

**FREE Swims Friday night.**  
**Aqua Thai will remain on Tuesdays only.**  
**April 20<sup>th</sup> – April 26<sup>th</sup>, 2026**

**Monday April 20<sup>th</sup>**

|                    |                                 |
|--------------------|---------------------------------|
| Lane Swim          | 7:00-8:30am                     |
| Aquafit            | 9:35-10:30am                    |
| Adult Open Swim    | 10:30-11:30am (no lanes)        |
| Adult Lane Swim    | 12:00-1:30pm                    |
| Adult Leisure Swim | 1:30-2:30pm                     |
| Open/Lane Swim     | 6:30-7:30pm (2 lanes available) |

**Tuesday April 21<sup>st</sup>**

|                 |   |
|-----------------|---|
| Swim Lessons    | 8:55am-12:10pm Week 2                   |
| Adult Lane Swim | 12:15-1:30 pm                           |
| Aqua Thai Chi   | 12:15-1:15 pm (Warm Water Pool drop-in) |
| Swim Lessons    | 4:00-8:30pm – Week 2                    |

**Wednesday April 22<sup>nd</sup>**

|                    |   |
|--------------------|---|
| Lane Swim          | 7:00-8:30am (5 lanes for Adults, 1 lane for Youth ages 10+) |
| Aquafit            | 9:35-10:30am  |
| Adult Open Swim    | 10:30-11:30am (no lanes)                                    |
| Adult Lane Swim    | 12:00-1:30pm  |
| Adult Leisure Swim | 1:30-2:30pm   |

**Thursday April 23<sup>rd</sup>**

|                 |   |
|-----------------|---|
| Lane Swim       | 7:00-8:00am                                       |
| Leisure Swim    | 8:00-9:00am                                       |
| Baby & Me       | 9:10-10:00am (Pre-registration online, Main Pool) |
| Family Swim     | 10:30-11:30am (no lanes)                          |
| Adult Lane Swim | 12:00-1:30pm                                      |
| Aqua Tai Chi    | 12:00-1:00pm (Warm Water Pool drop-in)            |

**Friday April 24<sup>th</sup>**

|                       |                               |
|-----------------------|-------------------------------|
| Adult Lane Swim       | 7:30-8:30am                   |
| Aquafit               | 9:35-10:25am                  |
| Family Swim           | 10:30-11:30am                 |
| Adult Lane Swim       | 12:00-1:30pm                  |
| Adult Leisure Swim    | 1:30-2:30pm                   |
| <b>FREE OPEN SWIM</b> | <b>7:00-8:00pm</b> (no lanes) |

**Saturday April 25<sup>th</sup>**

|                 |                       |
|-----------------|-----------------------|
| Lessons         | 9:00-12:30 pm– Week 3 |
| Adult Lane Swim | 12:30-1:45pm          |
| Open Swim       | 2:00-3:00pm           |

**Sunday April 26<sup>th</sup>**

|                 |                      |
|-----------------|----------------------|
| Adult Lane Swim | 12:30-1:30pm         |
| Open Swim       | 1:45-2:45pm          |
| Lessons         | 3:00-6:45pm – Week 3 |

## **ADMISSION & PROGRAM DESCRIPTIONS:**

\*\*See Website for Admission Standards and most current program schedule

**(last minute changes may happen)**

[www.collingwood.ca/recreation/aquatics](http://www.collingwood.ca/recreation/aquatics)

**Lane Swim** - Main pool designated for lengths & warm-water pool for exercise. Ages 16 years+ (unless otherwise indicated on the schedule). Lane markers for "slow, medium, fast" swimmers, lanes are to be shared

**Adult Leisure Swim** - Lanes available for lengths in the main pool & open for general exercise. Both pools available. 16 years+

**Family Swim** - Designated for families (guardians/parents + child(ren)), both pools available. No adult swimming available during these times.

**Youth Swim** - Open access to both pools. Ages 10-17.

**Open Swim** - Open access to both pools. All ages may attend.

**Aquafit** - Instructed Aqua Aerobics access to both pools with music. Ages 16 years+

**Aquatherapy** - Instructed therapeutic exercises, warm water pool only. Registration is required.

**Baby & Me AquaFit:** Pre-Registration is open 3 weeks prior to the class you wish to attend. When registering, please just register the parent/guardian. Should you register but then are unable to attend, please call to withdraw so that we can register someone else. Enjoy a full body workout and some fun with your 4 months to 2-year-old child in the pool. Our welcoming, easy-going environment allows you to meet other caregivers & babies and enjoy the benefits of postnatal exercise. Each class includes cardio, core and muscular endurance while incorporating your baby through the movements. Please dress baby in an official swim diaper and bring a water bottle. We provide a floatie or lifejacket for each class. All fitness levels are welcome! Moms, dads, grandparents or other caregivers are welcome. The cost is \$5.00 per adult per class. Participants must pre-register online to secure their spot as spaces are limited.

**Low Sensory Swim** – A quieter swim time with dimmed lights, no music, and reduced capacity. Designed for individuals who have physical disabilities or are sensitive to sensory input, such as those with autism or sensory processing disorders.