM - FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 3:00 PM - FAMILY SWIM  
4:00 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## WEDNESDAY, JANUARY 7

7:30 AM TO 9:00 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 3:00 PM - FAMILY SWIM  
4:00 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## THURSDAY, JANUARY 8

4:00 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## FRIDAY, JANUARY 9

7:30 AM TO 9:30 AM - LANE SWIM  
11:00 AM TO 12:00 PM - SENIOR SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
4:00 PM TO 7:00 PM - PUBLIC SWIM

## SATURDAY, JANUARY 10

9:00 AM TO 12:00 PM - PUBLIC SWIM  
1:00 PM TO 2:00 PM - LANE SWIM  
6:00 PM TO 9:00 PM - EVENING SWIM

## SUNDAY, JANUARY 11

9:00 AM TO 12:00 PM - PUBLIC SWIM  
1:00 PM TO 2:00 PM - LANE SWIM  
6:00 PM TO 9:00 PM - EVENING SWIM

## MONDAY, JANUARY 12

7:30 AM TO 8:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
4:00 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## TUESDAY, JANUARY 13

7:30 AM TO 8:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
12:00 PM TO 1:00 PM - FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
4:00 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## WEDNESDAY, JANUARY 14

6:30 AM TO 7:15 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:00 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
11:00 AM TO 12:00 PM - SENIOR SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## THURSDAY, JANUARY 15

6:30 AM TO 8:30 AM - LANE SWIM  
9:00 AM TO 10:30 AM - FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 2:30 PM - PARENT & TOT AQUAFIT  
4:00 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## FRIDAY, JANUARY 16

6:30 AM TO 7:30 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:30 AM - LANE SWIM  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM

## SATURDAY, JANUARY 17

9:00 AM TO 10:30 AM - PUBLIC SWIM  
1:00 PM TO 2:00 PM - LANE SWIM  
6:00 PM TO 9:00 PM - EVENING SWIM

## SUNDAY, JANUARY 18

9:00 AM TO 10:00 AM - LANE SWIM  
10:00 AM TO 12:00 PM - FAMILY SWIM  
1:00 PM TO 6:00 PM - PUBLIC SWIM

## MONDAY, JANUARY 19

7:30 AM TO 8:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## TUESDAY, JANUARY 20

7:00 AM TO 8:30 AM - LANE SWIM  
9:00 AM TO 10:30 AM - FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## WEDNESDAY, JANUARY 21

6:30 AM TO 7:15 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
11:00 AM TO 12:00 PM - SENIOR SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## THURSDAY, JANUARY 22

6:30 AM TO 8:30 AM - LANE SWIM  
9:00 AM TO 10:30 AM - FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 2:30 PM - PARENT & TOT AQUAFIT  
4:00 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## FRIDAY, JANUARY 23

6:30 AM TO 7:30 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:30 AM - LANE SWIM  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 8:30 PM - PUBLIC SWIM

## SATURDAY, JANUARY 24

9:00 AM TO 10:30 AM - PUBLIC SWIM  
1:00 PM TO 2:00 PM - LANE SWIM  
2:00 PM TO 4:30 PM - FAMILY SWIM  
6:00 PM TO 9:00 PM - EVENING SWIM

## SUNDAY, JANUARY 25

9:00 AM TO 10:00 AM - LANE SWIM  
10:00 AM TO 12:00 PM - FAMILY SWIM  
1:00 PM TO 3:00 PM - PUBLIC SWIM

## MONDAY, JANUARY 26

7:30 AM TO 8:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## TUESDAY, JANUARY 27

7:00 AM TO 8:00 AM LANE SWIM  
9:00 AM TO 10:30 AM FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM AQUAFIT

## WEDNESDAY, JANUARY 28

6:30 AM TO 7:15 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:30 AM - LANE SWIM  
9:30 AM TO 10:30 AM - AQUAFIT  
11:00 AM TO 12:00 PM - SENIOR SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 6:30 PM - PUBLIC SWIM  
6:30 PM TO 8:00 PM - LANE SWIM

## THURSDAY, JANUARY 29

6:30 AM TO 8:30 AM - LANE SWIM  
9:00 AM TO 10:30 AM - FAMILY SWIM  
11:00 AM TO 12:00 PM - SENIOR AQUAFLEX  
1:30 PM TO 2:30 PM - PARENT & TOT AQUAFIT  
4:00 PM TO 7:00 PM - PUBLIC SWIM  
7:00 PM TO 8:00 PM - AQUAFIT

## FRIDAY, JANUARY 30

6:30 AM TO 7:30 AM - EARLY BIRD AQUAFIT  
7:30 AM TO 9:30 AM - LANE SWIM  
12:00 PM TO 1:00 PM - OPEN FITNESS SWIM  
1:30 PM TO 3:00 PM - FAMILY SWIM  
3:30 PM TO 8:30 PM - PUBLIC SWIM

## SATURDAY, JANUARY 31

9:00 AM TO 12:00 PM - PUBLIC SWIM  
1:00 PM TO 2:00 PM - LANE SWIM  
2:00 PM TO 4:30 PM - FAMILY SWIM  
6:00 PM TO 9:00 PM - EVENING SWIM



UNIVERSE SATELLITE AQUATIC CENTRE



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