City Centre Aquatic Complex

Aquatic Drop-in Schedule

Fall 2026

In Effect Oct 5 to Dec 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 7 - 11a.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 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.		***Toonie Swim*** 9:30 - 10:30 p.m.			

Scan for the most up-to-date schedule

Updated 10/28/2026

Schedule subject to change without notice.

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Aquatic Drop-in Schedule

Fall 2026

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

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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 21 - 22

Check the website for schedule updates

Scan for the most up-to-date schedule

Updated

10/28/2026