

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

MONDAY	Right	6:00AM - 4:00PM	4:00PM-8:00PM	8:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
TUESDAY	Right	6:00AM - 4:00PM	4:00PM-8:00PM	8:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
WEDNESDAY	Right	6:00AM - 4:00PM	4:00PM-8:00PM	8:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
THURSDAY	Right	6:00AM - 4:00PM	4:00PM-8:00PM	8:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
FRIDAY	Right	6:00AM - 4:00PM	4:00PM-8:00PM	8:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
SATURDAY	Right	7:30AM-12:00PM	12:00PM-7:00PM	7:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed
SUNDAY	Right	7:30AM-12:00PM	12:00PM-7:00PM	7:00PM
	Left	Leisure Swim	Family Leisure Swim	Pool Closed