


# City Centre Aquatic Complex

## Aquatic Drop-in Schedule



Summer 2025

In Effect July 1 to Sept. 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Length Swim</b> 7 a.m. - 2 p.m. (6 Lanes 25m)	<b>Length Swim</b> 5:30 a.m. - 4 p.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 a.m. - 3 p.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 a.m. - 4 p.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 a.m. - 3 p.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 a.m. - 4 p.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 - 9 a.m. (3 Lanes 25m)
<b>Length Swim</b> 2 - 6 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 4 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 3 p.m. (4 Lanes 25m)	<b>Length Swim</b> 4 - 8:45 p.m. (2 Lanes 25m)	<b>Little Dippers Adult and Tot</b> 10:30 - 11:30 a.m. \$1.00 / person	<b>Length Swim</b> 4 - 8:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 9:30 a.m. - 2 p.m. (4 Lanes 25m)
<b>Length Swim</b> 6 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 4 - 8:45 p.m. (2 Lanes 25m)	<b>Little Dippers Adult and Tot</b> 10:30 - 11:30 a.m. \$1.00 / person	<b>Length Swim</b> 8:45 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 3 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 8:45 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 2 - 10:30 p.m. (6 Lanes 25m)
<b>Toonie Swim</b> 9:30 - 10:30 p.m.	<b>Length Swim</b> 8:45 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 3 - 7:45 p.m. (2 Lanes 25m)	<b>Stroke Correction Drop-in</b> 9:30 - 10:15 p.m.	<b>Length Swim</b> 7:45 - 9:15 p.m. (3 Lanes 25m)	<b>Toonie Swim</b> 9:30 - 10:30 p.m.	<b>Low Cost Family Swim</b> 6:30 - 9:30 p.m. \$3.38 / Person
	<b>Stroke Correction Drop-in</b> 9:30 - 10:15 p.m.	<b>Length Swim</b> 7:45 - 9:15 p.m. (3 Lanes 25m)	<b>Toonie Swim</b> 9:30 - 10:30 p.m.	<b>Length Swim</b> 9:15 - 10:30 p.m. (5 Lanes 25m)		<b>Toonie Swim</b> 9:30 - 10:30 p.m.
	<b>Toonie Swim</b> 9:30 - 10:30 p.m.	<b>Length Swim</b> 9:15 - 10:30 p.m. (5 Lanes 25m)		<b>Toonie Swim</b> 9:30 - 10:30 p.m.		
		<b>Toonie Swim</b> 9:30 - 10:30 p.m.				
					Scan for the most up-to-date schedule 	
					Updated 08/07/2025	

Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.



## Aquatic Drop-in Schedule

In Effect July 1 to Sept. 1

## Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AquaFit Deep</b> 9:30 - 10:30 a.m.	<b>AquaFit Deep</b> 9:45 - 10:45 a.m.	<b>AquaFit Deep</b> 9:45 - 10:45 a.m.	<b>AquaFit Deep</b> 9:45 - 10:45 a.m.	<b>AquaFit Deep</b> 9:45 - 10:45 a.m.	<b>AquaFit Deep</b> 9:45 - 10:45 a.m.	<b>AquaMats*</b> 10 - 10:45 a.m.
	<b>AquaFit Deep</b> 12 - 1 p.m.	<b>AquaFit Deep</b> 12 - 1 p.m.	<b>AquaFit Deep</b> 12 - 1 p.m.	<b>AquaFit Deep</b> 12 - 1 p.m.	<b>AquaFit Deep</b> 12 - 1 p.m.	
	<b>AquaFit Deep</b> 7:45 - 8:45 p.m.	<b>AquaFit Deep</b> 8:15 - 9:15 p.m.	<b>AquaFit Deep</b> 7:45 - 8:45 p.m.	<b>AquaFit Deep</b> 8:15 - 9:15 p.m.	<b>AquaFit Deep</b> 7:45 - 8:45 p.m.	

## Leisure Pool

	<b>AquaFit Gentle</b> 8:30 - 9:30 a.m.	<b>AquaFit Gentle</b> 8:30 - 9:30 a.m.	<b>AquaFit Gentle</b> 8:30 - 9:30 a.m.	<b>AquaFit Gentle</b> 8:30 - 9:30 a.m.	<b>AquaFit Gentle</b> 8:30 - 9:30 a.m.	
<b>Leisure Pool Lessons</b> (Reduced Public Access) 2 - 5:15 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 11 a.m. - 12 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 11 a.m. - 12 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 11 a.m. - 12 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 11 a.m. - 12 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 11 a.m. - 12 p.m.	
	<b>Leisure Pool Lessons</b> (Reduced Public Access) 1:15 - 7:45 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 1:15 - 7:45 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 1:15 - 7:45 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 1:15 - 7:45 p.m.	<b>Leisure Pool Lessons</b> (Reduced Public Access) 1:15 - 7:45 p.m.	

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## Special Information

<b>Facility Hours</b> Sunday 7 a.m. - 10:30 p.m.  Monday to Saturday 5:30 a.m. 10:30 p.m.	<b>Slide</b> 10:30 a.m. - 8:30 p.m. Periodically Available  <b>Diving Boards</b> 11:30 a.m. - 3 p.m. Periodically Available	<b>Women's Only Swim</b> Sept 1  <b>Pool Shutdown</b> Sept. 2 - Oct. 5	<b>Schedule Change</b>  The main pool shallow end remains closed for unexpected maintenance, and swimming access to certain areas is limited	<b>Scan for the most up-to-date schedule</b>  Updated	
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