



Winter 2025

Aquatics Drop-in Schedule

In Effect Jan.1 to Mar. 31

City Centre Aquatic Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 7 - 11 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 11:30 a.m. - 5:30 p.m. (2 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)	Length Swim 9:30 a.m. - 2 p.m. (2 Lanes 25m)
Length Swim 6 - 10:30 p.m. (6 Lanes 25m)	Length Swim 12:30 - 1:30 p.m. (2 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)	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)
Toonie Swim 9:30 - 10:30 p.m.	Length Swim 1:30 - 3 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 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)
	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)	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. \$3.29/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.		Toonie Swim 9:30 - 10:30 p.m.	
	Toonie Swim 9:30 - 10:30 p.m.		Toonie Swim 9:30 - 10:30 p.m.			
					Scan for the most up-to-date schedule	
					Updated 12/18/2024	

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



Aquafit Schedule

In Effect Jan.1 to Mar.31

Main Pool


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit Deep 9:30 - 10:30 a.m.	Aqua Zumba 9:45-10:45 a.m. Aquafit Deep 11:45 a.m. - 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aquafit Plus 7:45 - 8:45 p.m.	Aquafit Deep 9:45 - 10:45 a.m. Aquafit Shallow 11:45 a.m. - 12:45 p.m. Water Running 1:15 - 2:15 p.m. Aquafit Deep 8:15 - 9:15 p.m.	Aquafit Plus 9:45 - 10:45 a.m. Aquafit Deep 11:45 a.m. - 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aqua Boot Camp 7:45 - 8:45 p.m.	Aquafit Deep 9:45 - 10:45 a.m. Aquafit Shallow 11:45 a.m. - 12:45 p.m. Aquafit Deep 1:15 - 2:15 p.m. Aquafit Deep 8:15 - 9:15 p.m.	Aqua Zumba 9:45 - 10:45 a.m. Aquafit Deep 11:45 a.m. - 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aqua Zumba 7:45 - 8:45 p.m.	

Leisure Pool

	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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Special Information

Facility Hours Sunday 7 a.m. - 10:30 p.m. Monday to Saturday 5:30 a.m. - 10:30 p.m.	Waves and Slide 10:30 a.m. - 8:30 p.m. Daily Diving Boards Fri. 5 - 8:30 p.m. Sat. 11 a.m. - 5:30 p.m.	Women's Only Swim 8 - 10 a.m. Jan. 1 Feb 17	Tournament Dates Jan. 17 - 19 Feb. 23 Check the website for schedule updates.	Scan for the most up-to-date schedule  Updated 12/18/2024
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