

September 8 - October 11, 2026

50 Seymour Quarry Road, Campbellford, ON

Facility Hours

Monday-Friday	6:00 AM - 9:00 PM
Saturday	7:00 AM - 8:00 PM
Sunday	7:00 AM - 5:00 PM
Holiday Hours (No Classes)	7:00 AM - 5:00 PM Sept. 7 Oct. 12

Play Centre Child Minding

Monday-Friday	9:00 AM - 11:00 AM
Thursday	5:00 PM - 7:00 PM

(Provided for a small fee per hour)

SUNNY LIFE RECREATION & WELLNESS CENTRE

Scan for details:



LANE POOL
(25M / 4 LANES)

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 - 9:00AM 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	9:00AM - 1:00PM Swim Lessons	
1:00PM - 8:45PM Open Swim**	1:15PM - 4:15PM Open Swim**	1:00PM - 2:00PM Open Swim**	1:15PM - 4:15PM Open Swim**	1:15PM - 2:00PM AquaFit	11:00AM - 11:45AM AquaFit (open to 55yr+)	9:15AM - 4:45PM Open Swim**
		2:15PM - 3:00PM AquaFit (open to 55yr+)				
	4:30PM - 8:00PM Swim Lessons	3:15PM - 5:15PM Open Swim**	4:30PM - 8:00PM Swim Lessons		1:00PM - 7:45PM Open Swim**	
		5:30PM - 6:15PM AquaFit		2:15PM - 8:45PM Open Swim**		
	8:15PM - 8:45PM Open Swim**	6:30PM - 8:45PM Open Swim**	8:15PM - 8:45PM Open Swim**			

★ **AquaFit Class open to the public,**
age 55 yrs.+ at no charge. Funded by
the Government of Ontario.

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 - 9:00AM 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 Gentle Aqua Fit/Yoga	9:00AM - 1:00PM Swim Lessons	9:15AM - 11:00AM Open Swim**
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	1:00PM - 2:00PM Birthday Party Time Slot <i>If no party scheduled, Open Swim starts 1:15pm</i>	11:00AM - 12:00PM Birthday Party Time Slot <i>If no party scheduled, Open Swim starts 11:15am</i>
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	12:15PM - 1:00PM Baby Water Bootcamp*		
1:15PM - 2:00PM Baby Water Bootcamp*	1:00PM - 4:15PM Open Swim**	1:15PM - 2:00PM Gentle AquaFit	1:00PM - 4:15PM Open Swim**		2:15PM - 7:45PM Open Swim**	12:15PM - 4:45PM Open Swim**
2:15PM - 8:45PM Open Swim**	4:30PM - 8:00PM Swim Lessons	2:15PM - 8:45PM Open Swim**	4:30PM - 8:00PM Swim Lessons	1:15PM - 8:45PM Open Swim**		
	8:15PM - 8:45PM Open Swim**		8:15PM - 8:45PM Open Swim**			

*Registered in Mother's of Newborns Program
Schedules are subject to change.

OPEN SWIM: Pool Open for all patrons.

LANE SWIM: All of pool for laps or refer to the no. of lanes set up for laps: (** # Lanes)

ABILITY SWIM: For those with all physical, sensory, and intellectual abilities + caregivers

ADULT THERAPY SWIM: For adults (16+) recovering from injury and pain relief.