Leisure Swim

6:00a - 9:10a

Lap Swim

6:00a - 9:10a

Shared Space Rec & Lessons - 2

Lanes open for Recreational Swim

POOL SCHEDULE FALL 2025 December 8 - 14

Shared Space Lap & Lessons - 1-2 Lanes

open for Lap Swim

* Please note that during lap swim times, a lane may be booked for Hydrotherapy, Aquatic Personal Training, or Barracuda Swim Club - For more information on these programs, please see the Sports Desk *

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М		Leisure Swim	Lap Swim			Leisure Swim	Lap Swim
М		6:00a - 8:25a	6:00a - 8:25a			6:00a - 8:25a	6:00a - 8:25a

Swim Lessons - No

Lap/Leisure Swim Available

Lap Swim

Leisure Swim 8:00a - 10:00a 8:00a - 10:00a

Sunday Dec 14

NL Course Leisure Swim

Shared Space

Rec & Lessons

10:00-3:55

1 Lane Avail.

Lap Swim

Family Swim

4:00p - 5:25p

NL Course 4-5:30

10:00a - 3:55p

Family Swim

4:00p - 5:25p

Family Swim - Waterslide May be Open *Subject to

change based on staffing*

:00 AM :15 AM :30 AM :45 AM :00 AM :30 AN :45 AM 0:00 AM 0-15 AN 0:30 AN 0:45 AM 1:00 AM 1:15 AM 1:30 AM 1:45 AM 2:00 PM 2:15 PM :30 PM :45 PM

:30 AN -45 AN

:00 AM

:15 AM

:30 AM :45 AM Leisure Swim

6:000 - 8:250

Aquafit

Combo

Aquafit

Leisure Swim

10:15a - 10:30

Swimming

Lessons

10:30 - 11:30a

Leisure Swim

L1:30a - 11:55a

Fit

Together

Fit

Together

Leisure Swim

1:50p - 4:30p

Swimming

Lessons

4:30p - 7:30p

No Lap or

Available

Leisure Swim

7:30 - 8:10p

H20

HIIT

9:00p - 9:25p

Aquafit - No

Lap/Leisure Swim

Available

Lan Swim

6:000 - 8:250

8:30a - 9:15a

9:15a - 10:00a

Lan Swim

10:15a - 11:55a

12:00p - 12:45p

1:00p - 1:45p

Lap Swim

1:50p - 4:30p

Only

2 Lanes Avail.

4:00p - 4:30p

Swimming

Lessons

4:30p - 7:30p

No Lap or

Leisure Swim

Available

Lap Swim

7:30 - 8:10p

8:15p - 9:00p

1 Lap Lane

Available

9:05p - 9:25r

Leisure Pool

Available/All Lanes

in for Lap Swim

Leisure Swim

10:05a - 10:55a

11:00a - 11:30a

Laigura Swim

12:50p - 4:25p

8:30p - 9:25p

												Leisure Swin
Deep Aquafit	8:30a - 9:15a					Deep Aquafit	8:30a - 9:15a					8:00a - 9:10
Shallow Aquafit	9:15a - 10:00a		Shallow Aquafit	9:15a - 10:10a		Shallow Aquafit	9:15a - 10:00a		Combo Aquafit	9:15a - 10:10a		Aquafit
Leisure Swim 0:05a - 10:55a Swimming Lessons 1:00a - 11:30a	Lap Swim 10:05a - 11:55a		Leisure Swim 10:15a - 11:55a	Lap Swim 10:15a - 11:55a		Leisure Swim 10:05a - 11:55a	Lap Swim 10:05a - 11:55a		Leisure Swim 10:15a - 11:55a	Lap Swim 10:05a - 11:55a		Leisure Swir 10:05a - 3:55
H20 HITT	12:00p - 12:45p 1 Lap Lane Available		Fit Together	12:00p - 12:45p		Fit Together	12:00p - 12:45p		H20 HITT	12:00p - 12:45p 1 Lap Lane Available		
			Leisure Swim 12:50p - 1:30p			Fit Together	1:00p - 1:45p					
Leisure Swim 12:50p - 4:25p	Lap Swim 12:50p - 4:25p 1 Lane Reserved for Hydro Therapy		Swimming Lessons 1:30p - 3:30p	Lap Swim 12:50p - 4:30p		Leisure Swim 1:50p - 9:25p	Lap Swim 1:50p - 7:25p 1 Lane		Leisure Swim 12:50p - 6:25p	Lap Swim 12:50p - 6:25p		
	2:00p - 3:00p		Leisure Swim 3:30p - 4:25p	Only 3 Lanes Avail. 4:00p - 4:30p			Reserved for Hydro Therapy 2:00p - 3:00p					Family Swin
Swimming Lessons 4:30p - 7:30p	Swimming Lessons 4:30p - 7:30p		Swimming Lessons 4:30p - 7:00p	Swimming Lessons 4:30p - 7:00p								4:00p - 5:25
No Lap or Leisure Swim Available	No Lap or Leisure Swim Available		No Lap or Leisure Swim Available	No Lap or Leisure Swim Available								
	1 Lane avail. Lap Swim 4:30p - 5:00p & 7:00p - 7:30p		Lalaura Oudea	1 Lane avail. Lap Swim 4:30p - 5:00p & 7:00p - 7:30p								
Fit Together	7:30p - 8:30p		Leisure Swim 7:05p - 9:25p	Lap Swim 7:30p - 9:25p			Shared Space 7:30p - 9:25p					
Leisure Swim 8:30p - 9:25p	Shared Space 8:30p - 9:25p											
Obildana				ch in the pool fo				-11	Children 5 years old Children 6 & 7: 1:6 Children 8 & over: 1	L:10		
Children who	ao not meet the he	ight req	uirement of 1.3M at	tne shoulder will be	e requi	red to wear a PFD. A	A swim test may be a	SKED O	any person using th	e pool. The Lifegua	ra has fi	naı authority.

Leisure Swim

6:000 - 0:100

Lap Swim

6:000 - 0:100

Shared Space - 2 Lanes open for Lap Swim & 3

Lanes for Recreational Swimming/Lessons

Leisure Swim

8:00a - 9:10a

Leisure Swim

10:05a - 3:55p

Family Swim

4:00p - 5:25p

Lap Swim

8:00a - 9:10a

9:15a - 10:00a

NL Course

Shared Space

Rec & Lessons.

10:05-3:55

1 Lane Avail.

Lap Swim

Family Swim

4:00p - 5:25p

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NOTE:

NOTE:

^{2:30} PM 2:45 PM :00 PM :15 PM :30 PM :45 PM :00 PM :15 PM