

# AQUATIC SCHEDULE

**June 28 - August 30, 2025**

*Schedules subject to change.*

## Facility Hours

Mon - Wed - Fri	7:00am-8:00pm
Tues - Thurs	6:30am-8:00pm
Saturday	6:30am-6:00pm
Sunday	9:00am-5:00pm

## Holiday Hours

June 30 & July 1 August 4	9:00AM - 5:00PM
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**\*\*No Classes on Holidays**

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

### Sunday

6:30AM - 7:30AM  
Water Power Fitness

6:30AM - 7:30AM  
Water Power Fitness

6:30AM - 7:30AM  
Water Power Fitness

7:30AM - 8:45AM  
Lane Swim

7:30AM - 8:45AM  
Lane Swim

7:30AM - 8:45AM  
Lane Swim

7:30AM - 8:45AM  
Lane Swim

7:30AM - 8:45AM  
Lane Swim

7:30AM - 12:00PM  
Lane Swim

9:00AM - 9:45AM  
AquaFit

9:00AM - 9:45AM  
AquaFit

9:00AM - 9:45AM  
AquaFit

9:00AM - 9:45AM  
AquaFit

9:00AM - 9:45AM  
AquaFit

9:00AM - 12:00PM  
Lane Swim

10:15AM - 1:15PM  
Pool Share\*\*  
w/ Lessons

10:15AM - 1:15PM  
Pool Share\*\*  
w/ Lessons

10:15AM - 1:15PM  
Pool Share\*\*  
w/ Lessons

10:15AM - 1:15PM  
Pool Share\*\*  
w/ Lessons

10:15AM - 1:30PM  
Lane Swim

12:00PM - 3:00PM  
Open Swim\*\*

11:15AM - 12:00PM  
Baby Water Bootcamp

11:15AM - 12:00PM  
Baby Water Bootcamp

11:15AM - 12:00PM  
Baby Water Bootcamp

1:30PM - 4:00PM  
Open Swim\*\*

1:30PM - 2:30PM  
Pool Rental Time

1:30PM - 5:00PM  
Open Swim\*\*

12:00PM - 4:00PM  
Open Swim\*\*

3:00PM - 4:00PM  
Pool Rental Time

1:30PM - 6:00PM  
Open Swim\*\*

4:00PM - 7:00PM  
Swim Lessons

2:30PM - 8:00PM  
Open Swim\*\*

5:00PM - 8:00PM  
Swim Lessons

1:30PM - 8:00PM  
Open Swim\*\*

4:00PM - 5:00PM  
Pool Rental Time

4:00PM - 5:00PM  
Open Swim\*\*

5:00PM - 6:00PM  
Lane Swim

6:00PM - 8:00PM  
Open Swim

7:00PM - 8:00PM  
Lane Swim

# CENTENNIAL POOL

**\*\*Join us for the Centennial Pool  
Summer Kick-off Aquafit Event  
on July 2 from 9am - 10am**

# AQUATIC SCHEDULE

**June 28 - August 30, 2025**

## SCHEDULE DESCRIPTIONS

**AQUAFIT:** An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

**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)

**POOL SHARE:** Shared Lane Swims with Baby Water Bootcamp and with Lessons during designated weeks (Jul. 7-10, 14-17, 28-31 & Aug. 5-7).

**POOL RENTAL TIME:** If pool is not rented, Open Swim will run. Pool rentals must be booked 1 week in advance.

**BABY WATER BOOTCAMP:** Must be registered as part of the Mothers of Newborns program to participate.

**WATERPOWER FITNESS:** This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

**Please check social media or call Centennial Pool for updates at 905.373.4453.**

## Centennial Pool Pricing 2025

### DAY PASSES

Family	\$15
Adult	\$7
Youth	\$5
AquaFit Class Drop-in	\$10

### ENTIRE SUMMER

Individual (under 14)	\$102
Individual (14+)	\$166
Family	\$290

### PASS PACKAGES (10 Visits)

Individual (under 14)	\$39
Individual (14+)	\$55
Family	\$132
AquaFit Class	\$100

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