

AQUATIC SCHEDULE

June 28 - September 1, 2025

Schedules subject to change.

Facility Hours

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

Holiday Hours

June 30 & July 1	9:00AM - 5:00PM
August 4	
Septemeber 1	

****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			
11:15AM - 12:00PM Baby Water Bootcamp				11:15AM - 12:00PM Baby Water Bootcamp	1:30PM - 8:00PM Open Swim**		
1:30PM - 6:00PM Open Swim**	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
	4:00PM - 7:00PM Swim Lessons	2:30PM - 8:00PM Open Swim**	5:00PM - 8:00PM Swim Lessons	4:00PM - 5:00PM Pool Rental Time			4:00PM - 5:00PM Open Swim**
6:00PM - 8:00PM Open Swim	7:00PM - 8:00PM Lane Swim					5:00PM - 6:00PM Lane Swim	

CENTENNIAL POOL

September 1 Schedule:
9am - 12pm : Lane Swim
12pm - 5pm : Open Swim

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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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