

AQUATIC CENTRE & FITNESS STUDIO - April 2 to June 29, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL (including hot tub & sauna)	Adult Lanes 6:00 – 8:45 am	Adult Lanes 6:00 am – 1:00 pm	Adult Lanes 6:00 – 8:45 am	Adult Lanes 6:00 am – 1:00 pm	Adult Lanes 6:00 – 8:45 am	Adult Lanes 8:00 – 9:00 am
	AquaFit 9:00 – 9:45 am	Family Swim 9:00 – 11:00 am	AquaFit 9:00 – 9:45 am	Family Swim 9:00 – 11:00 am	AquaFit 9:00 – 9:45 am	Pool Closed for Registered Swim Lessons
	Adult Lanes 10:00 am – 1:00 pm		Adult Lanes 10:00 am – 1:00 pm		Adult Lanes 10:00 am – 1:00 pm	
	Family Swim 11:00 am – 1:00 pm	Gentle AquaFit NEW! 12:00 – 12:45 pm	Family Swim 11:00 am – 1:00 pm	Gentle AquaFit NEW! 12:00 – 12:45 pm	Family Swim 11:00 am – 1:00 pm	
	Family Swim 4:00 – 6:00 pm	Pool Closed for Registered Swim Lessons	Family Swim 4:00 – 6:00 pm	Family Swim 4:00 – 6:00 pm	Family Swim 4:00 – 6:00 pm	Public Swim 1:00 – 2:30 pm
	Public Swim 6:00 – 7:30 pm		Public Swim 6:00 – 7:30 pm	Adult Lanes 4:00 – 6:00 pm	Adult Lanes 5:00 – 6:00 pm	
					Public Swim 6:00 – 7:30 pm	
FITNESS STUDIO	6:00 am – 1:00 pm 4:00 – 7:30 pm	6:00 am – 10:00 am 12:00 – 1:00pm	6:00 am – 1:00 pm 4:00 – 7:30 pm	6:00 am – 1:00 pm 4:00 – 6:00 pm	6:00 am – 1:00 pm 4:00 – 7:30 pm	8:00 – 9:00 am 12:00 – 2:30 pm

Adult Lanes

In the main pool – lanes are available for continuous lap swimming and leisure exercising. The shallow pool is available intermittently. **16+ years of age or 13-15 years with direct adult supervision**

Family Swim

In medium and tot's pools – Caregivers swim with and directly supervise their children. The main pool is not available during this time. **Swimmers under the age of 7 must swim with an adult caregiver within arms' reach.**

AquaFit/Gentle AquaFit

In the main pool – low impact aquatic-based fitness classes. **16+ years of age or 13-15 years with direct adult supervision.**

Public Swim

Full facility public swim – 7+ years of age. **Swimmers under the age of 7 must swim with an adult caregiver within arms' reach.**