

Pool and Aquatic Programs Schedule

August 24 – September 6, 2026

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun: 08:00 – 16:00

Lane Swim | ① - Denotes number of lanes available

Open Swim | ● - Small pool only ●● - Main pool, small pool, and lazy river

MON, AUG 24	TUE, AUG 25	WED, AUG 26	THU, AUG 27	FRI, AUG 28	SAT, AUG 29	SUN, AUG 30
06:45 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 10:00 ④●	06:45 – 08:45 ④●	08:15 – 12:00 ④●	08:15 – 10:00 ④●
10:00 – 11:00 ④●	10:00 – 11:00 ④●	10:00 – 11:00 ④●	12:00 – 13:00 ④●	10:00 – 11:30 ④●	12:00 – 15:45 ②●●	10:45 – 15:45 ②●●
11:30-13:00 ④●	11:30 – 13:00 ④●	11:30-13:00 ④●	16:00-17:30 ②●●	11:30-13:00 ④●		
16:00 – 19:00 ②●●	16:00 – 19:15 ②●●	16:00 – 19:00 ②●●	18:30-20:45 ④●	16:00-18:30 ②●●		
19:00 – 20:45 ④●		19:00-20:45 ④●		18:30-19:45 ④●		

MON, AUG 31	TUE, SEP 1	WED, SEP 2	THU, SEP 3	FRI, SEP 4	SAT, SEP 5	SUN, SEP 6
06:45 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 10:00 ④●	06:45 – 08:45 ④●	08:15 – 12:00 ④●	08:15 – 12:00 ④●
10:00 – 11:00 ④●	10:00 – 11:00 ④●	10:00-11:00 ④●	10:30 – 13:00 ④●	10:00 – 11:30 ④●	12:00 – 15:45 ②●●	12:00 – 15:45 ②●●
11:30-13:00 ④●	11:30 – 13:00 ④●	11:30-13:00 ④●	16:00-17:30 ②●●	11:30-13:00 ④●		
16:00 – 19:00 ②●●	16:00-19:00 ②●●	16:00 – 19:00 ②●●	18:30-20:45 ④●	16:00-18:30 ②●●		
19:00-20:45 ④●	19:00-20:45 ④●	19:00-20:45 ④●		18:30-19:45 ④●		

Aqua Fitness | August 24 – September 4 (No class on September 6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 – 09:45 AquaFit	09:00-09:45 AquaFit	09:00-09:45 AquaFit	17:30 – 18:15 AquaFit	09:00 – 09:45 AquaFit		10:00 – 10:45 AquaFit

Schedule is subject to change

★ Swimming lessons are not included in memberships. Members are eligible for priority registration, reduced rates, and financial assistance.

POOL RULES

- Our lifeguards are here for your safety. Please obey their instructions.
- Three whistle blasts means clear the pool. One short whistle blast means the lifeguard needs your attention. One long whistle blast means there is a serious situation occurring.
- Please shower before entering the pool area.
- Everyone must remove shoes before entering the shower or pool areas.
- Proper attire must be worn in the pool (no undergarments, disposable or cloth diapers).

- Any person infected with a communicable disease or open sores may not enter the pool area.
- No food, drink, chewing gum or glass containers are permitted in the pool area.
- Polluting the water in any way is prohibited (spitting, spouting of water, blowing nose, etc.).
- For safety reasons, please walk in the pool area.
- Diving is not permitted in the shallow end.
- No inappropriate language or boisterous behaviour is permitted in the pool area.
- Ensure that your activity allows others to enjoy theirs.

AQUATIC ADMISSION STANDARDS AND WRISTBAND PROCEDURE

For increased safety in our aquatic facilities, **all swimmers between the ages of 7-11, who wish to swim in the deep end, must complete a brief swim test prior to entering the deep end.**

The swim test includes swimming 1 length of the pool uninterrupted and treading water for 30 seconds.

Children that successfully complete the test will be given a green wristband to wear while in the pool. **Only those children with a green wristband are allowed to swim in the deep end.**

To learn more about our aquatic admissions standards and the wristband procedure, please speak with any member of our Aquatics or Membership staff.

AGES: 0Y-6Y

Children 0Y-6Y **must be accompanied in the water by a parent/guardian over the age of 16** who remains within arms' reach and in the water at all times.

Parent/guardian to child ratio is 1:2



AGES: 7Y-11Y

Children 7Y-11Y **who do not successfully complete the swim test** may swim in the small pool or shallow end of the main pool with a parent/guardian over the age of 16 who remains in the water and within arms' reach at all times.

Parent/guardian to child ratio is 1:4



AGES: 7Y-11Y

Children 7Y-11Y **who successfully complete the swim test** may access any area of the pool and will be provided with a green wristband.

A parent/guardian 16 years of age or older must remain on the pool deck.

Parent/guardian to child ratio is 1:8

