

AQUATICS DROP-IN SCHEDULE

October 6 – November 30, 2025

Facility Impacts

Oct. 13 (Thanksgiving): Open 12 p.m. – 4:30 p.m.
 Oct. 24 (Dive-In Movie Night): Early Close 7 p.m.
 Nov. 11 (Remembrance Day): Open 12 p.m. – 4:30 p.m.
 Nov. 28 (Dive-In Movie Night): Early Close 7 p.m.

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.
	Long-Course Lane Swim 6 a.m. – 8 a.m.	Short-Course Lane Swim 6 a.m. – 10 a.m.	Long-Course Lane Swim 6 a.m. – 8 a.m.	Short-Course Lane Swim 6 a.m. – 10 a.m.	Long-Course Lane Swim 6 a.m. – 8 a.m.	
Short-Course Lane 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.	Short Course Lane Swim 8 a.m. – 12 p.m.
Relax & Play 10 a.m. – 12 p.m.	Relax & Play 8 a.m. – 12 p.m.		Relax & Play 8 a.m. – 12 p.m.		Relax & Play 8 a.m. – 12 p.m.	
		Sensory Swim 10 a.m. – 2 p.m.		Sensory Swim 10 a.m. – 2 p.m.		
	Fit Swim 12 p.m. – 4 p.m.		Fit Swim 12 p.m. – 4 p.m.			
		Fit Swim 2 p.m. – 4 p.m.		Fit Swim 2 p.m. – 4 p.m.		
Public Swim 12 p.m. – 8:30 p.m.					Public Swim 12 p.m. – 9:30 p.m.	Public Swim 12 p.m. – 8:30 p.m.
	Relax & Play 4 p.m. – 8 p.m.	Relax & Play 4 p.m. – 8 p.m.	Relax & Play 4 p.m. – 8 p.m.	Relax & Play 4 p.m. – 8 p.m.		
	Fit Swim 8 p.m. – 9:30 p.m.	Fit Swim 8 p.m. – 9:30 p.m.	Fit Swim 8 p.m. – 9:30 p.m.	Fit Swim 8 p.m. – 9:30 p.m.		

	25M Program Pool	50M Comp Lanes	Dive Boards & Towers	Sauna & Steam Rooms	Hot Tubs	Wading Pool	Splash Park	Flowrider	Water-slides	Lazy River
Relax & Play	✗	✓	*	✓	✓	✓	✓	Request	Closed	Closed
Fit Swim	✓	✓	*	✓	✓	✓	*	Request		
Sensory Swim	✓	✓	✓	✓	✓	✓	✗	✗		
Public Swim	✓	✓	✓	✓	✓	✓	✓	✓		
Long-Course Lane Swim	*	✓	*	✓	✓	✓	Request	✗		
Short-Course Lane Swim	*	✓	*	✓	✓	✓	Request	✗		

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

Hours are based on current availability and are subject to change | No classes on statutory holidays, for holiday hours visit cityofgp.com
 For more information, contact the Eastlink Centre team at 780-538-0300 (311) or info@cityofgp.com | Use the AccessNow dashboard to confirm real time availability of aquatics activities at <https://bit.ly/AccessNowGP> | Updated October 3 2025



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Relax & Play Swim: Unwind, splash, and enjoy a slower pace. During this swim time, the main pools are in use for programming and user groups. The hot tubs and hot rooms are open for relaxation, while the splash pad and wading pool provide a safe, fun space for little ones to play. Please note that accessible pool options are limited, as the 25m pool and lazy river are unavailable during this time.

Fit Swim: Stay active and build your routine with flexible options in the water. The 25m program pool and 50m competition pool lanes are open for lane swimming, training, or fitness-focused use. You'll also have access to the hot tubs, sauna, steam room, and wading pool for warm-up or recovery. Drop-in Aqua Fitness classes may also pop up during this time — a great way to add variety to your workout.

Sensory Swim: A calm swim time with no music or water features, creating a quieter atmosphere for those sensitive to sensory triggers.

Public Swim: Bring the whole family for water fun — jump in, play, float, and splash around! Our most family-friendly swim time, filled with laughter, splashing, and memories.

Long-Course Lane Swim: Swim the distance in 50m lanes, perfect for endurance, training, and a focused workout. After your swim, unwind in the hot tubs or hot rooms, or enjoy the wading pool for a lighter cool-down.

Short-Course Lane Swim: Get your lengths in with 25m lanes set in the competition pool. Hot rooms, hot tubs, and the wading pool are also available for relaxation or cool-down.