



MONDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-12:00PM	12:00PM-4:30PM	4:30PM - 6:30PM	6:30PM-8:30PM	8:30PM		
	1 Leisure Swim			Leisure Swim	Leisure Swim	Family Rec Swim				
	2									
	3									
	4 Adult Lane Swim	Aquafit	Aquafit	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Water polo	Pool Closed		
	5									
	6									
TUESDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-4:30PM	4:30PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM		
	1 Leisure Swim			Leisure Swim	Family Rec Swim		Leisure Swim			
	2									
	3									
	4 Adult Lane Swim	Aquafit	Aquafit	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Water polo	Adult Lane Swim	Pool Closed		
	5									
	6									
WEDNESDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-4:30PM	4:30PM-6:30PM	6:30PM-8:30PM	8:30PM-9:30PM	9:30PM		
	1 Leisure Swim			Leisure Swim	Family Rec Swim		Leisure Swim			
	2									
	3									
	4 Adult Lane Swim	Aquafit	Aquafit	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Water polo	Adult Lane Swim	Pool Closed		
	5									
	6									
THURSDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM - 4:30PM	4:30PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM		
	1 Leisure Swim			Leisure Swim	Family Rec Swim		Leisure Swim			
	2									
	3									
	4 Adult Lane Swim	Aquafit	Aquafit	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Water polo	Adult Lane Swim	Pool Closed		
	5									
	6									
FRIDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM - 4:15PM	4:15PM - 6:00PM	7:30PM-8:30PM	8:30PM			
	1 Leisure Swim			Leisure Swim	Family Rec Swim	Program				
	2									
	3									
	4 Adult Lane Swim	Aquafit	Aquafit	Lane Swim (12yrs+)	Lane Swim (12yrs+)	Lane Swim (12yrs+)		Pool Closed		
	5									
	6									
SATURDAY	7:30AM - 9:00AM	9:00AM - 7:00PM						7:00PM		
	1		Recreational Swim							
	2									
	3									
	4									
	5									
	6									
SUNDAY	7:30AM - 8:05AM	8:05AM - 8:55AM	9:00AM - 7:00PM						7:00PM	
	1			Recreational Swim						
	2									
	3									
	4									
	5									
	6									

- Lane Swim
- Programs
- Leisure/Rec Swim (12yrs +)
- Family Swim
- Aquafit/GroupEx

Please note that there will be some changes to the pool schedule over the winter break for special events, staff trainings and leadership courses. Please double check the website for accurate bookings between December 22-January 11

For inquiries contact:
aquatics@srcentre.ca
www.srcentre.ca/aquatics

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