

AQUATIC SCHEDULE

November 3 - December 21, 2025
Schedules subject to change.

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 (Baby WBC), Parent & Tot Swim, Swim Team or Open Swim.

 UNDERWATER HOCKEY: A non-contact pool sport where players dive to get sticks on the puck & score on the opposing team's net.

 SENSORY SWIM: Enjoy a serene all-ages open swim with no music & natural lighting to boost energy inputs and body awareness.

 AQUA CLASSES / WATER POWER FITNESS: Please refer to our Group Fitness Schedule for descriptions.

Facility Hours

Monday-Friday	5:00AM - 9:30PM
Saturday	6:00AM - 7:00PM
Sunday	7:00AM - 6:00PM

For Group Class Descriptions
 please see our Group Fitness
 webpage here:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 8:15AM Lane Swim	5:15AM - 6:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 6:15AM Lane Swim	5:15AM - 8:45AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	
8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		7:30AM - 8:45AM Lane Swim	7:00AM - 9:00AM Lane Swim
9:30AM - 10:15AM AquaFit	7:30AM - 8:45AM Lane Swim	8:30AM - 9:15AM AquaFit	7:30AM - 8:45AM Lane Swim	9:00AM - 9:45AM Aqua Groove	9:00AM - 1:00PM Swim Lessons	9:00AM - 9:45AM Sensory Swim
10:30AM - 11:15AM Lane Swim	9:00AM - 9:45AM AquaFit	9:30AM - 10:15AM Aqua Bootcamp	9:00AM - 9:45AM AquaFit	10:00AM - 1:00PM Pool Share**(Parent & Tot)		10:00AM - 1:00PM Pool Share*** (Swim Lessons)
11:15AM - 12:00PM Pool Share**(Baby WBC)	10:00AM - 1:00PM Pool Share** (Parent & Tot)	10:30AM - 11:15AM Lane Swim	10:00AM - 1:00PM Pool Share**(Parent & Tot)	1:00PM - 8:00PM Open Swim**		
12:00PM - 1:00PM Lane Swim	11:15AM - 12:00PM Pool Share**(Baby WBC)	11:15AM - 12:00PM Pool Share**(Home Zone)	10:30AM - 11:15AM Pool Share**(Home Zone)	1:00PM - 8:00PM Open Swim**	9:00AM - 1:00PM Swim Lessons	1:00PM - 6:00PM Open Swim**
1:00PM - 5:30PM Open Swim**	1:00PM - 1:45PM AquaFit	12:00PM - 1:00PM Lane Swim	1:00PM - 3:00PM Open Swim**		1:00PM - 7:00PM Open Swim**	
	2:00PM - 3:00PM Open Swim**	1:00PM - 4:15PM Open Swim**	3:00PM - 4:00PM Pool Share*** (Swim Team)			
5:45PM - 6:15PM Aqua HIIT 30	3:00PM - 4:00PM Pool Share**(Swim Team)					
6:30PM - 8:00PM Open Swim**	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons			
8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim	COBOURG POOL	