



## Pool Schedule

In effect Jun. 30 - Sep. 2

### Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Length Swim</b> 7 - 11 a.m. (6 Lanes 25m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 9 a.m. (4 Lanes 25m)
<b>Closed</b> 11 - 11:30 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 9 - 9:30 a.m. (No Lanes)
<b>Length Swim</b> 11:30 a.m. - 5:30 p.m. (2 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12 p.m. (4 Lanes 25m)	<b>Length Swim</b> 9:30 a.m. - 2 p.m. (2 Lanes 25m)
<b>Closed</b> 5:30 - 6 p.m. (No Lanes)	<b>Length Swim</b> 12 - 8:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12 - 8:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 2 - 5:30 p.m. (6 Lanes 25m)
<b>Length Swim</b> 6 - 10:30 p.m. (6 Lanes 25m)	<b>Closed</b> 8:45 - 9:15 p.m. (No Lanes)	<b>Closed</b> 7:45 - 8:15 p.m. (No Lanes)	<b>Closed</b> 8:45 - 9:15 p.m. (No Lanes)	<b>Closed</b> 7:45 - 8:15 p.m. (No Lanes)	<b>Length Swim</b> 7:45 - 10:30 p.m. (3 Lanes 25m)	<b>Closed</b> 5:30 - 6 p.m. (No Lanes)
	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 8:15 - 10:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 8:15 - 10:30 p.m. (5 Lanes 25m)		<b>Length Swim</b> 6 - 10:30 p.m. (6 Lanes 25m)
	<b>Stroke Correction Drop In</b> 9:30 - 10:15 p.m. \$2 admission		<b>Stroke Correction Drop In</b> 9:30 - 10:15 p.m. \$2 admission			
					Scan for the most up-to-date schedule 	
					Updated 06/26/2024	

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



## Pool Schedule

In effect Jun. 30 - Sep. 2

### Aqua Fit - Leisure Pool


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Gentle Fit</b> 8:30 - 9:30 a.m.	<b>Gentle Fit</b> 8:30 - 9:30 a.m.	<b>Gentle Fit</b> 8:30 - 9:30 a.m.	<b>Gentle Fit</b> 8:30 - 9:30 a.m.	<b>Gentle Fit</b> 8:30 - 9:30 a.m.	

### Aqua Fit - Main Pool

	<b>Aqua Zumba</b> 9:45 - 10:45 a.m.	<b>Deep Fit</b> 9:45 - 10:45 a.m.	<b>Aqua Fit Plus</b> 9:45 - 10:45 a.m.	<b>Deep Fit</b> 9:45 - 10:45 a.m.	<b>Aqua Fit Plus</b> 9:45 - 10:45 a.m.	<b>*Aqua Mats</b> 10 - 10:45 a.m.
	<b>Deep Fit</b> 12 - 1 p.m.	<b>Shallow Fit</b> 12 - 1 p.m.	<b>Deep Fit</b> 12 - 1 p.m.	<b>Shallow Fit</b> 12 - 1 p.m.		
	<b>Aqua Fit Plus</b> 7:45 - 8:45 p.m.		<b>Aqua Boot Camp</b> 7:45 - 8:45 p.m.		<b>Aqua Zumba</b> 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

<b>Little Dippers Adult &amp; Tot Swim</b> 10:30 - 11:30 a.m. Tue/Thu \$1.00/person	<b>Waves &amp; Slide Rotate</b> Daily 10:30 a.m. - 8:30 p.m.	<b>Women's Only Swim</b> 8 - 10 a.m. Jul. 1, Aug. 5, Sep. 2	<b>Family Swim</b> 6:30 - 9:30 p.m. Saturday \$3.29/Person	<b>Scan for the most up-to-date schedule</b>  Updated 06/26/2024
<b>Toonie Swim</b> 9:30-10:30 p.m.	<b>Diving Boards:</b> Saturday 11 a.m. - 5:30 p.m. Sunday 2:30 - 5:30 p.m.	<b>STAT Holiday Hours</b> 10:30 a.m. - 10:30 p.m. Jul. 1, Aug. 5, Sep. 2	<b>Tournament Dates</b> Jul. 16, 22	