

MONDAY		6:00AM-8:30AM	8:30AM-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:00PM-6:30PM	6:30PM-7:00PM	7:00PM-8:30PM	8:30PM	
	1	Lane Swim (12yrs+)	Aquafit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Waterpolo	Pool Closed	
	2				Lane Swim (12yrs+)					
	3									
	4	Programs: Waterpolo (7:00AM-8:30AM)			Programs: Leadership	Lane Swim (12yrs+)	Programs: Waterpolo			
	5									
6										
TUESDAY		6:00AM-8:30AM	8:30AM-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:15PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM	
	1	Lane Swim (12yrs+)	Aquafit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Waterpolo	Leisure Swim	Pool Closed	
	2				Lane Swim (12yrs+)			Programs: Swim Lessons		Adult Lane Swim
	3					Lane Swim (12yrs+)				
	4	Programs: Waterpolo (7-8:30am)			UMCA			Lane Swim (12yrs+)		
	5									
6										
WEDNESDAY		6:00AM-8:30AM	8:30AM-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:00PM-6:30PM	6:30PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM
	1	Lane Swim (12yrs+)	Aquafit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Waterpolo	Adult Lane Swim	Pool Closed
	2				Lane Swim (12yrs+)					
	3					Lane Swim (12yrs+)	Programs: Waterpolo		Programs: Master Swim	
	4	Programs: Waterpolo (7-8:30am)			Programs: Leadership					
	5									
6										
THURSDAY		6:00AM-8:30AM	8:30AM-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:15PM-7:00PM	7:00PM-8:30PM	8:30PM-9:30PM	9:30PM	
	1	Lane Swim (12yrs+)	Aquafit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Waterpolo	Leisure Swim	Pool Closed	
	2				Lane Swim (12yrs+)			Programs: Swim Lessons		Adult Lane Swim
	3					Lane Swim (12yrs+)				
	4	Programs: Waterpolo (7:00AM-8:30AM)			Programs: Leadership			Lane Swim (12yrs+)		
	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-8:30PM	8:30PM		
	1	Lane Swim (12yrs+)	Aquafit	Aquafit	Leisure Swim	Programs: Junior Lifeguard Club	Leisure Swim	Pool Closed		
	2				Lane Swim (12yrs+)		Lane Swim (12yrs+)			
	3					Lane Swim (12yrs+)				
	4	Programs: Waterpolo (7:00AM-8:30AM)			Programs: Leadership		Lane Swim (12yrs+)			
	5									
6										
SATURDAY		7:00AM-8:30AM	8:30AM-9:30AM	9:30AM-1:45PM	1:45PM-3:45PM	5:30PM-7:00PM	7:00PM			
	1	Adult Lane Swim	Aquafit	Programs: Swim Lessons	Family Rec Swim	Leisure Swim	Pool Closed			
	2					Lane Swim (12yrs+)		Lane Swim (12yrs+)	Lane Swim (12yrs+)	
	3			Lane Swim (12yrs+)						
	4									
	5									
6										
SUNDAY		7:00AM - 9:00AM	9:00AM-10:00AM	10:00AM-1:15PM	1:00PM-2:30PM	2:30PM-4:30PM	4:30PM-7:30PM	7:30PM		
	1	Adult Lane Swim	Aquafit	Programs: Swim Lessons	Programs: Junior Lifeguard Club	Family Rec Swim	Leisure Swim	Pool Closed		
	2			Lane Swim (12yrs+)			Lane Swim (12yrs+)		Lane Swim (12yrs+)	
	3					Lane Swim (12yrs+)				
	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-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:00PM-7:00PM	7:00PM-8:00PM	8:00PM
	Right	Leisure Swim	Programs: Camp	Leisure Swim	Family Leisure Swim	Family Leisure Swim	Pool Closed
	Left				Programs: Swim Lessons		
TUESDAY		8:00AM-9:30AM	9:30AM-2:45PM	2:45PM-4:15PM	4:15PM-7:15PM	7:15PM-8:00PM	8:00PM
	Right	Leisure Swim	Programs: Camp	UMCA	Family Leisure Swim	Family Leisure Swim	Pool Closed
	Left			Leisure Swim	Programs: Swim Lessons		
WEDNESDAY		8:00AM-9:30AM	9:30AM-2:45PM	2:45PM-4:00PM	4:00PM-7:00PM	7:00PM-8:00PM	8:00PM
	Right	Leisure Swim	Programs: Camp	Leisure Swim	Family Leisure Swim	Family Leisure Swim	Pool Closed
	Left				Programs: Swim Lessons		
THURSDAY		8:00AM-9:30AM	9:30AM-2:45PM	2:45PM-4:15PM	4:15PM-7:15PM	7:15PM-8:00PM	8:00PM
	Right	Leisure Swim	Programs: Camp	Leisure Swim	Family Leisure Swim	Family Leisure Swim	Pool Closed
	Left				Programs: Swim Lessons		
FRIDAY		8:00AM-4:00PM			4:00PM-8:00PM		8:00PM
	Right	Leisure Swim			Family Leisure Swim		Pool Closed
	Left						
SATURDAY		7:30AM-9:30AM	9:30AM-12:30PM	12:30PM-7:30PM			7:30PM
	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-7:30PM			7:30PM
	Right	Leisure Swim	Leisure Swim	Family Leisure Swim			Pool Closed
	Left		Programs: Swim Lessons				
			Programs: Waterbabies				

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

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