



Aquatic Drop-in Schedule

In Effect Jan.1 to Mar.27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 7 - 8:15 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. (4 Lanes 25m)
Length Swim 8:15 - 11 a.m. (3 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (6 Lanes 25m)	Length Swim 9:30 a.m. - 2 p.m. (2 Lanes 25m)
Length Swim 11:30 a.m. - 5:30 p.m. (2 Lanes 25m)	Length Swim 12:30 - 1:30 p.m. (3 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. 10:30 - 11:30	Length Swim 12:30 - 1:30 p.m. (3 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. 1\$ / person	Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m)	Length Swim 2 - 5:30 p.m. (5 Lanes 25m)
Length Swim 6 - 10:30 p.m. (6 Lanes 25m)	Length Swim 1:30 - 3:00 p.m. (4 Lanes 25m)	Length Swim 3 - 7:45 p.m. (2 Lanes 25m)	Length Swim 1:30 - 3:00 p.m. (4 Lanes 25m)	Length Swim 3 - 7:45 p.m. (2 Lanes 25m)	Length Swim 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.	Length Swim 3 - 8:45 p.m. (2 Lanes 25m)	Length Swim 8:15 - 10:30 p.m. (3 Lanes 25m)	Length Swim 3 - 8:45 p.m. (2 Lanes 25m)	Length Swim 8:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 3 - 8:45 p.m. (2 Lanes 25m)	Low Cost Family Swim 6:30 - 9:30 p.m. \$3.38 / person
	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Toonie Swim 9:30 - 10:30 p.m.	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Toonie Swim 9:30 - 10:30 p.m.	Length Swim 9:15 - 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.		Stroke Correction Drop-in 9:30 - 10:15 p.m.		Toonies Swim 9:30 - 10:30 p.m.	
	Toonie Swim 9:30 - 10:30 p.m.		Toonies Swim 9:30 - 10:30 p.m.			
					Scan for the most up-to-date schedule 	
					Updated 12/15/2025	

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



Aquatic Drop-in Schedule

In Effect Jan.1 to Mar.27

Main Pool - Aquatic Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep Water Aquafit 9:30 - 10:30 a.m.	Aqua Zumba 9:45 - 10:45 a.m. Deep Water Aquafit 11:45 a.m. - 12:45 p.m. Shallow Water Aquafit 1 - 2 p.m. Shallow Water Aquafit 7:45 - 8:45 p.m.	Deep Water Aquafit 9:45 - 10:45 a.m. Shallow Water Aquafit 11:45 a.m. - 12:45 p.m. Water Running 1:15 - 2:15 p.m. Deep Water Aquafit 8:15 - 9:15 p.m.	Aquafit Shallow 9:45 - 10:45 a.m. Aquafit Shallow 7:45 - 8:45 p.m.	Deep Water Aquafit 9:45 - 10:45 a.m. Shallow Water Aquafit 11:45 a.m. - 12:45 p.m. Deep Aquafit 1:15 - 2:15 p.m. Deep Water Aquafit 8:15 - 9:15 p.m.	Aqua Zumba 9:45 - 10:45 a.m. Deep Water Aquafit 11:45 a.m. - 12:45 p.m. - Shallow Water Aquafit 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.	
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Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

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 Wave in Leisure Pool 10:30 a.m. - 8:30 p.m. Periodically Available	Statutory Holidays & Womens Only Swim Jan 1, Feb 16 Womens Only Swim 8:00 a.m. - 10:00 a.m. Holiday Hours 10:30 a.m. - 10:30 p.m.	Tournaments & Swim Meets January 23-25 Check the website for schedule updates	Scan for the most up-to-date schedule  Updated 12/17/2025
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