

Spring 2024

In effect Apr. 1 - Jun. 30

City Centre Aquatic Complex

# Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main Pool</b>						
<b>Length Swim</b> 7 - 11 a.m. (4 Lanes 25m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 8:30 a.m. (4 Lanes 50m)	<b>Length Swim</b> 5:30 - 9 a.m. (4 Lanes 25m)
<b>Closed</b> 11 - 11:30 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 8:30 - 9 a.m. (No Lanes)	<b>Closed</b> 9 - 9:30 a.m. (No Lanes)
<b>Length Swim</b> 11:30 a.m. - 5:30 p.m. (2 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 3:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 3:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9 a.m. - 12:30 p.m. (5 Lanes 25m)	<b>Length Swim</b> 9:30 a.m. - 12 p.m. (2 Lanes 25m)
<b>Closed</b> 5:30 - 6 p.m. (No Lanes)	<b>Length Swim</b> 12:30 - 3:30 p.m. (3 Lanes 25m)	<b>Length Swim</b> 3:30 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12:30 - 3:30 p.m. (3 Lanes 25m)	<b>Length Swim</b> 3:30 - 7:45 p.m. (2 Lanes 25m)	<b>Length Swim</b> 12:30 - 3:30 p.m. (3 Lanes 25m)	<b>Length Swim</b> 12 - 5:30 p.m. (2 Lanes 25m)
<b>Length Swim</b> 6 p.m. - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 3:30 - 8:45 p.m. (2 Lanes 25m)	<b>Closed</b> 7:45 - 8:15 p.m. (No Lanes)	<b>Length Swim</b> 3:30 - 8:45 p.m. (2 Lanes 25m)	<b>Closed</b> 7:45 - 8:15 p.m. (No Lanes)	<b>Length Swim</b> 3:30 - 8:45 p.m. (2 Lanes 25m)	<b>Closed</b> 5:30 - 6 p.m. (No Lanes)
	<b>Closed</b> 8:45 - 9:15 p.m. (No Lanes)	<b>Length Swim</b> 8:15 - 9:15 p.m. (3 Lanes 25m)	<b>Closed</b> 8:45 - 9:15 p.m. (No Lanes)	<b>Length Swim</b> 8:15 - 9:15 p.m. (3 Lanes 25m)	<b>Closed</b> 8:45 - 9:15 p.m. (No Lanes)	<b>Length Swim</b> 6 - 10:30 p.m. (6 Lanes 25m)
	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	<b>Length Swim</b> 9:15 - 10:30 p.m. (6 Lanes 25m)	
	<b>Stroke Correction Drop In</b> 9:30 - 10:15 p.m. \$2 admission		<b>Stroke Correction Drop In</b> 9:30 - 10:15 p.m. \$2 admission			

Facility Hours: Sun 7 a.m. - 10:30 p.m. Mon to Sat 5:30 a.m. - 10:30 p.m.

Schedule subject to change without notice.

## Special Swims

**Little Dippers  
Adult & Tot Swim**  
10:30 - 11:30 a.m.  
Tue/Thur \$1.00/person

**Toonie Swim**  
9:30 - 10:30 p.m.

**Family Swim**  
6:30 - 9:30 p.m.  
Saturday \$3.29/person

**Women's Only Swim**  
8-10 a.m.  
April 1 & May 20

**STAT Holiday Hours**  
10:30 a.m. - 10:30 p.m.

**Diving Boards:**  
Saturday 11 a.m. - 5:30 p.m.

**Diving Boards & WIBIT Rotate:**  
Sunday 2 - 5:30 p.m.

**Waves & Slide Rotate:**  
Daily 10:30 a.m. - 8:30 p.m.

**Tournament Dates:**  
April 27-28  
May 17-19  
June 22  
Watch for schedule updates

For the most up-to-date schedule



Last updated Mar. 26, 2024

# Aqua Fit Schedule

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

## Aqua Fit - Leisure Pool

	<b>Gentle Fit</b> 8:15 - 9:15 a.m.					

## Aqua Fit - Main Pool

<b>Deep Fit</b> 9:30 - 10:30 a.m.	<b>Aqua Zumba</b> 9:45 - 10:45 a.m.	<b>Deep Fit</b> 9:45 - 10:45 a.m.	<b>Aqua Fit Plus</b> 9:45 - 10:45 a.m.	<b>Deep Fit</b> 9:45 - 10:45 a.m.	<b>Aqua Zumba</b> 9:45 - 10:45 a.m.	<b>*Aqua Mats</b> 10:00 - 10:45 a.m.
	<b>Deep Fit</b> 11:45 a.m. - 12:45 p.m.	<b>Shallow Fit</b> 11:45a.m. - 12:45p.m.	<b>Deep Fit</b> 11:45 a.m. - 12:45 p.m.	<b>Shallow Fit</b> 11:45 a.m. - 12:45 p.m.	<b>Water Running</b> 11:45 a.m. - 12:45 p.m.	
	<b>Shallow Fit</b> 1 - 2 p.m.	<b>Water Running</b> 1 - 2 p.m.	<b>Shallow Fit</b> 1 - 2 p.m.	<b>Deep Fit</b> 1 - 2 p.m.	<b>Shallow Fit</b> 1 - 2 p.m.	
	<b>Aqua Fit Plus</b> 7:45 - 8:45 p.m.		<b>Aqua Boot Camp</b> 7:45 - 8:45 p.m.		<b>Aqua Zumba</b> 7:45 - 8:45 p.m.	

AquaFit Schedule on STAT holidays: Shallow Fit 1-2 p.m. & 7:45-8:45 p.m.; \*Pre-Registered Drop In; Schedule subject to change