

# Pool Schedule

[illegible]

**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.

# Drop-in Aqua Fit

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Aqua Fit - Leisure Pool

**Gentle Fit**  
8:15 - 9:15 a.m.

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8:15 - 9:15 a.m.

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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