

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
6:30							
7:00	6:00am-8:30am Main Pool 3 Lane Minimum		6:00am-8:30am Main Pool 3 Lane Minimum	6:00am-9:00am Main Pool AHA *			
7:30		6:00am-10:00am Main Pool AHA *					
8:00							
8:30	8:30am - 9:30am Deep Aquafit		8:30am - 9:30am Deep Aquafit		8:30am - 9:30am Deep Aquafit	8:00am-10:00am Swimming Lessons	
9:00	8:30am-10:00am AHA**		8:30am-10:00am AHA**		8:00am-10:00am AHA Only**	9:00am-10:00am Leisure & Main 3 Lane Min FHT & AHA***	
9:30				9:00am-10:30am Leisure Swim FHT**			
10:00		10:00am-11:30am Physio Swim FHT	10:00am-12:00pm Leisure Swim FHT**				
10:30	10:00am-12:00pm Leisure Swim FHT**	10:00am-11:30am Lane Swim 8 lanes AHA	11:00am-12:30pm Swimming Lessons	10:30am-12:00pm Physio Swim FHT **			
11:00				10:30am-12:00pm Lane Swim 8 lanes AHA			
11:30		11:30am - 1:00pm Leisure Swim FHT***				10:00am-3:00pm Public Swim 2 Lane Minimum FHT & AHA***	
12:00	12:00pm-1:30pm Physio Swim FHT		12:00pm-1:30pm Physio Swim FHT*	12:00-1:00 Public Swim 3 lanes FHT & AHA***	12:00-2:00pm Main Pool 3 Lane Minimum AHA**		
12:30	12:00pm-1:30pm Lane Swim 8 lanes AHA		12:00pm-1:30pm Lane Swim 7 lanes AHA	1:00pm-2:00pm Leisure Pool FHT			
13:00				1:00-2:00pm Deep Aquafit			
13:30							
14:00							
14:30							
15:00							
15:30						3:00-4:00pm Main Pool 3 lane minimum AHA**	
16:00			1:30pm-8:00pm Public Swim 3 Lane Minimum AHA ***				
16:30	1:30pm-8:00pm Public Swim 3 Lane Minimum FHT & AHA***	1:00pm-8:00pm Public Swim 3 Lane Minimum FHT & AHA ***		2:00pm-8:00pm Public Swim 3 Lane Minimum FHT & AHA ***	2:00pm-8:00pm Public Swim 3 Lane Minimum FHT & AHA ***		
17:00			4:00pm - 7:00pm Swimming Lessons				
17:30							
18:00							
18:30							
19:00							
19:30							
20:00	8:00pm-8:30pm Main Pool - 3 Lane Minimum AHA **	8:00pm-8:30pm Main Pool 3 Lane Minimum AHA **	8:00pm-8:30pm Main Pool 3 Lane Minimum AHA **	8:00pm-8:30pm Main Pool 3 Lane Minimum AHA **	8:00pm-8:30pm Main Pool 3 Lane Minimum AHA **		
20:30							

AQUATIC CENTRE CLOSED

Please note the pool is closed August 21 - September 4 for maintenance and upgrades

\*Current Capacity is 40 swimmers maximum. \*\*Current Capacity 80 swimmers maximum. \*\*\* Current Capacity 160 swimmers maximum.  
Thank you for your understanding while we recruit and train more lifeguards.

Main Pool: An eight-lane, 25-metre pool. Also includes the adult hot tub, sauna, and steam room, all 16yrs +.  
Leisure Pool: A large wave pool containing the lazy river, tot pool, & the family hot tub.  
Physio Swim: The Physio Swim session takes place in the Leisure Pool. This session is for self-directed exercising or for external physiotherapists to work with clients.  
Public Swim: The public swim session includes the Leisure Pool, Main Pool, the waterslide and water features.  
AHA: Adult Hot Areas - (Steam Room, Sauna, Adult Hot Tub)  
FHT: Family Hot Tub

Saturday & Sunday July 8 & 9 Pool is closed

Please note that the schedule is subject to change. Please contact (604)-793-7946 for any schedule inquiries.