

Pool Schedule

Spring Interim Schedule: March 17-April 5

Pool closes April 5 at 12pm and remains closed until April 21 – Reopening April 22.

Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-10pm

Saturday & Sunday 7am-5pm

Statutory Holidays 8am-4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Titans 6-7:45am		Titans 6-7:45am		Lane Swim 6-7:45am (Min 2 Lanes)		Titans 6-7:45am		Lane Swim 6-7:45am (Min 2 Lanes)		Titans 6-7:45am	
Lane Swim 7:45-9:10am (6 Lanes)		Lane Swim 7:45-9:10am (Min 3 Lanes)		Aqua Running 8-8:45am		Lane Swim 7:45-9:10am (6 Lanes)		Lane Swim 7:45-9:10am (6 Lanes)		Titans 7:15-9:30am	
AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		Lane Swim 7:30-9:30am (6 Lanes)	
Lane Swim 10-11am (Min 3 Lanes)	Open Swim 10-11am	Private Group Rental 10-11:30am		Lane Swim 10-11am (Min 3 Lanes)	Open Swim 10-11am	Private Group Rental 10-11:30am		Private Group Rental 10-11am		Open Swim 9:30-12pm	
Lane Swim 11:00-1pm (6 Lanes)		Lane Swim 11:30-1pm (6 Lanes)		Lane Swim 11am-1pm (6 Lanes)		Lane Swim 11:30-1pm (6 Lanes)		Lane Swim 11am-1pm (6 Lanes)		Lane Swim 12-1pm (Min 3 Lanes)	
Lane Swim 1-2pm (Min 3 Lanes)	Open Swim 1-2pm	Lane Swim 1-2pm (Min 3 Lanes)	Open Swim 1-2pm	Lane Swim 1-2pm (Min 3 Lanes)	Open Swim 1-2pm	Lane Swim 1-2pm (Min 3 Lanes)	Open Swim 1-2pm	Lane Swim 1-2pm (Min 3 Lanes)	Open Swim 1-2pm	Open Swim 1-3pm	
AquaFit 2-2:45pm		Hydrotherapy 1:15-2pm		Hydrotherapy 1:15-2pm		AquaFit 2-2:45pm		AquaFit 2-2:45pm		Open Swim 1-3pm	
Lane Swim 2:45-3:20pm (6 Lanes)		Lane Swim 2-3:30pm (6 Lanes)		Lane Swim 2-3:30pm (6 Lanes)		Lane Swim 2-3:30pm (6 Lanes)		Lane Swim 2:45-3:20pm (6 Lanes)		Open Swim 1-3pm	
Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Birthday Party 3-4pm	
Lane Swim 5:30-7pm (6 Lanes)		Open Swim 5:30-7pm		Open Swim 5:30-7pm		Open Swim 5:30-7pm		Lane Swim 5:30-7pm (6 Lanes)		Open Swim 1-3pm	
Open Swim 7-8pm		AquaFit 7:15-8pm		Private Group Rental 7-8pm		AquaFit 7:15-8pm		Open Swim 7-8pm		Open Swim 1-3pm	
Lane Swim 8-9:30pm (3 Lanes)	Tour De Trout 8-9:30pm (3 Lanes)	Lane Swim 8-9:30pm (6 Lanes)		Lane Swim 8-9:30pm (3 Lanes)	Tour De Trout 8-9:30pm (3 Lanes)	Lane Swim 8-9:30pm (3 Lanes)	Tour De Trout 8-9:30pm (3 Lanes)	Lane Swim 8-9:30pm (6 Lanes)		Open Swim 1-3pm	
Therapy Pool 6am-9:30pm		Therapy Pool 6am-1pm 2-9:30pm		Therapy Pool 6am-9:30pm		Therapy Pool 6am-1pm 2-9:30pm		Therapy Pool 6am-9:30pm		Therapy Pool 7:30am-3pm	

Schedules are subject to change.

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Lane Swim: Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 25m Lap Pool. We ask participants to circle swim when necessary.

Open Swim: Relax and play with your family and friends in all four of our pools.

Family Swim: Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

Aquafit: A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

Aqua Running: A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those who cannot sustain impact on their joints.

Hydrotherapy: This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!

Ages 3 months to 5 years

Monday to Friday 9am-12pm

Monday to Thursday 4:30-7:30pm

Saturday 9am-1pm