



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

- 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

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aquatics@srcentre.ca
www.srcentre.ca/aquatics

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

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