

AQUATIC SCHEDULE

November 3 - December 21, 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 THERAPY 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.

Facility Hours

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

Schedules subject to change.

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 - 8:45AM
Lane Swim

7:00AM - 8:45AM
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

10:30AM - 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**

11:00AM - 4:45PM
Open Swim**

1:00PM - 5:15PM
Open Swim**

1:15PM - 2:00PM
AquaFit

1:00PM - 5:15PM
Open Swim**

1:15PM - 2:00PM
AquaFit

1:00PM - 4:45PM
Open Swim**

5:30PM - 6:15PM
AquaFit

2:15PM - 4:15PM
Open Swim**

5:30PM - 6:15PM
AquaFit

2:15PM - 4:15PM
Open Swim**

5:00PM - 5:45PM
Water Bootcamp

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

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

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

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

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

SUNNY LIFE RECREATION & WELLNESS CENTRE

Therapy Pool

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

8:00AM - 8:45AM
Ability Swim

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
AquaYoga

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

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

11:00AM - 4:45PM
Open 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

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

1:15PM - 2:00PM
Baby Bootcamp

1:15PM - 4:15PM
Open Swim**

1:15PM - 2:00PM
Gentle AquaFit

1:15PM - 4:15PM
Open Swim**

1:15PM - 2:00PM
Gentle AquaFit

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

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

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

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

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

Scan QR Code for details & class descriptions

