

Spring 2026 Aquatics Schedule

Spring Schedule | March 23 to June 28, 2026

*Pool hours are subject to change (ie. weather, event bookings, pool fouling, staff availability, etc.).
Lockers are available for .25 cents or .50 cents, depending on the size of the locker.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Lap pool and Sauna ONLY Swim a loop in a slow, medium or fast lane.						
6:00 - 8:00am 11:30 - 1:00pm	6:00 - 8:00am (3 lanes) 11:30 - 1:00pm 8:30 - 9:15pm (3 lanes)	6:00 - 8:00am 11:30 - 1:00pm	11:30 - 1:00pm	6:00 - 8:00am 11:30 - 1:00pm	6:00 - 7:00am	12:00 - 1:00pm
Aquafit 45 minute Instructor-led classes with 10-15 minutes at the end for independent cool down.						
8:15 - 9:15am 2:30 - 3:30pm NEW! (Walking) 5:15 - 6:15pm (3 lanes)	2:30 - 3:30pm	8:15 - 9:15am 1:30 - 2:30pm (Gentle Fit)	2:30 - 3:30pm 6:15 - 7:10pm (4 lanes)	8:15 - 9:15am		
Adult N' Tot Wading pool play time for children 6 years and under with an adult. *No more than 2 children per adult. Swim diapers are available at the customer service desk for \$2.50 each.						
9:15 - 10:15am	9:15 - 10:15am 5:45 - 6:45pm	9:15 - 10:15am	9:15 - 10:15am	9:15 - 10:15am		
Public Swim (1 hour) Entire Pool						
		6:30 - 7:30pm			1:15 - 2:15pm	1:15 - 2:15pm
Adult/Senior Main pool and swirl-pool *One lane available for leisure swim only*						
10:15 - 11:15am	10:15 - 11:15am	2:30 - 3:30pm	10:15 - 11:15am	10:15 - 11:15am 2:30 - 3:30pm		
Family Swim (1 hour) Entire Pool Children under 18 must be accompanied into the pool by an adult.						
						10:45 - 11:45am

Aquatics Notes and Changes

March 25, April 8 & 22 | Lane Swim 11:30 - 1:00pm cancelled.

April 3, 5 & 6 | Easter Weekend. Pool Closed.

April 24 | Pool Closed from 9:15am - 1:15pm for a school program.

May 18 | Victoria Day. Pool Closed.

May 23 | Lane Swim 6:00 - 7:00am & Public Swim 1:15 - 2:15pm cancelled for a Special Event.

****Effective March 23 | Rates and Fees will be increasing for drop-in programs and memberships. Please refer to page 3 for updated rates and fees.**



NEW! Aquatic Walking

This instructor led program offering 45 minutes of dynamic aquatic walking in the shallow end, designed to build confidence and gradually progress into deep water. Aquatic walking is a fun, low-impact way to reduce joint pain while boosting balance, core strength, and overall mobility.

Mondays | 2:30 - 3:30pm