

Aquatics Drop-in Schedule

(July 5 – August 31, 2025)

This schedule is subject to change based on staff availability.

(Final admission is 30 minutes prior to facility closure.)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am
Swim Lessons 9:00-11:30am	Swim Lessons 9:00-11:30am	Swim Lessons 9:00-11:30am	Swim Lessons 9:00-11:30am	Swim Lessons 9:00-11:30am	Swim Lessons 9:00-11:30am	Leisure Swim & Swim Team 9:00-11:30am
Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm	Integrated Swim 11:30am-1:30pm	Leisure and Lengths ♦ 11:30am-1:30pm
Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 1:30-4:30pm	Kids Fun Swim 1:30-4:30pm

NOTE: Advanced aquatics courses will share pool space at various times Monday-Saturday.

Adult Lengths 4:30-6:30pm	Swim Lessons 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Swim Lessons 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm
Everyone Welcome 6:30-8:30pm	Adult Lengths 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Adult Lengths 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm
Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm (WITH MASTERS 8:30-9:30pm)	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm

Aquafit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep/Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow Water 7:45-8:45am
Waterworks* 11:30-12:30pm	Shallow Water 11:30-12:30pm	Waterworks* 11:30-12:30pm	Shallow Water 11:30-12:30pm	50 & Better 11:30-12:30pm		
Shallow Water 12:45-1:45pm		Shallow Water 12:45-1:45pm				

Legend:

* **Registered Class**

♦ **Families are welcome in the small pool**

All children, under seven years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

Swim Lessons: The pool and hot tub are not available as a lifeguard is not on duty. The sauna and steam room are available.

Swim Session Descriptions

NOTE: Final admission is 30 minutes prior to facility closure.

Adult Length Swim

An evening adult-only length swim with lane and leisure space available to adults aged 16 and up.

Early Bird Swim

Early morning length swimming, leisure space and drop-in aquafit classes seven days a week for a special rate. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

Everyone Welcome Swim

Featuring two waterslides, inflatable toys, rope swings, games and more. Swimmers of all ages are welcome. Length swimming space is not available.

Integrated Swim

Swimmers with disabilities are welcome to enjoy the pool free of charge. Free admission includes one person with a disability and up to two family members or friends. The pool offers an on-deck lift and specialized changing facilities. Length swimming, leisure space and the Blue Slidewinder will be available.

Please Note: During this swim, the entire pool area is open and accessible to meet the needs of integrated swim participants, and all changeroom spaces are prioritized for integrated swim participants and their changing needs until 1:30pm.

Kids Fun Swim

An action-packed swim for kids and families featuring theme days, two waterslides, inflatable toys, rope swings, games, and prizes. Swimmers of all ages are welcome. Length swimming space is not available.

Leisure and Lengths

Offers length swimming, leisure space and drop-in aquafit classes. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

Tuesday evenings from 8:30–9:30pm Drop-in Masters Swim has allotted pool space.

Masters Swim

A supervised drop-in swimming workout for swimmers of all ages. Tuesdays from 8:30–9:30pm.

Swim Lessons

Lessons are offered for all ages and abilities. The sauna and steam room are available to the public during swim lessons, but all pools, including the hot tub, are closed.

Aquafit Descriptions

50 & Better Aquafit

A mild to moderate workout designed for those aged 50 & better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

Deep Water Aquafit

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumb bells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

Shallow Water Aquafit

Get moving with 60 minutes of moderate to high energy aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve cardio strength, flexibility, and stamina.