




Aquatic Drop-in Schedule

In Effect June 28 to August 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim (6 Lanes 25m) 7 - 9:15 a.m.	Length Swim (4 Lanes 50m) 5:30 - 8:30 a.m.	Length Swim (4 Lanes 50m) 5:30 - 8:30 a.m.	Length Swim (4 Lanes 50m) 5:30 - 8:30 a.m.	Length Swim (4 Lanes 50m) 5:30 - 8:30 a.m.	Length Swim (4 Lanes 50m) 5:30 - 8:30 a.m.	Length Swim (4 Lanes 25m) 5:30 - 9 a.m.
Length Swim (3 Lanes 25m) 9:15 - 11 a.m.	Length Swim (6 Lanes 25m) 9 - 10:30 a.m.	Length Swim (6 Lanes 25m) 9 - 10:30 a.m.	Length Swim (6 Lanes 25m) 9 - 10:30 a.m.	Length Swim (6 Lanes 25m) 9 - 10:30 a.m.	Length Swim (6 Lanes 25m) 9 - 10:30 a.m.	Length Swim (4 Lanes 25m) 9:30 a.m. - 2 p.m.
Length Swim (6 Lanes 25m) 11:30 a.m. - 2:00 p.m.	Length Swim (4 Lanes 25m) 10:30 a.m. - 12:30 p.m.	Little Dippers Adult and Tot (\$1.00 / person) 10:30 - 11:30 a.m.	Length Swim (4 Lanes 25m) 10:30 a.m. - 12:30 p.m.	Little Dippers Adult and Tot (\$1.00 / person) 10:30 - 11:30 a.m.	Length Swim (4 Lanes 25m) 10:30 a.m. - 12:30 p.m.	Length Swim (6 Lanes 25m) 2 - 5:30 p.m.
Length Swim (4 Lanes 25m) 2 - 5:30 p.m.	Length Swim (2 Lanes 25m) 12:30 - 1:30 p.m.	Length Swim (4 Lanes 25m) 10:30 a.m. - 3:15 p.m.	Length Swim (2 Lanes 25m) 12:30 - 1:30 p.m.	Length Swim (4 Lanes 25m) 10:30 a.m. - 3:15 p.m.	Length Swim (2 Lanes 25m) 12:30 - 1:30 p.m.	Length Swim (6 Lanes 25m) 6 - 10:30 p.m.
Length Swim (6 Lanes 25m) 6 - 10:30 p.m.	Length Swim (4 Lanes 25m) 1:30 - 4 p.m.	Length Swim (2 Lanes 25m) 3:15 - 7:45 p.m.	Length Swim (4 Lanes 25m) 1:30 - 4:00 p.m.	Length Swim (2 Lanes 25m) 3:15 - 7:45 p.m.	Length Swim (4 Lanes 25m) 1:30 - 4 p.m.	Low Cost Family Swim (\$3.43 / person) 6:30 - 9:30 p.m.
Toonie Swim 9:30 - 10:30 p.m.	Length Swim (2 Lanes 25m) 4 - 7:45 p.m.	Length Swim (4 Lanes 25m) 8:15 - 10:30 p.m.	Length Swim (2 Lanes 25m) 4:00 - 7:45 p.m.	Length Swim (4 Lanes 25m) 8:15 - 10:30 p.m.	Length Swim (2 Lanes 25m) 4 - 7 p.m.	Toonie Swim 9:30 - 10:30 p.m.
	Length Swim (4 Lanes 25m) 7:45 - 8:45 p.m.	Toonie Swim 9:30 - 10:30 p.m.	Length Swim (4 Lanes 25m) 7:45 - 8:45 p.m.	Toonie Swim 9:30 - 10:30 p.m.	Length Swim (4 Lanes 25m) 7 - 10:30 p.m.	
	Length Swim (6 Lanes 25m) 9:15 - 10:30 p.m.		Length Swim (6 Lanes 25m) 9:15 - 10:30 p.m.		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.			
					<p>Scan for the most up-to-date schedule</p> 	
					Updated 06/11/2026	

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



Aquatic Drop-in Schedule

In Effect June 28 to August 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 Aqua Zumba 9:45 - 10:45 a.m.	Deep Water Aquafit 10 - 11 a.m.
	Deep Water Aquafit 12 - 1 p.m.	Shallow Water Aquafit 12 - 1 p.m.		Shallow Water Aquafit 12 - 1 p.m.	Deep Water Aquafit 12 - 1 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 Aquafit 7:45 - 8:45 p.m.	

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

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. Periodically Available	Statutory Holidays & Womens Only Swim July 1, August 3 Womens Only Swim 8 – 10 a.m. Holiday Hours 10:30 a.m. – 10:30 p.m	Facility Shutdown September 1 - October 4th Check website for schedule updates	Scan for the most up-to-date schedule  Updated 06/11/2026
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