



| 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 | | | Leisure Swim | | | | |
| | 2 | Adult Lane Swim | AquaFit | AquaFit | Adult Lane Swim | Programs: Swim Lessons | Programs: Swim Lessons | Programs: Waterpolo | Pool Closed |
| | 3 | | | | | | | | |
| | 4 | | | | | | | | |
| | 5 | | | | | Lane Swim | Programs: Waterpolo | | |
| | 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 | | | Leisure Swim | UMCA | Programs: Swim Lessons and Inclusion | Programs: Swim Lessons and Inclusion | Programs: Waterpolo | Leisure Swim | Pool Closed | | |
| | 2 | Adult Lane Swim | AquaFit | AquaFit | 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 | | | Leisure Swim | Programs: Swim Lessons and Inclusion | Programs: Swim Lessons and Inclusion | Programs: Waterpolo | Adult Lane Swim | Pool Closed | | |
| | 2 | Adult Lane Swim | AquaFit | AquaFit | Adult Lane Swim | Lane Swim | Programs: Waterpolo | | | | | |
| | 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 | | | Leisure Swim | UMCA | Programs: Swim Lessons | Programs: Swim Lessons | Programs: Waterpolo | Adult Lane Swim | Pool Closed | | |
| | 2 | Adult Lane Swim | AquaFit | AquaFit | Adult Lane Swim | Lane Swim | Lane Swim | Programs: Swim Development | | | | | |
| | 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 | | | Leisure Swim | Programs: Junior Lifeguard Club | Lane Swim | Programs | Pool Closed | | |
| | 2 | Adult Lane Swim | AquaFit | AquaFit | Adult Lane Swim | | | | | | |
| | 3 | | | | | | | | | | |
| | 4 | | | | | | | | | Lane Swim | Lane Swim |
| | 5 | | | | | | | | | Programs: Leadership | |
| | 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 | | | | | | | |
| | 5 | | | Lane Swim | | | Lane Swim | |
| | 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

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

- Lane Swim
- Programs
- Leisure/Rec Swim
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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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