

AQUATICS DROP-IN SCHEDULE

July 1 – August 31, 2025

Facility Impacts
July 1 (Canada Day): Closed
July 27: Closed 7:30 p.m. – 8:30 p.m.
August 4 (Heritage Day): Closed

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m. – 8:30 p.m.	6 a.m. – 9:30 p.m.	6 a.m. – 9:30 p.m.	6 a.m. – 9:30 p.m.	6 a.m. – 9:30 p.m.	6 a.m. – 9:30 p.m.	8 a.m. – 8:30 p.m.
	Fit Swim** 6 a.m. – 10 a.m.		Fit Swim** 6 a.m. – 10 a.m.		Fit Swim** 6 a.m. – 10 a.m.	
		Fit Swim 6 a.m. – 10 a.m.		Fit Swim 6 a.m. – 10 a.m.		
Fit Swim 8 a.m. – 10 a.m.	50M Pool Changeover 8 a.m. – 9 a.m.*		50M Pool Changeover 8 a.m. – 9 a.m.*		50M Pool Changeover 8 a.m. – 9 a.m.*	Fit Swim 8 a.m. – 10 a.m.
Sensory Swim 10 a.m. – 12 p.m.	Toddler Swim 10 a.m. – 1 p.m.	Sensory Swim 10 a.m. – 1 p.m.	Toddler Swim 10 a.m. – 1 p.m.	Sensory Swim 10 a.m. – 1 p.m.	Toddler Swim 10 a.m. – 12 p.m.	Toddler Swim 10 a.m. – 12 p.m.
Public Swim 12 p.m. – 8:30 p.m.	Limited Public Swim 1 p.m. – 7 p.m.		Limited Public Swim 1 p.m. – 7 p.m.			
		Limited Public Swim 1 p.m. – 9:30 p.m.		Limited Public Swim 1 p.m. – 9:30 p.m.		
	Public Swim 7 p.m. – 9:30 p.m.		Public Swim 7 p.m. – 9:30 p.m.			

* 50 Metre Competition Pool unavailable during 50M Pool Changeover times

** Long Course: 6 a.m. – 8 a.m. Monday, Wednesday and Friday

Aquatics Legend											
	25M Program Pool	50M Comp. Pool	Lane Swim	Diving Board & Dive Towers	Sauna & Steam Rooms	Flow Rider	Splash Park	Lazy River	Water-slides	Wading Pool	Hot Tubs
Public Swim	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Limited Public Swim	*	✓	✓	*	✓	✓	✓	✓	✓	✓	✓
Fit Swim	✓	✓	✓		✓			✓		✓	✓
Toddler Swim	✓	✓	✓	✓	✓		✓	✓		✓	✓
Sensory Swim	✓	✓	✓	✓	✓			✓		✓	✓

* Amenity will be impacted by programming and not guaranteed but sometimes available