City Centre Aquatic Complex

Fall 2025

Aquatic Drop-in Schedule

In Effect Oct. 6 to Dec. 31

7 - \$:15 a.m. (6 Lanes 25m)								
7 - 8.15 a.m. (6 Lanes 25m) 5:30 - 8:30 a.m. (6 Lanes 25m) 6 Length Swim After Nov. 12 5:30 - 8:30 a.m. (6 Lanes 25m) 6 Lanes 25m)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15-11 a.m. (3 Lanes 25m)	7 - 8:15 a.m.	<i>Oct. 6 - Nov. 12</i> 5:30 - 8:30 a.m.	5:30 - 8:30 a.m.	<i>Oct. 6 - Nov. 12</i> 5:30 - 8:30 a.m.	5:30 - 8:30 a.m.	5:30 - 8:30 a.m.	Length Swim 5:30 - 9 a.m. (4 Lanes 25m)	
Length Swim 11:30 a.m. 2-1:30 p.m. (2 Lanes 25m) Length Swim 6 - 10:30 p.m. (6 Lanes 25m) Length Swim (6 Lanes 25m) Length Swim (2 Lanes 25m) Length Swim (3 Lanes 25m) Length Swim (4 Lanes 25m) Length Swim (5 Lanes 25m) Length Swim (6 Lan	8:15 - 11 a.m.	<i>After Nov. 12</i> 5:30 - 8:30 a.m.	9 a.m 3 p.m.	<i>After Nov. 12</i> 5:30 - 8:30 a.m.	9 a.m 3 p.m.	9 a.m 12:30 p.m.		
Length Swim 6 - 10:30 p.m. (2 Lanes 25m) Toonie Swim 9:30 - 10:30 p.m. (2 Lanes 25m) Length Swim 1:30 - 3 p.m. (3 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Length Swim 1:30 - 3 p.m. (6 Lanes 25m) Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:15 p.m.	11:30 a.m 5:30 p.m.	Length Swim 9 a.m 12:30 p.m.	Adult and Tot 10:30 - 11:30 a.m.	Length Swim 9 a.m 12:30 p.m.	Adult and Tot 10:30 - 11:30 a.m.	12:30 - 1:30 p.m.	Length Swim 2 - 5:30 p.m. (5 Lanes 25m)	
9:30 - 10:30 p.m. Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 3 - 8:45 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Toonie Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Scan for the most	6 - 10:30 p.m. (6 Lanes 25m)	Length Swim 12:30 - 1:30 p.m.	3 - 7:45 p.m.	Length Swim 12:30 - 1:30 p.m.	3 - 7:45 p.m.	1:30 - 3 p.m. (4 Lanes 25m)	Length Swim 6 - 10:30 p.m. (6 Lanes 25m)	
Toonie Swim 9:30 - 10:30 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:30 p.m. Scan for the most		1:30 - 3 p.m.	8:15 - 10:30 p.m.	1:30 - 3 p.m.	8:15 - 10:30 p.m.	3 - 8:45 p.m. (2 Lanes 25m)	Low Cost Family Swim 6:30 - 9:30 p.m. \$3.29/person	
Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. Toonie Swim 9:30 - 10:30 p.m. Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m. Stroke Correction Drop-in 9:30 - 10:30 p.m. Stroke Correction Drop-in 9:30 - 10:30 p.m.		3 - 8:45 p.m.		3 - 8:45 p.m.		9:15 - 10:30 p.m. (6 Lanes 25m)	Toonie Swim 9:30 - 10:30 p.m.	
Correction		9:15 - 10:30 p.m.		9:15 - 10:30 p.m.				
9:30 - 10:30 p m		Correction Drop-in		Correction Drop-in				
Updated 09/18/2025						Updated 09/18/2025		

Schedule subject to change without notice.

*Pre-registration is required for this program.

** Adult participation required.



City Centre Aquatic Complex



Aquatic Drop-in Schedule

In Effect Oct. 6 to Dec. 31

Main Pool - Aquatic Fitness Classes

- Wall 1 001 - Aquatic 1 tiless classes											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
Aquafit Deep 9:30 - 10:30 a.m.	Aqua Zumba 9:45 - 10:45 a.m. Aquafit Deep 11:45 a.m 12:45 p.m. Aquafit Plus 7:45 - 8:45 p.m.	Aquafit Deep 9:45 - 10:45 a.m. Aquafit Shallow 11:45 a.m 12:45 p.m. Water Running 1:15 - 2:15 p.m. Aquafit Deep 8:15 - 9:15 p.m.	Aquafit Plus 9:45 - 10:45 a.m. Aquafit Deep 11:45 a.m 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aqua Boot Camp 7:45 - 8:45 p.m.	Aquafit Deep 9:45 - 10:45 a.m. Aquafit Shallow 11:45 a.m 12:45 p.m. Aquafit Deep 1:15 - 2:15 p.m.	Aqua Zumba 9:45 - 10:45 a.m. Aquafit Deep 11:45 a.m 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aqua Zumba 7:45 - 8:45 p.m.	*AquaMats 10 - 10:45 a.m.					
Leisure Pool - Aquatic Fitness Classes											
	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.						

Schedule subject to change without notice.

Special Information

Facility Hours

Sunday 7 a.m. - 10:30 p.m.

Monday to Saturday 5:30 a.m. - 10:30 p.m.

Slide & Diving Board 10:30 a.m. - 8:30 p.m. Periodically Available

Waves in Leisure Pool 10:30 a.m. - 8:30 p.m. Two times per hour Statutory Holidays & Women's Only Time Oct 13, Nov 11, Dec 26

Women's Only Time 8 a.m. - 10 a.m

Holiday Hours 10:30 a.m. - 10:30 p.m.

Tournaments & Swim Meets

October 10 November 7 - 9 November 28 - 30

Check the website for schedule updates

Scan for the most up-to-date schedule

Updated





^{*}Pre-registration is required for this program.

^{**} Adult participation required.