Schedule Changes This Week!

The 1:30pm Leisure Swim this Thursday is cancelled due to special programming.

Feb 5th - 11th Pool Schedule

Monday Feb 5th

 Lane Swim
 7:00-8:30am

 Aquafit
 9:35-10:25am

 Family Swim
 10:30-11:30am

Baby & Me AquaFit 10:30-11:30am (Pre-Register Online, Main Pool)

Lane Swim 12:00-1:30pm

Aquatherapy 12:00-12:50pm *Pre-registration required - FULL

Leisure Swim 1:30-3:00pm (3 lanes starting at 2:30pm)

Indoor Walking 2:00-3:00pm (on deck, indoor footwear required)

Lane Swim 6:30-7:30pm (4 lanes)

Tuesday Feb 6th

Leisure Swim 8:30-9:30am

Swim Lessons 9:30-12:15pm – Wk 5

Lane Swim 12:15-1:45pm

Leisure Swim 1:45-3:00pm (3 lanes starting at 2:30pm)

Swim Lessons 4:00-9:00pm – Wk 5

Wednesday Feb 7th

 Lane Swim
 7:00-8:30am

 Aquafit
 9:35-10:25am

 Family Swim
 10:30-11:30am

 Lane Swim
 12:00-1:30pm

Aquatherapy 12:00-12:50pm *Pre-registration required – FULL

Leisure Swim 1:30-3:00pm (4 lanes at 2:45pm)

Indoor Walking 2:00-3:00pm (on deck, indoor footwear required)

Lane Swim 6:30-7:30pm

Thursday Feb 8th

Lane Swim 7:35-8:45am

 Swim Lessons
 9:00-9:30am – Wk 5

 Leisure Swim
 10:00-11:30am

 Lane Swim
 12:00-1:30pm

Aquatherapy 12:00-12:50pm *Pre-registration required – FULL Aquatherapy 2:40-3:30pm *Pre-registration required – FULL

Friday Feb 9th

 Lane Swim
 7:00-8:30am

 Aquafit
 9:35-10:25am

 Family Swim
 10:30-11:30am

 Lane Swim
 12:00-1:30pm

Leisure Swim 1:30-2:30pm

FREE Open Swim 6:40-8:00pm

Sat Feb 10th

Swim Lessons 9:00-12:00pm – Wk 6

Lane Swim 12:15-1:15pm Open Swim 1:30-2:30pm

Sun Feb 11th

Lessons 4:00-7:15pm – Wk 6

Lane/Leisure/Aquafit - 16+ years

Baby & Me AquaFit – Guardians + Infants (4mths – 2 yrs)

Open Swim – All Ages

Family Swim – Parents & Children

**See Website for Admission Standards