

## **Aquatics Drop-in Schedule**

In Effect Apr.1 to Jun.30

### **City Centre Aquatic Complex**

(2 Lanes 25m) <b>Length Swim</b> 6 - 10:30 p.m.	Monday Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m) Length Swim 9 a.m 12:30 p.m. (4 Lanes 25m) Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m) Length Swim	<b>Tuesday</b> <b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 3 p.m. (4 Lanes 25m) <b>Little Dippers</b> <b>Adult and Tot</b> 10:30 - 11:30 a.m. 1\$/person	Wednesday Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m) Length Swim 9 a.m 12:30 p.m. (4 Lanes 25m) Length Swim 12:30 - 1:30 p.m.	Thursday Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m) Length Swim 9 a.m 3 p.m. (4 Lanes 25m) Little Dippers Adult and Tot	<b>Friday Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 12:30 p.m. (4 Lanes 25m) Length Swim	<b>Saturday</b> <b>Length Swim</b> 5:30 - 9 a.m. (4 Lanes 25m) <b>Length Swim</b> 9:30 a.m 2 p.m. (2 Lanes 25m)	
7 - 9:30 a.m. (6 Lanes 25m) <b>Length Swim</b> 9:30 - 11 a.m. (3 Lanes 25m) <b>Length Swim</b> 11:30 a.m 5:30 p.m. (2 Lanes 25m) <b>Length Swim</b> 6 - 10:30 p.m.	5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 12:30 p.m. (4 Lanes 25m) <b>Length Swim</b> 12:30 - 1:30 p.m. (2 Lanes 25m) <b>Length Swim</b>	5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 3 p.m. (4 Lanes 25m) <b>Little Dippers</b> Adult and Tot 10:30 - 11:30 a.m.	5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 12:30 p.m. (4 Lanes 25m) <b>Length Swim</b> 12:30 - 1:30 p.m.	5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 3 p.m. (4 Lanes 25m) <b>Little Dippers</b> Adult and Tot	5:30 - 8:30 a.m. (4 Lanes 50m) <b>Length Swim</b> 9 a.m 12:30 p.m. (4 Lanes 25m)	5:30 - 9 a.m. (4 Lanes 25m) <b>Length Swim</b> 9:30 a.m 2 p.m.	
9:30 - 11 a.m. (3 Lanes 25m) <b>Length Swim</b> 11:30 a.m 5:30 p.m. (2 Lanes 25m) <b>Length Swim</b> 6 - 10:30 p.m.	9 a.m 12:30 p.m. (4 Lanes 25m) <b>Length Swim</b> 12:30 - 1:30 p.m. (2 Lanes 25m) <b>Length Swim</b>	9 a.m 3 p.m. (4 Lanes 25m) Little Dippers Adult and Tot 10:30 - 11:30 a.m.	9 a.m 12:30 p.m. (4 Lanes 25m) <b>Length Swim</b> 12:30 - 1:30 p.m.	9 a.m 3 p.m. (4 Lanes 25m) Little Dippers Adult and Tot	9 a.m 12:30 p.m. (4 Lanes 25m)	9:30 a.m 2 p.m.	
	1:30 - 3 p.m. (4 Lanes 25m) Length Swim 3 - 8:45 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Stroke Correction Drop-in 9:30 - 10:15 p.m. Toonie Swim 9:30 - 10:30 p.m.	Length Swim 3 - 7:45 p.m. (2 Lanes 25m) Length Swim 8:15 - 10:30 p.m. (6 Lanes 25m) Toonie Swim 9:30 - 10:30 p.m.	<b>Length Swim</b> 9:15 - 10:30 p.m.	10:30 - 11:30 a.m. 1\$/person <b>Length Swim</b> 3 - 7:45 p.m. (2 Lanes 25m) <b>Length Swim</b> 8:15 - 10:30 p.m. (6 Lanes 25m) <b>Toonie Swim</b> 9:30 - 10:30 p.m.	Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m) Length Swim 1:30 - 3 p.m. (4 Lanes 25m) Length Swim 3 - 8:45 p.m. (2 Lanes 25m) Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m) Toonie Swim 9:30 - 10:30 p.m.	Length Swim 2 - 5:30 p.m. (5 Lanes 25m) Length Swim 6 - 10:30 p.m. (6 Lanes 25m) Low Cost Family Swim 6:30 - 9:30 p.m. \$3.29/person Toonie Swim 9:30 - 10:30 p.m.	
					Scan for the most up-to-date sched	· · · · · · · · · · · · · · · · · · ·	
					Updated 03/11/2025		

Schedule subject to change without notice. \*Pre-reg

\*Pre-registration is required for this program.

\*\* Adult participation required.



### **City Centre Aquatic Complex**

# **Aquatics Drop-in Schedule**



In Effect Apr.1 to Jun.30

#### **Main Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aquafit Deep</b> 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 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.	Aqua Zumb 9:45 - 10:45 a. Aquafit Dee 11:45 a.m. 12:45 p.m. Aquafit Shallow 1 - 2 p.m. Aqua Zumb 7:45 - 8:45 p.	.m. 10 - 10:45 a.m.
Leisure P	ool					
	<b>Aquafit Gentle</b> 8:30 - 9:30 a.m.	<b>Aquafit Gentle</b> 8:30 - 9:30 a.m.	Aquafit Gentle 8:30 - 9:30 a.m.	<b>Aquafit Gentle</b> 8:30 - 9:30 a.m.	<b>Aquafit Gen</b> 8:30 - 9:30 a.	<b>tle</b> m.
Schedule subje	ect to change withou	ut notice. *Pre-re	egistration is require	d for this program.	** Adult part	icipation required.
Special I	nformation					
<b>Facility Hou</b> Sunday 7 a.m 10:30 Monday to Satu 5:30 a.m 10:30	p.m. urday Sat. 11 a.	<b>s and Slide</b> n 8:30 p.m. Daily <b>g Boards</b> m 5:30 p.m.	<b>Vomen's Only Sw</b> i 8 - 10 a.m. April 18 April 21 May 19	im Tournamen April 25 May 17 June Check the w schedule u	5 - 27 2 - 19 21 U ebsite for	can for he most p-to-date chedule
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