

AQUATIC SCHEDULE

June 1 - June 30, 2025

Lane Pool (25M / 4 Lanes)

OPEN SWIM: Pool Open for all patrons.

LANE SWIM: Pool for Lane Swimming for all lanes or refer to the number of lanes set up for laps: (** # Lanes)

ABILITY SWIM PROGRAM: For participants with all physical, sensory, and intellectual abilities, providing a relaxed space to build confidence, explore, and have fun. Caregivers and support persons are encouraged to join and assist as needed.

ADULT THERAPEUTIC SWIM: For adults (16+) recovering from injury and pain relief. Pool helps support recovery, improve mobility, and boost overall health. Self led swim/No instructor.

CAMPBELLFORD FACILITY HOURS

Monday - Friday 6:00am-9:00pm
Saturday 7:00am-8:00pm
Sunday 7:00am-5:00pm

No classes on holidays.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:00AM - 8:15AM
Lane Swim

6:00AM - 8:15AM
Lane Swim

6:00AM - 8:15AM
Lane Swim

6:00AM - 8:15AM
Lane Swim

6:00AM - 8:15AM
Lane Swim

7:00AM - 9:45AM
Lane Swim

7:00AM - 11:00AM
Lane Swim

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

10:00AM - 1:00PM
Workshop Lessons

11:15AM - 4:45PM
Open Swim**

10:30AM - 12:00PM
Lane Swim

10:30AM - 12:00PM
Lane Swim

10:30AM - 12:00PM
Lane Swim

10:30AM - 12:00PM
Lane Swim

10:30AM - 12:00PM
Lane Swim

1:15PM - 7:45PM
Open Swim**

2:15PM - 5:15PM
Open Swim

1:15PM - 2:00PM
AquaFit

2:15PM - 5:45PM
Open Swim

1:15PM - 2:00PM
AquaFit

2:15PM - 4:45PM
Open Swim

5:30PM - 6:15PM
AquaFit

2:15PM - 4:15PM
Open Swim

5:30PM - 6:15PM
AquaFit

2:15PM - 8:45PM
Open Swim**

5:00PM - 5:45PM
Water Bootcamp

6:30PM - 8:45PM
Open Swim**

4:30PM - 7:30PM
Workshop Lessons

6:30PM - 8:45PM
Open Swim**

6:00PM - 8:45PM
Open Swim**

7:30PM - 8:45PM
Open Swim**

**SUNNY
LIFE**  **RECREATION
& WELLNESS
CENTRE**

Schedules subject to change.

Therapy Pool

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:00AM - 8:15AM
Open Swim

6:00AM - 8:15AM
Open Swim

6:00AM - 8:15AM
Open Swim

6:00AM - 8:15AM
Open Swim

6:00AM - 8:15AM
Open Swim

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Aqua Yoga

9:30AM - 10:15AM
Gentle AquaFit

9:00AM - 11:00AM
Ability Swim

10:15AM - 11:45AM
Adult Therapy

10:15AM - 11:45AM
Adult Therapy

10:15AM - 11:45AM
Adult Therapy

10:15AM - 11:45AM
Adult Therapy

10:15AM - 11:45AM
Adult Therapy

10:00AM - 1:00PM
Workshop Lessons

12:00PM - 1:00PM
Parent & Tot Swim

12:00PM - 1:00PM
Parent & Tot Swim

12:00PM - 1:00PM
Parent & Tot Swim

12:00PM - 1:00PM
Parent & Tot Swim

12:00PM - 1:00PM
Parent & Tot Swim

11:00AM - 4:45PM
Open Swim

1:15PM - 2:00PM
Baby Bootcamp

1:00PM - 4:15PM
Open Swim

1:15PM - 2:00PM
Baby Bootcamp

1:15PM - 8:45PM
Open Swim

1:15PM - 2:00PM
Gentle AquaFit

1:15PM - 7:45PM
Open Swim**

2:15PM - 5:15PM
Open Swim

4:30PM - 7:30PM
Workshop Lessons

2:15PM - 5:15PM
Open Swim

2:15PM - 5:15PM
Open Swim

6:30PM - 8:45PM
Open Swim

7:30PM - 8:45PM
Open Swim

6:30PM - 8:45PM
Open Swim

6:30PM - 8:45PM
Open Swim

Scan QR Code
for details
& class
descriptions

