

Be sure to always look for the most up to date on the website

www.collingwood.ca.

POOL SCHEDULE

March 31st to April 6th, 2025

Monday March 31st

Lane Swim	7:00-8:30 a.m.
Aquafit	9:35-10:25 a.m.
Adult Open Swim	10:30-11:30 a.m. (no lanes)
Indoor Walking on Deck	10:30-11:30 a.m.
Adult Lane Swim	12:00-1:30 p.m.
Aquatherapy	12:00-12:50 p.m. (Warm Water Pool Only, Pre-registration required)
Leisure Swim	1:30-2:30 p.m. (1 lane available for AquaFit/Exercise)
Lane Swim	6:30-7:30 p.m. (4 lanes available for ages 10+)

Tuesday April 1st

Leisure Swim	8:30-10:00 a.m. (1 lane available for AquaFit/Exercise)
Family Swim	10:00-11:30 a.m.
Adult Lane Swim	12:30-1:30 p.m.
Low Sensory Swim	5:45-6:45 p.m.
Open Swim/Lane Swim	7:00-8:00 p.m. (2 lanes available for ages 10+)

Wednesday April 2nd

Lane Swim	7:00-8:30 a.m.
Aquafit	9:35-10:25 a.m.
Adult Open Swim	10:30-11:30 a.m. (no lanes)
Indoor Walking on Deck	10:30-11:30 a.m.
Adult Lane Swim	12:00-1:30 p.m.
Aquatherapy	12:00-12:50 p.m. (Warm Water Pool Only, Pre-registration required)
Leisure Swim	1:30 – 2:30 p.m. (1 lane available for AquaFit/Exercise)
Open Swim/Lane Swim	6:35-7:30 p.m. (2 lanes available for ages 10+)

Thursday April 3rd

Lane Swim	7:00-8:30 a.m. (5 lanes for Adults, 1 lane for Youth ages 10+)
Leisure Swim	8:30-9:30 a.m. (1 lane available for AquaFit/Exercise)
Baby & Me AquaFit	9:45-10:25 a.m. (Pre-Register Online, Main Pool)
Family Swim	10:30-11:30 a.m.
Adult Lane Swim	12:00-1:30 p.m.
Leisure Swim	1:30-2:30 p.m. (3 lanes only, no AquaFit/Exercise lane available)

Friday April 4th

Lane Swim	7:30-8:30 a.m.
Aquafit	9:35-10:25 a.m.
Family Swim	10:35-11:35 a.m.
Adult Lane Swim	12:00-1:30 p.m.
Leisure Swim	1:30-2:30 p.m. (1 lane available for AquaFit/Exercise)
Indoor Walking on Deck	1:30-2:30 p.m.
FREE Open Swim	6:45-8:00 p.m.

Saturday April 5th

Lessons	9:00-12:15 p.m. – WK 8
Adult Lane Swim	12:30-1:45 p.m.
Open Swim	2:00-3:30 p.m.

Sunday April 6th

CLOSED

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

(last minute changes may happen)

www.collingwood.ca/aquatics-programs

Baby & Me AquaFit: Pre-Registration is and will open 1 week 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 parents & 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.

Coaching Hour: This program is for coaches and their athletes to get extra coaching time. Coaches are required to be on deck providing instruction during these times. Coaches may book a maximum of 2 lanes and must provide a certificate of insurance at time of booking (if not currently on file). For more information or to book, please contact the Customer Service.

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

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+