

AQUATIC SCHEDULE

January 5 - March 15, 2026

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

Holiday Hours (No Classes)

Monday, Feb. 16	7:00AM - 5:00PM
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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	7:00AM - 9:00AM Lane Swim
8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness	8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness		7:30AM - 8:45AM Lane Swim	
9:30AM - 10:15AM AquaFit	7:30AM - 8:45AM Lane Swim	9:30AM - 10:15AM Aqua Bootcamp	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	10:30AM - 11:15AM Lane Swim	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)	11:15AM - 12:00PM Pool Share**(Baby WBC)	10:00AM - 1:00PM Pool Share**(Parent & Tot)			
12:00PM - 1:00PM Lane Swim	1:00PM - 1:45PM AquaFit	12:00PM - 1:00PM Lane Swim	10:30AM - 11:15AM Pool Share**(Home Zone)	1:00PM - 5:30PM Open Swim**	1:00PM - 7:00PM Open Swim**	1:00PM - 6:00PM Open Swim**
1:00PM - 5:30PM Open Swim**	2:00PM - 3:00PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:00PM - 3:00PM Open Swim**			
5:45PM - 6:15PM Aqua HIIT 30	3:00PM - 4:00PM Pool Share**(Swim Team)	4:30PM - 8:00PM Swim Lessons	3:00PM - 4:00PM Pool Share*** (Swim Team)	5:45PM - 6:30PM Aqua Fit	COBOURG POOL	
	4:30PM - 8:00PM Swim Lessons		4:30PM - 8:00PM Swim Lessons	6:45PM - 8:00PM Open Swim**		
6:30PM - 8:00PM Open Swim**	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim		
8:00PM - 9:15PM Underwater Hockey						