

Aquatics Schedule - Lap Pool

Fall Session 2026 (September 14 to December 20)

MONDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	11:00AM-4:00PM		4:00PM-7:00PM	7:00PM-9:00PM	7:00pm	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim		Programs: Swim Lessons and Inclusion	Programs: Waterpolo	Pool Closed	
	2	Adult Lane Swim			Adult Lane Swim					
	3									
	4									
	5									
	6						Lane Swim			
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	7:30PM-9:00PM	7:30PM
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Waterpolo	Pool Closed
	2	Adult Lane Swim			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-9:00P	7:00PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Programs: Swim Lessons and Inclusion	Programs: Swim Lessons and Inclusion	Programs: Waterpolo	Pool Closed	
	2	Adult Lane Swim			Adult Lane Swim					Lane 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-7:30PM	7:30PM-9:00PM	7:30PM
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	UMCA	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Waterpolo	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-4:00PM		4:00PM-7:30PM	7:30PM-8:30PM	8:30PM	
	1	Leisure Swim	Aquafit	Aquafit	Leisure Swim		Programs: Lessons and Junior Lifeguard Club	Programs: Waterpolo	Pool Closed	
	2	Adult Lane Swim			Adult Lane Swim	Adult Lane Swim				Lane Swim
	3									
	4									
	5									
	6						Lane Swim			
SATURDAY		7:00AM-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		Lane Swim	Lane Swim	Programs: Swim and Play Ball	Programs: Swim Development	Lane Swim	Lane Swim		
	4									
	5									
	6									
SUNDAY		7:00AM-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						Adult Lane Swim			
	3									
	4									
	5									
	6			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

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		5:00PM - 6:30PM		6:30PM - 7:15PM		7:15PM - 8:00PM		8:00PM		
	Right	Leisure Swim		Family Leisure Swim		Family Leisure Swim		Family Leisure Swim		Family Leisure Swim		Pool Closed		
	Left			Programs: Swim Lessons		Programs: Swim Lessons		Programs: Swim Lessons						
				Programs: Waterbabies										
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		11:00AM - 12:30PM		12:30PM - 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					Programs: Swim Lessons				
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 - 9:00AM			9:00AM - 10:00AM			10:00AM - 1:00PM		1:00PM - 7:00PM			7:00PM	
	Right	Leisure Swim			Leisure Swim			Leisure Swim		Family Leisure Swim			Pool Closed	
	Left							Programs: Swim Lessons						
					Programs: Waterbabies			Programs: Waterbabies						

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