


City Centre Aquatic Complex

Aquatic Drop-in Schedule



Summer 2025

In Effect July 1 to Sept. 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 7 - 11 a.m. (6 Lanes 25m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 5:30 - 9 a.m. (3 Lanes 25m)
Length Swim 11:30 a.m. - 2 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 4 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 4 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 4 p.m. (4 Lanes 25m)	Length Swim 9:30 a.m. - 2 p.m. (4 Lanes 25m)
Length Swim 2 - 5:30 p.m. (4 Lanes 25m)	Length Swim 4 - 8:45 p.m. (2 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. \$1 / person	Length Swim 4 - 8:45 p.m. (2 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. \$1 / person	Length Swim 4 - 8:45 p.m. (2 Lanes 25m)	Length Swim 2 - 5:30 p.m. (6 Lanes 25m)
Length Swim 6 - 10:30 p.m. (6 Lanes 25m)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 3 - 7:45 p.m. (2 Lanes 25m)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 3 - 7:45 p.m. (2 Lanes 25m)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 6 - 10:30 p.m. (6 Lanes 25m)
Toonie Swim 9:30 - 10:30 p.m.	Stroke Correction Drop-in 9:30 - 10:15 p.m.	Length Swim 8:15 - 9:15 p.m. (3 Lanes 25m)	Stroke Correction Drop-in 9:30 - 10:15 p.m.	Length Swim 8:15 - 9:15 p.m. (3 Lanes 25m)	Toonie Swim 9:30 - 10:30 p.m.	Low Cost Family Swim 6:30 - 9:30 p.m. \$3.38 / person
	Toonie Swim 9:30 - 10:30 p.m.	Length Swim 9:15 - 10:30 p.m. (5 Lanes 25m)	Toonie Swim 9:30 - 10:30 p.m.	Length Swim 9:15 - 10:30 p.m. (5 Lanes 25m)		Toonie Swim 9:30 - 10:30 p.m.
		Toonie Swim 9:30 - 10:30 p.m.		Toonie Swim 9:30 - 10:30 p.m.		
					Scan for the most up-to-date schedule 	
					Updated 07/03/2025	

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

City Centre Aquatic Complex



Summer 2025

Aquatic Drop-in Schedule

In Effect July 1 to Sept. 1

Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AquaFit Deep 9:30 - 10:30 a.m.	AquaZumba 9:45 - 10:45 a.m.	AquaFit Deep 9:45 - 10:45 a.m.	AquaFit Shallow Plus 9:45 - 10:45 a.m.	AquaFit Deep 9:45 - 10:45 a.m.	AquaFit Shallow Plus 9:45 - 10:45 a.m.	AquaMats* 10 - 10:45 a.m.
	AquaFit Deep 12 - 1 p.m.	AquaFit Shallow 12 - 1 p.m.	AquaFit Deep 12 - 1 p.m.	AquaFit Shallow 12 - 1 p.m.	AquaFit Deep 12 - 1 p.m.	
	AquaFit Shallow Plus 7:45 - 8:45 p.m.	AquaFit Deep 8:45 - 9:45 p.m.	AquaFit Shallow Plus 7:45 - 8:45 p.m.	AquaFit Deep 8:45 - 9:45 p.m.	AquaZumba 7:45 - 8:45 p.m.	

Leisure Pool

	Aquafit Gentle 8:30 - 9:30 a.m.	Aquafit Gentle 8:30 - 9:30 a.m.	Aquafit Gentle 8:30 - 9:30 a.m.	Aquafit Gentle 8:30 - 9:30 a.m.	Aquafit Gentle 8:30 - 9:30 a.m.	
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Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

Special Information

<p>Facility Hours</p> <p>Monday to Saturday 5:30 a.m. - 10:30 p.m.</p> <p>Sunday 7 a.m. - 10:30 p.m.</p>	<p>Waves and Slide 10:30 a.m. - 8:30 p.m. Periodically Available</p> <p>Diving Boards 11:30 a.m. - 3 p.m. Periodically Available</p>	<p>Women's Only Swim 8 - 10 a.m. July 1 August 4 September 1</p> <p>Pool Shutdown September 2 - 28</p>	<p>Tournament Dates July 15 July 21</p> <p>Check the website for schedule updates</p>	<p>Scan for the most up-to-date schedule</p> <p>Updated</p> 
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