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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