

# Aquatics Drop-in Schedule

(June 29 – September 7, 2026)



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
<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am
<b>Swim Lessons</b> 9:00-11:30am	<b>Swim Lessons</b> 9:00-11:30am	<b>Swim Lessons</b> 9:00-11:30am	<b>Swim Lessons</b> 9:00-11:30am	<b>Swim Lessons</b> 9:00-11:30am	<b>Leisure and Lengths ♦</b> 9:00-11:30am	<b>Leisure and Lengths ♦</b> 9:00am-1:00pm (shared pool with swim club)
<b>Leisure and Lengths ♦</b> 11:30am-2:00pm	<b>Leisure and Lengths ♦</b> 11:30am-2:00pm	<b>Leisure and Lengths ♦</b> 11:30am-2:00pm	<b>Leisure and Lengths ♦</b> 11:30am-2:00pm	<b>Leisure and Lengths ♦</b> 11:30am-2:00pm	<b>Integrated Swim</b> 11:30am-1:00pm	
<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 1:15-4:30pm	<b>Kids Fun Swim</b> 1:00-4:30pm
<b>Adult Lengths</b> 4:30-6:30pm	<b>Swim Lessons</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Swim Lessons</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm
<b>Everyone Welcome</b> 6:30-8:30pm	<b>Adult Lengths</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Adult Lengths</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm
<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm

## Aquafit Schedule

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

### 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. Drop-in Deep Water aquafit classes share the pool on Monday and Wednesday evening from 6:30–7:30pm.

### 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.

### Leisure and Widths

Width swimming is available in the deep end of the main pool while aquafit takes place in the shallow end. Families are welcome to enjoy the small pool and children 12 years or younger may swim widths when accompanied by an adult.

### Masters Swim

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

### Lesson and Leisure Swim

Offers leisure space in 1 lane of main pool, leisure space in the small pool and access to hot tub, sauna & steam room. Access to the main pool is limited to 1 lane during this swim.

### 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.

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