

# POOL SCHEDULE WINTER 2026

**January 26th - February 1st**

	Monday Jan 26		Tuesday Jan 27		Wednesday Jan 28		Thursday Jan 29		Friday Jan 30		Saturday Jan 31		Sunday Jan 32		
	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	
6:00 AM															
6:15 AM															
6:30 AM															
6:45 AM															
<b>7:00 AM</b>															
7:15 AM															
7:30 AM															
7:45 AM															
<b>8:00 AM</b>															
8:15 AM															
8:30 AM	Combo Aquafit 8:30a - 9:15a		Deep Aquafit 8:30a - 9:15a		Shallow Aquafit 9:15a - 10:00a		Shallow Aquafit 9:15a - 10:00a		Deep Aquafit 8:30a - 9:15a		Combo Aquafit 9:15a - 10:10a		Aquafit 9:15a - 10:00a		
8:45 AM															
<b>9:00 AM</b>															
9:15 AM	Combo Aquafit 9:15a - 10:10a		Shallow Aquafit 9:15a - 10:00a		Shallow Aquafit 9:15a - 10:00a		Shallow Aquafit 9:15a - 10:00a		Deep Aquafit 8:30a - 9:15a		Combo Aquafit 9:15a - 10:10a		Aquafit 9:15a - 10:00a		
9:30 AM															
9:45 AM															
<b>10:00 AM</b>															
10:15 AM	Leisure Swim 10:15a - 10:30														
10:30 AM															
10:45 AM															
<b>11:00 AM</b>															
11:15 AM	Swimming Lessons 10:30 - 11:30a	Lap Swim 10:15a - 11:55a													
11:30 AM															
11:45 AM	Leisure Swim 11:30a - 11:55a														
<b>12:00 PM</b>															
12:15 PM															
12:30 PM	Fit Together 12:00p - 12:45p		H20 HITT 12:00p - 12:45p		Fit Together 12:00p - 12:45p		Fit Together 12:00p - 12:45p		H20 HITT 12:00p - 12:45p		Fit Together 1:00p - 1:45p		H20 HITT 12:00p - 12:45p		
12:45 PM															
<b>1:00 PM</b>															
1:15 PM	Fit Together 1:00p - 1:45p		Leisure Swim 12:50p - 4:25p		Fit Together 1:00p - 1:45p		Leisure Swim 12:50p - 3:55p		Leisure Swim 1:15p - 5:25p		Leisure Swim 1:15p - 5:25p		Leisure Swim 1:15p - 5:25p		
1:30 PM															
1:45 PM															
<b>2:00 PM</b>															
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8:45 PM															
<b>9:00 PM</b>															
9:15 PM															
9:30 PM															
<b>NOTE:</b>															
Parents must be within arms reach in the pool following these ratios:															
Children 5 years old and younger: 1:4															
Children 6 & 7: 1:6															
Children 8 & over: 1:10															
<b>NOTE:</b>															
Children who do not meet the height requirement of 1.3M at the shoulder will be required to wear a PFD. A swim test may be asked of any person using the pool. The Lifeguard has final authority.															
<b>Aquafit - No Lap/Leisure Swim Available</b>		Leisure Pool Available/All Lanes in for Lap Swim	Swim Lessons - No Lap/Leisure Swim Available	Shared Space Rec & Lessons - 2 Lanes open for Recreational Swim	Shared Space Lap & Lessons - 1-2 Lanes open for Lap Swim	Shared Space - 2 Lanes open for Lap Swim & 3 Lanes for Recreational Swimming/Lessons	Family Swim - Waterslide May be Open *Subject to change based on staffing*								

\* 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 \*