



MILITARY AQUATICS SCHEDULE

Dundonald Hall Fitness Sports & Aquatic Centre

Effective 26 August 2024
(subject to change without notice)

Program	Monday	Tuesday	Wednesday	Thursday	Friday
MILITARY LANE SWIM	0600-0700 1200-100	0600-0700 1200-1300	0600-0700 1200-1300	0600-0700 1200-1300	0600-0700
UNIT PT <i>(Contact unit PSP Fitness Instructor)</i>	0700-0800 0800-0900	0800-0900	0700-0800 0800-0900	0800-0900	0700-0800 0800-0900
SWIM LESSONS <i>(30 min classes)</i>	0700-0900		0700-0900		0700-0800
BMSS PREPERATION <i>(30 min classes)</i>		0800-0900		0800-0900	
RECONDITIONING <i>(Pool programming)</i>		0700-0800		0700-0800	0800-0900 <i>(Pre and Post Natal)</i>
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		