



POOL SCHEDULE

Effective: 24th February – 26th April 2020

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Exercise

Small Pool

Monday 9:00am-10:00am
Monday 7:30pm-8:30pm
Tuesday 9:00am-10:00am
Wednesday 9:30am-10:30am
Wednesday 7:30pm-8:30pm
Thursday 10:30am-11:30am
Thursday 7:30pm-8:30pm
Sunday 9:00am-10:00am

Aqua Zumba

Small Pool

Tuesday 7:30pm-8:30pm
Friday 9:00am-10:00am

Stretch and Strength

Small Pool

Thursday 9:00am-10:00am

Aqua Boot Camp

Small Pool

Monday 12:00pm-1:00pm
Wednesday 12:00pm-1:00pm
Thursday 6:30pm-7:30pm

Large Pool

Friday 12:00pm-1:00pm

Active Older Adult (AOA) Water EX

Small Pool

Monday 11:00am-11:30am
Wednesday 11:00am-11:30am

NEW! Calm Waters

Are you looking to swim at a quieter time of day? Our new Calm Waters hours are here for you! Calm Waters hours denote where there are no youth swim lessons or family swimmers in the large pool. This is a great time to stop by for a quieter, calmer swim.

Monday 6:00am-10:00am
Monday 11:00am-4:00pm
Monday 7:30pm-11:00pm
Tuesday 6:00am-10:00am
Tuesday 1:00pm-4:00pm
Tuesday 9:30pm-11:00pm
Wednesday 6:00am-9:00am
Wednesday 11:30am-4:00pm
Wednesday 9:30pm-11:00pm
Thursday 6:00am-10:00am
Thursday 11:30am-4:00pm
Thursday 8:30pm-11:00pm
Friday 6:00am-10:00am
Friday 1:00pm-4:00pm
Friday 8:30pm-11:00pm
Saturday 6:00am-7:30am
Saturday 7:15pm-9:00pm
Sunday 6:00am-7:00am
Sunday 8:45am-10:00am
Sunday 5:30pm-9:00pm

Adult Lap Swim

Monday 6:00am-11:00pm
Tuesday 6:00am-11:00pm
Wednesday 6:00am-11:00pm
Thursday 6:00am-11:00pm
Friday 6:00am-11:00pm
Saturday 6:00am-9:00pm
Sunday 6:00am-9:00pm

Please Note:

Teens may swim laps between 3:00pm and 8:00pm weekdays and all day on weekends.

Adult Free Swim

Small Pool

Monday 7:30am-9:00am
Monday 11:30am-12:00pm
Monday 1:00pm-3:30pm
Tuesday 7:30am-9:00am
Tuesday 1:00pm-3:30pm
Wednesday 7:30am-9:00am
Wednesday 10:30am-11:00am
Wednesday 11:30am-12:00pm
Wednesday 1:00pm-3:30pm
Thursday 7:30am-9:00am
Thursday 10:00am-10:30am
Thursday 11:30am-12:00pm
Friday 7:30am-9:00am
Friday 1:00pm-3:30pm
Saturday 7:15pm-9:00pm
Sunday 7:30am-9:00am
Sunday 7:00pm-9:00pm

Large Pool

Monday 9:00am-11:30am
Monday 12:00pm-1:00pm
Monday 7:30pm-8:30pm
Tuesday 9:00am-1:00pm
Wednesday 9:00am-10:30am
Wednesday 11:00am-11:30am
Wednesday 12:00pm-1:00pm
Thursday 9:00am-10:00am
Thursday 10:30am-11:30am
Thursday 12:00pm-1:00pm
Thursday 7:30pm-8:30pm
Friday 9:00am-1:00pm
Saturday 5:45pm-7:15pm
Sunday 9:00am-10:00am
Sunday 11:30am-1:00pm
Sunday 5:30pm-7:00pm

NEW! Find Family Swim times on our Free Family Programs Schedule!

Updated: 28th January 2020