

# Pool Schedule

Winter/Spring Interim: March 23 – April 6, 2026,  
Please note the building will be closed Good Friday, April 3

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)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (4 Lanes)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (4 Lanes)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (6 Lanes)						
Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am (3 Lanes)	Battalion 7:45-8:15am Lane Swim 8:20-9:10am (5 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am (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						
Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm	Lane Swim 10:15am - 12:55pm (5 Lanes)		Battalion 10:15-10:45am Lane Swim 10:50am - 12:55pm (5 Lanes)		Hydro-therapy 12:15-1pm	Lane Swim 10:15am - 12:55pm (5 Lanes)		Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm	Open Swim 9:30am - 12pm		Open Swim 9:30am - 12pm	
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 1-3:25pm (3 Lanes)	Open Swim 1-3pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-3pm	Lane Swim 1-2pm (3 Lanes)	Birthday Party 1-2pm	Lane Swim 1-2pm (3 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	Family Swim 3:30-4:30pm	Open Swim 2-4:30pm		Open Swim 2-3:30pm		
Open Swim 7-7:55pm		Open Swim 5:30-7pm		Open Swim 5:30-7pm		Open Swim 5:30-7pm		Open Swim 5:30-7pm						
Lane Swim 8-8:45pm (3 Lanes)	Titans 8-8:45pm (3 Lanes)	Open Swim 7:15-8pm		Special Olympics 7-8pm	Family Swim 7-8pm	Aquafit 7:15-8pm		Open Swim 7-7:55pm						
Lane Swim 8:45-9:45pm (5 Lanes)		Lane Swim 8:05-9:45pm (5 Lanes)		Tour De Trout 8:05-9:45pm (4 Lanes)	Lane Swim 8:05-9:45pm (2 Lanes)	Lane Swim 8:05-9:45pm (5 Lanes)		Teen Swim 8-9:45pm (3 Lanes)	Titans 8-9:45pm (3 Lanes)					
Therapy Pool 6am-12:15pm 1--9:45pm		Therapy Pool 6am--9:45pm		Therapy Pool 6-7:45am 8:15-10:15am 10:45am-12:15pm 1-9:45pm		Therapy Pool 6am-9:45pm		Therapy Pool 6am-12:15pm 1-9:45pm		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.

## **Battalion:**

This time is reserved for the North Bay Battalion for all pools.

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