



Aquatic Drop-in Schedule

In Effect Oct 5. to Dec 31.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 7 - 11 a.m. (5 Lanes 25m)	Length Swim Oct 5 - Nov 9 5:30 - 8:30 a.m. (6 Lanes 25m)	Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim Oct 7 - Nov 4 5:30 - 8:30 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 - 9 a.m. (4 Lanes 25m)
Length Swim 11:30 a.m. - 5:30 p.m. (3 Lanes 25m)	Length Swim After Nov 9 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 9 a.m. - 3 p.m. (6 Lanes 25m)	Length Swim After Nov 4 5:30 - 8:30 a.m. (4 Lanes 50m)	Length Swim 9 a.m. - 3 p.m. (6 Lanes 25m)	Length Swim 9 a.m. - 12:30 p.m. (6 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 9 a.m. - 12:30 p.m. (6 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. \$1 / person	Length Swim 9 a.m. - 12:30 p.m. (6 Lanes 25m)	Little Dippers Adult and Tot 10:30 - 11:30 a.m. \$1 / person	Length Swim 12:30 - 1:30 p.m. (3 Lanes 25m)	Length Swim 2 - 5:30 p.m. (5 Lanes 25m)
Toonie Swim 9:30 - 10:30 p.m.	Length Swim 12:30 - 1:30 p.m. (3 Lanes 25m)	Length Swim 3 - 7:45 p.m. (2 Lanes 25m)	Length Swim 12:30 - 1:30 p.m. (3 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. (3 Lanes 25m)
	Length Swim 1:30 - 3:00 p.m. (4 Lanes 25m)	Length Swim 8:15 - 9:15 p.m. (2 Lanes 25m)	Length Swim 1:30 - 3 p.m. (4 Lanes 25m)	Length Swim 8:15 - 9:15 p.m. (2 Lanes 25m)	Length Swim 3 - 7:30 p.m. (2 Lanes 25m)	WIBIT Obstacle Course 6 - 10 p.m.
	Length Swim 3 - 8:45 p.m. (2 Lanes 25m)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 3 - 8:45 p.m. (2 Lanes 25m)	Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)	Length Swim 7:30 - 9:15 p.m. (3 Lanes 25m)	Low Cost Family Swim 6:30 - 9:30 p.m. \$3.43 / 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.			
					Scan for the most up-to-date schedule 	
					Updated 09/18/2026	

Schedule subject to change without notice.



Aquatic Drop-in Schedule

In Effect Oct 5. to Dec 31.

Leisure Pool - Aquatic Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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.	

Main Pool - Aquatic Fitness Classes

Deep Water Aquafit 9:30 - 10:30 a.m.	Shallow Water Aqua Zumba 9:45 - 10:45 a.m.	Deep Water Aquafit 9:45 - 10:45 a.m.	Shallow Water Aquafit 9:45 - 10:45 a.m.	Deep Water Aquafit 9:45 - 10:45 a.m.	Shallow Water Aquafit 9:45 - 10:45 a.m.	Deep Water Aquafit 10 - 11 a.m.
	Deep Water Aquafit 11:45 - 12:45 p.m.	Shallow Water Aquafit 11:45 - 12:45 p.m.	Deep Water Aquafit 11:45 - 12:45 p.m.	Shallow Water Aquafit 11:45 - 12:45 p.m.		
	Shallow Water Aquafit 1 - 2 p.m.	Deep Water Aquafit 1:15 - 2:15 p.m.	Shallow Water Aquafit 1 - 2 p.m.	Deep Water Aquafit 1:15 - 2:15 p.m.		
	Shallow Water Aquafit 7:45 - 8:45 p.m.	Deep Water Aquafit 8:15 - 9:15 p.m.	Shallow Water Aquafit 7:45 - 8:45 p.m.	Deep Water Aquafit 8:15 - 9:15 p.m.	Shallow Water Aqua Zumba 7:45 - 8:45 p.m.	

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

Special Information

Facility Hours Sunday 7 a.m. - 10:30 p.m. Monday to Saturday 5:30 a.m. - 10:30 p.m.	Slide & Diving Board 10:30 a.m. - 8:30 p.m. Periodically Available - Waves in Leisure Pool 10:30 a.m. - 8:30 p.m. Two times per hour	Statutory Holidays & Women's Only Swim Oct 12, Nov 11, Dec 26 Women's Only Swim 8:00 a.m. - 10:00 a.m. Holiday Hours 10:30 a.m. - 10:30 p.m.	Tournaments & Swim Meets October 9, 30 November 13 -15 November 27 - 29 Check the website for schedule updates	Scan for the most up-to-date schedule  Updated 09/18/2026
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