

## **Aquatics Drop-in Schedule**

In Effect Apr.1 to Jun.30

### **City Centre Aquatic Complex**

| (2 Lanes 25m)<br><b>Length Swim</b><br>6 - 10:30 p.m.  | Monday<br>Length Swim<br>5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br>Length Swim<br>9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br>Length Swim<br>12:30 - 1:30 p.m.<br>(2 Lanes 25m)<br>Length Swim  | <b>Tuesday</b><br><b>Length Swim</b><br>5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 3 p.m.<br>(4 Lanes 25m)<br><b>Little Dippers</b><br><b>Adult and Tot</b><br>10:30 - 11:30<br>a.m.<br>1\$/person | Wednesday<br>Length Swim<br>5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br>Length Swim<br>9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br>Length Swim<br>12:30 - 1:30 p.m. | Thursday<br>Length Swim<br>5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br>Length Swim<br>9 a.m 3 p.m.<br>(4 Lanes 25m)<br>Little Dippers<br>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><br><b>Length Swim</b><br>5:30 - 9 a.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>9:30 a.m 2<br>p.m.<br>(2 Lanes 25m)  |  |
|--|--|--|--|--|--|---|--|
| 7 - 9:30 a.m.<br>(6 Lanes 25m)<br><b>Length Swim</b><br>9:30 - 11 a.m.<br>(3 Lanes 25m)<br><b>Length Swim</b><br>11:30 a.m<br>5:30 p.m.<br>(2 Lanes 25m)<br><b>Length Swim</b><br>6 - 10:30 p.m. | 5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>12:30 - 1:30 p.m.<br>(2 Lanes 25m)<br><b>Length Swim</b>  | 5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 3 p.m.<br>(4 Lanes 25m)<br><b>Little Dippers</b><br>Adult and Tot<br>10:30 - 11:30<br>a.m.  | 5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>12:30 - 1:30 p.m.               | 5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 3 p.m.<br>(4 Lanes 25m)<br><b>Little Dippers</b><br>Adult and Tot   | 5:30 - 8:30 a.m.<br>(4 Lanes 50m)<br><b>Length Swim</b><br>9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)  | 5:30 - 9 a.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>9:30 a.m 2<br>p.m.  |  |
| 9:30 - 11 a.m.<br>(3 Lanes 25m)<br><b>Length Swim</b><br>11:30 a.m<br>5:30 p.m.<br>(2 Lanes 25m)<br><b>Length Swim</b><br>6 - 10:30 p.m.   | 9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>12:30 - 1:30 p.m.<br>(2 Lanes 25m)<br><b>Length Swim</b>   | 9 a.m 3 p.m.<br>(4 Lanes 25m)<br>Little Dippers<br>Adult and Tot<br>10:30 - 11:30<br>a.m.  | 9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)<br><b>Length Swim</b><br>12:30 - 1:30 p.m.  | 9 a.m 3 p.m.<br>(4 Lanes 25m)<br>Little Dippers<br>Adult and Tot   | 9 a.m 12:30<br>p.m.<br>(4 Lanes 25m)   | 9:30 a.m 2<br>p.m.  |  |
|  | 1:30 - 3 p.m.<br>(4 Lanes 25m)<br>Length Swim<br>3 - 8:45 p.m.<br>(2 Lanes 25m)<br>Length Swim<br>9:15 - 10:30 p.m.<br>(6 Lanes 25m)<br>Stroke<br>Correction<br>Drop-in<br>9:30 - 10:15 p.m.<br>Toonie Swim<br>9:30 - 10:30 p.m. | Length Swim<br>3 - 7:45 p.m.<br>(2 Lanes 25m)<br>Length Swim<br>8:15 - 10:30 p.m.<br>(6 Lanes 25m)<br>Toonie Swim<br>9:30 - 10:30 p.m.   | <b>Length Swim</b><br>9:15 - 10:30 p.m.  | 10:30 - 11:30<br>a.m.<br>1\$/person<br><b>Length Swim</b><br>3 - 7:45 p.m.<br>(2 Lanes 25m)<br><b>Length Swim</b><br>8:15 - 10:30 p.m.<br>(6 Lanes 25m)<br><b>Toonie Swim</b><br>9:30 - 10:30 p.m. | Length Swim<br>12:30 - 1:30 p.m.<br>(2 Lanes 25m)<br>Length Swim<br>1:30 - 3 p.m.<br>(4 Lanes 25m)<br>Length Swim<br>3 - 8:45 p.m.<br>(2 Lanes 25m)<br>Length Swim<br>9:15 - 10:30 p.m.<br>(6 Lanes 25m)<br>Toonie Swim<br>9:30 - 10:30 p.m. | Length Swim<br>2 - 5:30 p.m.<br>(5 Lanes 25m)<br>Length Swim<br>6 - 10:30 p.m.<br>(6 Lanes 25m)<br>Low Cost<br>Family Swim<br>6:30 - 9:30 p.m.<br>\$3.29/person<br>Toonie Swim<br>9:30 - 10:30 p.m. |  |
|  |  |  |  |  | Scan for the most<br>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><br>9:30 - 10:30 a.m.   | Aqua Zumba<br>9:45-10:45 a.m.<br>Aquafit Deep<br>11:45 a.m<br>12:45 p.m.<br>Aquafit<br>Shallow<br>1 - 2 p.m.<br>Aquafit Plus<br>7:45 - 8:45 p.m. | Aquafit Deep<br>9:45 - 10:45 a.m.<br>Aquafit<br>Shallow<br>11:45 a.m<br>12:45 p.m.<br>Water Running<br>1:15 - 2:15 p.m. | Aquafit Plus<br>9:45 - 10:45 a.m.<br>Aquafit Deep<br>11:45 a.m<br>12:45 p.m.<br>Aquafit<br>Shallow<br>1 - 2 p.m.<br>Aqua Boot<br>Camp<br>7:45 - 8:45 p.m. | Aquafit Deep<br>9:45 - 10:45 a.m.<br>Aquafit<br>Shallow<br>11:45 a.m<br>12:45 p.m.<br>Aquafit Deep<br>1:15 - 2:15 p.m. | Aqua Zumb<br>9:45 - 10:45 a.<br>Aquafit Dee<br>11:45 a.m.<br>12:45 p.m.<br>Aquafit<br>Shallow<br>1 - 2 p.m.<br>Aqua Zumb<br>7:45 - 8:45 p. | .m. 10 - 10:45 a.m.                        |
| Leisure P  | ool  |   |   |  |  |  |
|  | <b>Aquafit Gentle</b><br>8:30 - 9:30 a.m.  | <b>Aquafit Gentle</b><br>8:30 - 9:30 a.m.   | Aquafit Gentle<br>8:30 - 9:30 a.m.  | <b>Aquafit Gentle</b><br>8:30 - 9:30 a.m.  | <b>Aquafit Gen</b><br>8:30 - 9:30 a.   | <b>tle</b><br>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><br>Sunday<br>7 a.m 10:30<br>Monday to Satu<br>5:30 a.m 10:30 | p.m.<br>urday Sat. 11 a.   | <b>s and Slide</b><br>n 8:30 p.m.<br>Daily<br><b>g Boards</b><br>m 5:30 p.m.  | <b>Vomen's Only Sw</b> i<br>8 - 10 a.m.<br>April 18<br>April 21<br>May 19   | im Tournamen<br>April 25<br>May 17<br>June<br>Check the w<br>schedule u  | 5 - 27<br>2 - 19<br>21<br>U<br>ebsite for  | can for<br>he most<br>p-to-date<br>chedule |
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