

2012 Winterfit Program

Sunday 13 Sessions (Entire Pool 8:00 to 11:00)

January 8, 15, 22, 29
February 5, 12, 19, 26
March 4, 11, 25 *(No swimming on March 18)*
April 1, 15 *(No swimming on April 8)*

Monday 13 Sessions (3:30 to 4:30 - 2 Lanes; 4:30 to 5:30 - 2 Lanes)

January 9, 16, 23, 30
February 6, 13, 20, 27
March 5, 12, 26 *(No swimming March 19)*
April 2, 16 *(No swimming on April 9)*

Tuesday 13 Sessions (3:30 to 4:30 - 1 Lane; 4:30 to 5:30 - 1 Lane)

January 10, 17, 24, 31
February 7, 14, 21, 28
March 1, 8, 15, 29 *(No swimming March 20)*
April 3, 10

Wednesday 13 Sessions (3:30 to 4:30 - 2 Lanes; 4:30 to 5:30 - 2 Lanes)

January 11, 18, 25
February 1, 8, 15, 22, 29
March 7, 14, 28 *(No swimming March 21)*
April 4, 11

Thursday 13 Sessions (3:30 to 4:30 - 1 Lane; 4:30 to 5:30 - 1 Lane)

January 12, 19, 26
February 2, 9, 16, 23
March 1, 8, 15, 29 *(No swimming March 22)*
April 5, 12

Splash Camp Division 1 and 2, Sunday, April 22 (Entire Pool 8:00 to 11:00)
Splash Camp Division 3 and Older, Sunday, April 29 (Entire Pool 8:00 to 11:00)

2012 Fitness Training

Tuesday 13 Sessions (3:30 to 4:30)

January 10, 17, 24, 31
February 7, 14, 21, 28
March 1, 8, 15, 29 *(No swimming March 20)*
April 3, 10

Thursday 13 Sessions (3:30 to 4:30)

January 12, 19, 26
February 2, 9, 16, 23
March 1, 8, 15, 29 *(No swimming March 22)*
April 7, 14

Holidays

School Reopens - January 3
Abbotsford Spring Vacation – March 19 to March 23
Good Friday – April 6, Friday
Easter – April 8, Sunday
Easter Monday Holiday – April 9, Monday
Delta Triathlon - April 21