City Centre Aquatic Complex

Pool Schedule

Winter **2024**

In effect Jan. 1 – Mar. 31

		THECONY		THURCON		CATUDDAY
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Pool						
Length Swim 7 - 11 a.m. (4 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)
Closed 11 - 11:30 a.m. (No Lanes)	Closed 8:30 - 9 a.m. (No Lanes)	Closed 8:30 - 9 a.m. (No Lanes)	Closed 8:30 - 9 a.m. (No Lanes)	Closed 8:30 - 9 a.m. (No Lanes)	Closed 8:30 - 9 a.m. (No Lanes)	Closed 9 - 9:30 a.m. (No Lanes)
Length Swim 11:30 a.m 5:30 p.m. (2 Lanes 25m)	Length Swim 9 a.m 12:30 p.m. (5 Lanes 25m)	Length Swim 9 a.m 3:30 p.m. (5 Lanes 25m)	Length Swim 9 a.m 12:30 p.m. (5 Lanes 25m)	Length Swim 9 a.m 3:30 p.m. (5 Lanes 25m)	Length Swim 9 a.m 12:30 p.m. (5 Lanes 25m)	Length Swim 9:30 a.m 5:30 p.m. (2 Lanes 25m)
Closed 5:30 - 6 p.m. (No Lanes)	Length Swim 12:30 - 3:30 p.m. (3 Lanes 25m)	Length Swim 3:30 - 7:45 p.m. (2 Lanes 25m)	Length Swim 12:30 - 3:30 p.m. (3 Lanes 25m)	Length Swim 3:30 - 7:45 p.m. (2 Lanes 25m)	Length Swim 12:30 - 3:30 p.m. (3 Lanes 25m)	Closed 5:30 - 6 p.m. (No Lanes)
Length Swim 6 p.m 10:30 p.m. (6 Lanes 25m)	Length Swim 3:30 - 8:45 p.m. (2 Lanes 25m)	Closed 7:45 - 8:15 p.m. (No Lanes)	Length Swim 3:30 - 8:45 p.m. (2 Lanes 25m)	Closed 7:45 - 8:15 p.m. (No Lanes)	Length Swim 3:30 - 8:45 p.m. (2 Lanes 25m)	Length Swim 6 - 10:30 p.m. (6 Lanes 25m)
	Closed 8:45 - 9:15 p.m. (No Lanes)	Length Swim 8:15 - 9:15 p.m. (3 Lanes 25m)	Closed 8:45 - 9:15 p.m. (No Lanes)	Length Swim 8:15 - 9:15 p.m. (3 Lanes 25m)	Closed 8:45 - 9:15 p.m. (No Lanes)	
	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)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	
	Stroke Correction Drop In 9:30 - 10:15 p.m. \$2 admission		Stroke Correction Drop In 9:30 - 10:15 p.m. \$2 admission			
					For the most up-to-date schedule	

Facility Hours: Sunday 7 a.m. - 10:30 p.m. Monday to Saturday 5:30 a.m. - 10:30 p.m.

Schedule subject to change without notice.

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Drop-in Aqua Fit

Winter 2024

In effect Jan. 1 – Mar. 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Aqua Fit - Leisure Pool								
	Gentle Fit 8:15 - 9:15 a.m.							
Schedule subject to change without notice.								

Aqua Fit - Main Pool

Deep Fit 9:30 - 10:30 a.m.	Aqua Zumba 9:45 - 10:45 a.m.	Deep Fit 9:45 - 10:45 a.m.	Aqua Fit Plus 9:45 - 10:45 a.m.	Deep Fit 9:45 - 10:45 a.m.	Aqua Fit Plus 9:45 - 10:45 a.m.	*Aqua Mats 10:00 - 10:45 a.m
	Deep Fit 11:45 a.m 12:45 p.m.	Shallow Fit 11:45 a.m 12:45 p.m.	Deep Fit 11:45 a.m 12:45 p.m.	Shallow Fit 11:45 a.m 12:45 p.m.	Deep Fit 11:45 a.m 12:45 p.m.	
	Shallow Fit 1 - 2 p.m.	Deep Fit 1 - 2 p.m.	Shallow Fit 1 - 2 p.m.	Water Running 1 - 2 p.m.		
	Aqua Fit Plus 7:45 - 8:45 p.m.		Aqua Boot Camp 7:45 - 8:45 p.m.		Aqua Zumba 7:45 - 8:45 p.m.	

Aquafit Schedule on STAT holidays: Shallow Fit 1-2 p.m. & 7:45 - 8:45 p.m.

*Pre-Registered Drop In

Schedule subject to change

Special Swims

Little Dippers Adult & Tot Swim 10:30 - 11:30 a.m. Tue/Thur \$1.00/person

> **Toonie Swim** 9:30 - 10:30 p.m.

Family Swim 6:30 - 9:30 p.m. Saturday \$3.29/person

Women's Only Swim 8-10 a.m. Jan 1, Feb 19, Mar 29 Diving Boards: Saturday 11 a.m. - 5:30 p.m.

Diving Boards & WIBIT Rotate: Sunday 2 p.m. - 5:30 p.m. Waves & Slide Rotate: 10:30 a.m. - 8:30 p.m. daily

Tournament Dates: Jan 19-21, Feb 4 Watch for schedule updates For the most up-to-date schedule



Last updated Jan 17, 2024



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