

Aquatics Schedule - Lap Pool

Program Break (September 5 - 11)

LABOUR DAY		7:00AM - 9:00AM	9:05AM - 9:50AM	10:05AM-10:55AM	11:00AM-12:00PM	12:00PM-1:00PM	1:00PM-3:30PM	3:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Pool Closed	
	2	Adult Lane Swim			Lane Swim	Lane Swim			
	3								
	4								
	5								
	6								
TUESDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM-10:55AM	11:00AM - 1:00PM	1:00PM-2:00PM	2:00PM-9:30PM	9:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Pool Closed	
	2	Adult Lane Swim			Lane Swim	Lane Swim	Lane Swim		
	3								
	4								
	5								
	6								
WEDNESDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM-10:55PM	11:00AM - 12:00PM	12:00PM-1:00PM	1:00PM-9:30PM	9:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Pool Closed	
	2	Adult Lane Swim			Lane Swim	Lane Swim			Lane Swim
	3								
	4								
	5								
	6								
THURSDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM-10:55AM	11:00AM - 9:30PM			9:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim			Pool Closed	
	2	Adult Lane Swim			Adult Lane Swim				
	3								
	4								
	5								
	6								
FRIDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM-10:55AM	11:00AM - 1:00PM	1:00PM-2:00PM	2:00PM - 3:30PM	3:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Rec Swim	Pool Closed	
	2	Adult Lane Swim			Lane Swim	Lane Swim	Lane Swim		
	3								
	4								
	5								
	6								
SATURDAY		7:00AM - 12:30PM			12:30PM - 7:30PM			7:30PM	
	1	Leisure Swim			Family Swim			Pool Closed	
	2	Adult Lane Swim			Lane Swim				
	3								
	4								
	5								
	6								
SUNDAY		7:00AM - 8:05AM	8:05AM - 8:55AM	9:00AM-12:30PM	12:30PM-7:30PM			7:30PM	
	1	Leisure Swim	Aquafit	Leisure Swim	Family Swim			Pool Closed	
	2	Adult Lane Swim		Lane Swim	Lane Swim				
	3								
	4								
	5								
	6								

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

Please note the pools will be open from 7:00 AM - 4:00 PM on Monday, September 7.
The pools will close at 3:30 PM on Friday, September 11.
The centre will be fully closed on September 12 & 13

For inquiries contact:
aquatics@prossermanjcc.com
www.prossermanjcc.com/aquatics

Aquatics Schedule - Leisure Pool

Program Break (September 5 - 11)

LABOUR DAY		7:00AM-11:00AM		11:00AM-3:30PM		3:30PM		
	Right	Leisure Swim		Family Swim		Pool Closed		
	Left							
TUESDAY		6:00AM-10:30AM		10:30AM-12:30PM	12:30PM - 9:30PM		9:30PM	
	Right	Leisure Swim		Programs: Water Babies	Leisure Swim		Pool Closed	
	Left			Leisure Swim				
WEDNESDAY		6:00AM-9:30PM					9:30PM	
	Right	Leisure Swim					Pool Closed	
	Left							
THURSDAY		6:00AM-4:00PM			4:00PM-6:30PM	6:30PM - 9:30PM		9:30PM
	Right	Leisure Swim			Programs: Water Babies	Leisure Swim		Pool Closed
	Left				Leisure Swim			
FRIDAY		6:00AM-3:30PM			3:30PM-7:30PM			9:30PM
	Right	Leisure Swim			Family Swim			Pool Closed
	Left							
SATURDAY		7:00AM - 9:30AM	9:30AM - 1:30PM	1:30PM-5:00PM		5:00PM-7:30PM		7:30PM
	Right	Leisure Swim	Programs: Water Babies	Family Swim		Leisure Swim		Pool Closed
	Left		Leisure Swim					
SUNDAY		7:00AM - 9:00AM	9:00AM - 1:30PM	1:30PM-5:00PM		5:00PM - 7:30PM		7:30PM
	Right	Leisure Swim	Programs: Water Babies	Family Swim		Leisure Swim		Pool Closed
	Left		Leisure Swim					

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

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PROSSERMAN
JCC

Aquatics Schedule - Labour Day

September 7, 2026 | 7:00 AM - 3:30 PM

Indoor Lap Pool

	7:00 AM - 9:00 AM	9:05 AM - 9:55 AM	10:05AM - 10:55 AM	11:00 AM - 12:00 PM	12:00 PM - 1:00 PM	1:00PM - 3:30PM	3:30PM		
1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Pool Closed		
2	Adult Lane Swim			Aquafit	Adult Lane Swim	Aquafit		Lane Swim	
3									
4						Adult Lane Swim			Lane Swim
5									
6									

Indoor Leisure Pool

	7:00 AM - 3:30 PM	3:30 PM
Right	Leisure Swim	Pool Closed
Left		

Outdoor Pool

	7:00 AM - 11:00 AM	11:00 AM - 3:30 PM	3:30PM
1	Leisure Swim	Family Swim	Pool Closed
2			
3	Adult Lane Swim	Adult Lane Swim	
4			
5			
6			

Splash Pad Hours

7:00 AM - 3:30 PM

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