

Pool Schedule

Winter Session: April 6 – June 14, 2026,
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am - 10pm
Saturday 7am - 5pm
Sunday 8am - 4pm
Statutory Holidays 8am-4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Titans 6-7:45am (6 Lanes)		Titans 6-7:45am (4 Lanes)		Titans 6-7:45am (4 Lanes)		Titans 6-7:45am (4 Lanes)		Titans 6-7:45am (6 Lanes)					
Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (5 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (5 Lanes)		Titans 7:30-9:30am		Lane Swim 8:30-9:30am (5 Lanes)	
AquaFit 9:15-10am		AquaFit 9:15-10m		AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		Swim Lessons 9am-12pm		Lane Swim 9:30-11am (2 Lanes)	
												Swim Lessons 9:30-11:10am	
Lane Swim 10:15am - 12:55pm (5 Lanes)		Lane Swim 10:15-11:00am (4 Lanes)		Lane Swim 10:15am - 12:55pm (5 Lanes)		Lane Swim 10:15-11:00am (4 Lanes)		Lane Swim 10:15-11:00am (2 Lanes)		Rental Group 10-11 April 10,24 May 22,29 June 12,19		Open Swim 11:15am-12pm	
Hydro-therapy 12:15-1pm		Open Swim 10:15-11:00am (2 Lanes)		Hydro-therapy 12:15-1pm		Open Swim 10:15-11:00am (2 Lanes)		Swim Lessons 10:30-12:00pm				Lane Swim 12-12:55pm (4 Lanes)	
Lane Swim 1-3:25pm (3 Lanes)		Open Swim 1-3pm		Lane Swim 1-3:25pm (3 Lanes)		Open Swim 1-3pm		Lane Swim 1-3:25pm (3 Lanes)		Open Swim 1-3pm		Lane Swim 1-2pm (3 Lanes)	
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		Open Swim 2-4:30pm	
Swim Lessons 4:30-7pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7pm		Open Swim 7-7:55pm		Open Swim 2-3:30pm	
Open Swim 7-7:55pm		AquaFit 7:15-8:00pm		Family Swim 7-8pm		AquaFit 7:15-8:00pm							
Lane Swim 8-8:45pm (3 Lanes)		Titans 8-8:45pm (3 Lanes)		National Lifeguard 8:00-9:45pm		Tour De Trout 8:05-9:45pm (4 Lanes)		Lane Swim 8:05-9:45pm (5 Lanes)		Teen Swim 8-9:45pm (3 Lanes)		Titans 8-9:45pm (3 Lanes)	
Lane Swim 8:45-9:45pm (5 Lanes)		Bronze Med/Cross 8:00-9:45pm											
Therapy Pool 6am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 6am-4:30pm 7:15-9:45pm		Therapy Pool 6-7:45am 8:15am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 6am-4:30pm 7:15-9:45pm		Therapy Pool 6am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 7:30am-4:30pm		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. One Lane will be dedicated for swimmers who would like to aqua jog or swim at a gentler pace.

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.

Titans:

This time is a designated pool use for the North Bay Titans Swim Team.

Drop the kids off and enjoy some YOU time!

Childminding Hours:

Ages 3 months to 5 years

Monday to Saturday 9am-12pm
Monday to Thursday 5:30-7:30pm

Youth Drop-In Hours:

Ages 6 to 9 years

Monday to Thursday 4:30-7:30pm
Saturday's 9am-12pm