

Pool Schedule

Winter Session: January 6 – March 16, 2025
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am - 9:30pm
Saturday 7am - 4pm
Sunday 8am - 4pm
Statutory Holidays 8am - 4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Titans 6-7:45am		Titans 6-7:45am		Titans 6-7:45am		Titans 6-7:45am		Titans 6-7:45am					
Lane Swim 7:45-9:10am (3 Lanes)	Master Your Swim 7:45-8:30am	Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am (6 Lanes)		Titans 7:30-9:45am		Lane Swim 8:30-9:30am (6 Lanes)	
Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Swim Lessons 9am-12pm (Therapy Pool Open)		Lane Swim 9:30-11am (2 Lanes)	Swim Lessons 9:30-10:35am
Nipissing Phys Ed Practicum 10am-12pm		Lane Swim 10-11am (4 Lanes)	Swim Lessons 10:30-12pm	Nipissing Phys Ed Practicum 10-12pm		Lane Swim 10-11am (4 Lanes)	Swim Lessons 10:30-12pm	Lane Swim 10am-1pm (6 Lanes)	Hydrotherapy 12:15-1pm			Open Swim 11am-12pm	
Lane Swim 12-1pm (6 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 11-1pm (6 Lanes)		Lane Swim 12-1pm (6 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 11-1pm (6 Lanes)		Lane Swim 12-2pm (2 Lanes)		JLC/Bronze Star 12-1pm	Lane Swim 12-1pm (3 Lanes)	Tour De Trout 12:00-1pm (3 Lanes)	
Lane Swim 1-3:30pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:30pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:30pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:30pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:30pm (3 Lanes)	Open Swim 1-2:30pm		Birthday Party 1-2pm	Lane Swim 1-2pm (2 Lanes)	Birthday Party 1-2pm
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	Teen Swim 3:30-5:30pm Family Swim 3:30-4:30pm	Open Swim 2-3:30pm		Open Swim 2-3:30pm	
Swim Lessons 5:30-7:30pm (Therapy Pool Open)		Swim Lessons 5:30-7:15pm		Swim Lessons 5:30-7pm		Swim Lessons 5:30-7:15pm		Swim Lessons 5:30-7:30pm (Therapy Pool Open)					
Tour De Trout 7:30-9pm (6 Lanes)	Family Swim 7:30-8:30pm	Lane Swim 7:15-8pm (2 Lanes)	Aquafit 7:15-8pm	Private Rental 7-8pm	Family Swim 7:00-8:00pm	Advanced Aquatics 7-9pm	Aquafit 7:15-8pm	Lane Swim 7:30-9pm (3 Lanes)	Open Swim 7:30-8:30pm				
		Lane Swim 8-9pm (6 Lanes)		Lane Swim 8-9pm (4 Lanes)	Tour De Trout 8:00-9pm (2 Lanes)		Lane Swim 7:15-8pm (2 Lanes)						
Therapy Pool 6am-12:15pm 1-9pm		Therapy Pool 6am-4:30pm 7:15-9pm		Therapy Pool 6am-12:15pm 1-4:30pm 7:30-9pm		Therapy Pool 6am-4:30pm 7:15-9pm		Therapy Pool 6am-12:15pm 1-9pm		Therapy Pool 7:30-3:30pm		Therapy Pool 8:30am-3:30pm	

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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:

Enjoy swimming together in a safe, relaxed, and friendly environment within our Leisure Pool and Therapy Pool.

Teen Swim:

Designated for teenagers to swim, socialize, and enjoy water activities in an environment tailored to their age group.

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.

Adult Swim Lessons – Level 1:

Great for beginners with a focus on building comfort and safety in the water, starting with basic skills like floating, treading water, and basic strokes.

Adult Swim Lessons – Level 2:

Suitable for more advanced swimmers, instructors will help improve technique, increase endurance, and learn new skills.

JLC:

A program for youth aged 10 to 11, eager to master the essentials of water safety, rescue techniques, and first aid. This program blends fun, education, and hands-on practice both in and out of the water! Boost your confidence in the water and gain an understanding of what it takes to be a lifeguard. Great practice for youth eager to join the Bronze Cross course when they turn 12.

Bronze Star:

This certification course is for youths 12+ with strong swimming skills, ready to take on advanced lifesaving techniques. It prepares participants for higher certifications like the Bronze Medallion, focusing on aquatic emergencies, self-rescue, rescue of others, swimming endurance, and first aid, including CPR and victim management.

Advanced Aquatics:

This time is a designated pool use for all Advanced Lifeguarding Courses such as Bronze Medallion, Bronze Cross and National Lifeguard.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!

Ages 3 months to 5 years

Monday to Saturday 9am-12pm

Monday to Thursday 5:30-7:30pm