

Pool Schedule

Spring/Summer Interim: June 15 – June 21, 2026,

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)	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 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Open Swim 9:30am - 12pm		Open Swim 9:30am - 12pm	
Lane Swim 10:15am - 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	Lane Swim 10:15am - 12:55pm (5 Lanes)		Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm	Lane Swim 12-12:55pm (5 Lanes)		Lane Swim 12-12:55pm (5 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 1-3:25pm (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 3:30-5:30pm	Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Open Swim 2-4:30pm		Open Swim 2-3:30pm	
Open Swim 5:30-7:55pm		Open Swim 5:30-7pm		Open Swim 5:30-7:55pm		Open Swim 5:30-7pm		Open Swim 5:30-7pm		Open Swim 7-7:55pm			
Lane Swim 8-8:45pm (3 Lanes)	Titans 8-8:45pm (3 Lanes)	Lane Swim 8:05-9:45pm (5 Lanes)		Lane Swim 8:05-9:45pm (5 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)													
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