

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	Aquafit	Aquafit	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Waterpolo	Pool Closed		
	2	Adult Lane Swim			Adult Lane Swim					Lane Swim	Programs: Waterpolo
	3										
	4										
	5										
6											
TUESDAY		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
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Waterpolo	Leisure Swim	Pool Closed
	2	Adult Lane Swim			Adult Lane Swim	Lane Swim	Lane Swim	Programs: Swim Development		Adult Lane Swim	
	3										
	4										
	5										
6											
WEDNESDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-4:00PM	4:00PM-6:30PM	6:30PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM	
	1	Leisure 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			Adult Lane Swim	Lane Swim	Programs: Waterpolo				Programs: Master Swim
	3										
	4										
	5										
6											
THURSDAY		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
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Waterpolo	Leisure Swim	Pool Closed
	2	Adult Lane Swim			Adult Lane Swim	Lane Swim	Lane Swim	Programs: Swim Development		Adult Lane Swim	
	3										
	4										
	5										
6											
FRIDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM - 5:00PM		5:00PM-6:30PM	6:30PM-7:30PM	7:30PM-8:30PM	8:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim		Programs: Junior Lifeguard Club	Lane Swim	Programs	Pool Closed	
	2	Adult Lane Swim			Adult Lane Swim	Lane Swim	Programs: Leadership				
	3										
	4										
	5										
6											
SATURDAY		7:30AM-8:30AM	8:30AM-9:30AM	9:30AM-10:30AM	10:30AM-11:30AM	11:30AM-12:30PM	12:30PM-1:30PM	1:30PM-7:00PM	7:00PM		
	1	Adult Lane Swim	Aquafit	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Swim Development	Programs: Leadership	Pool Closed		
	2										
	3										
	4		Lane Swim	Lane Swim	Programs: Swim and Play Ball	Programs: Swim Development	Lane Swim	Lane Swim			
	5										
6											
SUNDAY		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			
	1	Adult Lane Swim	Aquafit	Programs: Swim Lessons and Inclusion	Programs: Junior Lifeguard Club	Family Rec Swim	Leisure Swim	Pool Closed			
	2										
	3										
	4			Lane Swim	Lane Swim	Adult Lane Swim					
	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		8:00PM
	Right	Leisure Swim	Programs: Daycare		Leisure Swim	Family Leisure Swim	Pool Closed			
	Left		Leisure Swim							
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
- Programs
- Leisure/Rec Swim
- Family Swim
- AquaFit/GroupEx

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