

# Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main Pool</b>						
<b>Length Swim</b> 7 – 11 a.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 – 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 – 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 – 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 – 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 – 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 – 9 a.m. (4 lanes 25m)
<b>Closed</b> 11 – 11:30 a.m. (No Lanes)	<b>Closed</b> 8:30 – 9 a.m. (No Lanes)	<b>Closed</b> 8:30 – 9 a.m. (No Lanes)	<b>Closed</b> 8:30 – 9 a.m. (No Lanes)	<b>Closed</b> 8:30 – 9 a.m. (No Lanes)	<b>Closed</b> 8:30 – 9 a.m. (No Lanes)	<b>Closed</b> 9 – 9:30 a.m. (No Lanes)
<b>Length Swim</b> 11:30 a.m. – 5:30 p.m. (2 Lanes 25m)	<b>Length Swim</b> 9 a.m. – 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. – 3:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. – 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. – 3:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. – 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9:30 a.m. – 5:30 p.m. (2 lanes 25m)
<b>Closed</b> 5:30 – 6 p.m. (No Lanes)	<b>Length Swim</b> 12:30 – 3:30 p.m. (3 Lanes 25m)	<b>Length Swim</b> 3:30 – 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12:30 – 3:30 p.m. (3 Lanes 25m)	<b>Length Swim</b> 3:30 – 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12:30 – 3:30 p.m. (3 Lanes 25m)	<b>Closed</b> 5:30 – 6 p.m. (No Lanes)
<b>Length Swim</b> 6 – 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 3:30 – 8:45 p.m. (2 Lanes 25m)	<b>Closed</b> 7:45 – 8:15 p.m. (No Lanes)	<b>Length Swim</b> 3:30 – 8:45 p.m. (2 Lanes 25m)	<b>Closed</b> 7:45 – 8:15 p.m. (No Lanes)	<b>Length Swim</b> 3:30 – 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 6 – 10:30 p.m. (6 lanes 25m)
	<b>Closed</b> 8:45 – 9:15 p.m. (No Lanes)	<b>Length Swim</b> 8:15 – 9:15 p.m. (3 Lanes 25m)	<b>Closed</b> 8:45 – 9:15 p.m. (No Lanes)	<b>Length Swim</b> 8:15 – 9:15 p.m. (3 Lanes 25m)	<b>Length Swim</b> 7:45 – 9:15 p.m. (4 Lanes 25m)	
	<b>Length Swim</b> 9:15 – 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 – 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 – 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 – 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 – 10:30 p.m. (6 Lanes 25m)	
	<b>Stroke Correction Drop-In</b> 9:30 – 10:30 p.m. \$2 admission		<b>Stroke Correction Drop-In</b> 9:30 – 10:30 p.m. \$2 admission			

Schedule subject to change without notice. Alternate schedule for tournaments on Jan. 20, 21, 22 and Feb. 5.

# Drop-in Aquafit

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

## Aqua Fit – Leisure Pool

	<b>Gentle Fit</b> 8:30 – 9:30 a.m.	<b>Gentle Fit</b> 8:30 – 9:30 a.m.	<b>Gentle Fit</b> 8:30 – 9:30 a.m.	<b>Gentle Fit</b> 8:30 – 9:30 a.m.	<b>Gentle Fit</b> 8:30 – 9:30 a.m.	

## Aqua Fit – Main Pool

<b>Deep Fit</b> 9:30 – 10:30 a.m.	<b>Aqua Zumba</b> 9:45 – 10:45 a.m.	<b>Deep Fit</b> 9:45 – 10:45 a.m.	<b>Aqua Fit Plus</b> 9:45 – 10:45 a.m.	<b>Deep Fit</b> 9:45 – 10:45 a.m.	<b>Aqua Fit Plus</b> 9:45 – 10:45 a.m.	
	<b>Deep Fit</b> 11:45 a.m. – 12:45 p.m.	<b>Shallow Fit</b> 11:45 a.m. – 12:45 p.m.	<b>Deep Fit</b> 11:45 a.m. – 12:45 p.m.			
	<b>Shallow Fit</b> 1 – 2 p.m.	<b>Deep Water Running</b> 1 – 2 p.m.	<b>Shallow Fit</b> 1 – 2 p.m.			
	<b>Aqua Fit Plus</b> 7:45 – 8:45 p.m.	<b>Deep Fit</b> 8 – 9 p.m.	<b>Aqua Boot Camp</b> 7:45 – 8:45 p.m.	<b>Deep Fit</b> 8 – 9 p.m.	<b>Aqua Zumba</b> 7:45 – 8:45 p.m.	

Schedule is subject to change. Additional aqua fit classes will be considered as staffing levels increase.

## Special Swims

**Little Dippers  
Adult & Tot Swim**  
10:30 – 11:30 a.m.  
Tues/Thurs \$1/person

**Toonie Swim**  
9:30 – 10:30 p.m.

**Family Swims**  
Saturdays  
6:30 – 9:30 p.m.  
Family Rate \$3.29/person

**Women's-only Swim**  
8 – 10 a.m. Jan. 1 & Feb. 20

**Before or After Swim Practice**  
If you are currently enrolled in swim lessons, you can swim 30 minutes before or after lessons for half price and practice your skills.

**Waterpark features and diving boards are open on a rotating schedule**  
10:30 a.m. – 8:30 p.m.

FOR THE MOST UP-TO-DATE SCHEDULE



Last updated Dec. 14, 2022