



MONDAY	6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-4:15PM			4:15PM-6:30PM	6:30PM-7:00PM	7:00PM-8:30PM	8:30PM								
	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim			Programs: Swim Lessons	Programs: Swim Lessons								
	2	Adult Lane Swim					Adult Lane Swim			Programs: Waterpolo								
	3	Lane Swim																
	4	Lane Swim																
	5	Programs: Waterpolo																
	6	Programs: Waterpolo																
		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-3:00PM	3:00PM-4:00PM	4:00PM-5:00PM	5:00PM-7:15PM	7:15PM-8:30PM	8:30PM-9:30PM	9:30PM							
TUESDAY	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Leisure Swim	Pool Closed							
	2	Adult Lane Swim				Lane Swim	Lane Swim	Programs: Waterpolo										
	3	Lane Swim																
	4	Programs: Waterpolo																
	5	Programs: Waterpolo																
	6	Programs: Waterpolo																
WEDNESDAY	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Waterpolo	Adult Lane Swim	Pool Closed							
	2	Adult Lane Swim				Lane Swim												
	3	Programs: Waterpolo																
	4	Programs: Waterpolo																
	5	Programs: Waterpolo																
	6	Programs: Waterpolo																
THURSDAY	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed							
	2	Adult Lane Swim				Lane Swim	Lane Swim	Programs: Waterpolo										
	3	Lane Swim																
	4	Programs: Waterpolo																
	5	Programs: Waterpolo																
	6	Programs: Waterpolo																
FRIDAY	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed							
	2	Adult Lane Swim				Lane Swim	Lane Swim	Programs: Waterpolo										
	3	Lane Swim																
	4	Lane Swim																
	5	Lane Swim																
	6	Programs: Leadership																
SATURDAY	1	7:30AM-8:30AM	8:30AM-9:30AM	9:30AM-10:30AM	10:30AM-11:30AM	11:00AM - 5:00PM	5:00PM-6:30PM	6:30PM-7:30PM	7:30PM-8:30PM	8:30PM	Pool Closed							
	2	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Leisure Swim	Programs: Junior Lifeguard Club	Lane Swim	Programs									
	3	Adult Lane Swim																
	4	Lane Swim																
	5	Lane Swim																
	6	Programs: Leadership																
SUNDAY	1	7:30AM - 9:00AM	9:00AM-10:00AM	10:00AM-1:00PM	1:00PM-2:30PM	2:30PM-4:30PM	4:30PM-7:00PM	7:00PM	Pool Closed	Pool Closed								
	2	Adult Lane Swim	Aquafit	Aquafit	Programs: Swim Lessons and Inclusion			Leisure Swim										
	3				Programs: Junior Lifeguard Club	Family Rec Swim												
	4																	
	5																	
	6																	

- Lane Swim
- Programs
- Leisure/Rec Swim
- Family Swim
- Aquafit/GroupEx

Please note that there may be some changes to the pool schedule. Please double check the website and the JCC app for any pool updates

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



MONDAY		8:00AM - 4:30PM		4:30PM-7:00PM		7:00PM-8:00PM		8:00PM			
	Right	Leisure Swim		Family Leisure Swim		Family Leisure Swim	Pool Closed				
	Left			Programs: Swim Lessons							
TUESDAY		8:00AM - 4:00PM		4:00PM-7:15PM		7:15PM-8:00PM		8:00PM			
	Right	Leisure Swim		Family Leisure Swim		Family Leisure Swim	Pool Closed				
	Left			Programs: Swim Lessons							
WEDNESDAY		8:00AM - 4:30PM		4:30PM-7:00PM		7:00PM-8:00PM		8:00PM			
	Right	Leisure Swim		Family Leisure Swim		Family Leisure Swim	Pool Closed				
	Left			Programs: Swim Lessons							
THURSDAY		8:00AM-10:30AM	10:30AM-11:30AM	11:30AM-1:00PM	1:00PM-4:30PM	4:30PM-7:15PM	7:15PM-8:00PM	8:00PM			
	Right	Leisure Swim	Programs: Daycare Swim Lessons	Leisure Swim	Leisure Swim	Family Leisure Swim	Family Leisure Swim	Pool Closed			
	Left			Programs: Waterbabies		Programs: Swim Lessons					
FRIDAY		8:00AM-9:30AM		9:30AM-12:30PM		12:30PM-4:00PM		4:00PM-8:00PM			
	Right	Leisure Swim		Programs: Daycare		Leisure Swim		Family Leisure Swim			
	Left			Leisure Swim				Pool Closed			
SATURDAY		7:30AM-9:30AM		9:30AM-12:30PM		12:30PM-7:00PM		7:00PM			
	Right	Leisure Swim		Leisure Swim		Family Leisure Swim		Pool Closed			
	Left			Programs: Swim Lessons							
				Programs: Waterbabies							
SUNDAY		7:30AM-10:00AM		10:00AM-1:00PM		1:00PM-7:00PM		7:00PM			
	Right	Leisure Swim		Leisure Swim		Family Leisure Swim		Pool Closed			
	Left			Programs: Swim Lessons							
				Programs: Waterbabies							

- Lane Swim
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