

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms											
	Lane	Leisure		Cycle	Fitness		1	2	3									
6:00		CLOSED		CLOSED	CLOSED	Equipment 6:00-8:00	Open 6:00-8:00	Day Camp	Day Camp	Day Camp								
6:15			Gravity Core 6:15-7:00															
6:30	Lane Swim 6:30-7:15																	
6:45	Cleaning 7:15-7:30																	
7:00			Cleaning 7:00-9:00															
7:15	Lane Swim 7:30-8:15																	
7:30	Cleaning 8:15-8:30																	
7:45	Lane Swim 8:30-9:15																	
8:00	Cleaning 9:15-9:30																	
8:15			Day Camp								Yoga (Online) 10:00-11:00	Track will be available for walking	Track will be available for walking	Senior Fit (60+) 9:00-11:00	Senior Fit (60+) 9:00-11:00	Day Camp	Day Camp	Day Camp
8:30	Lane Swim 8:30-9:15																	
8:45	Cleaning 9:30-10:15	Adult Open 9:30-10:15																
9:00		Cleaning 10:15-10:30																
9:15	Aquafit 9:30-10:15																	
9:30	CLOSED	Family/Social Circle Swim 10:30-11:15																
9:45				Cleaning 11:00-11:15														
10:00				Cleaning 11:00-11:15														
10:15		CLOSED		CLOSED	Equipment 11:15-2:00	Open 11:15-2:00	Day Camp	Day Camp	Day Camp	Day Camp								
10:30																		
10:45																		
11:00																		
11:15																		
11:30																		
11:45																		
12:00	Lane Swim 11:45-12:45																	
12:15	Cleaning 12:45-1:00																	
12:30																		
12:45																		
1:00	Lane Swim 1:00-1:45																	
1:15																		
1:30																		
1:45																		
2:00	Closed for Afternoon Cleaning 2:00-3:00						Day Camp	Day Camp	Day Camp									
2:15																		
2:30																		
2:45																		
3:00	CLOSED	CLOSED	CLOSED	CLOSED	Open 3:00-7:00	Open 3:00-7:00												
3:15																		
3:30																		
3:45																		
4:00																		
4:15																		
4:30																		
4:45																		
5:00																		
5:15																		
5:30																		
5:45																		
6:00																		
6:15																		
6:30																		
6:45																		
7:00																		

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
6:00		CLOSED		CLOSED	Equipment 6:00-8:00	Open 6:00-8:00	Day Camp	Day Camp	Day Camp
6:15									
6:30									
6:45	Lane Swim 6:30-7:15								
7:00									
7:15	Cleaning 7:15-7:30		Cycle 7:15-8:00						
7:30									
7:45	Lane Swim 7:30-8:15								
8:00									
8:15	Cleaning 8:15-8:30		Cleaning 8:00-9:00		Cleaning 8:00-9:00				
8:30		Day Camp	CLOSED	Senior Fit (60+) 9:00-11:00	Senior Fit (60+) 9:00-11:00	Day Camp	Day Camp	Day Camp	
8:45	Lane Swim 8:30-9:15								
9:00									
9:15	Cleaning 9:15-9:30								
9:30	Aquafit 9:30-10:15			Adult Open 9:30-10:15					
9:45									
10:00									
10:15	CLOSED			Cleaning 10:15-10:30					
10:30									
10:45				Aqua Motion 10:30-11:15					
11:00		Cleaning 11:00-11:15							
11:15		Cleaning 11:15-11:30							
11:30		Therapy/ Adult Swim 11:30-12:15							
11:45									
12:00	Lane Swim 11:45-12:45								
12:15									
12:30									
12:45	Cleaning 12:45-1:00								
1:00									
1:15									
1:30	CLOSED								
1:45									
2:00	Closed for Afternoon Cleaning 2:00-3:00								
2:15									
2:30									
2:45									
3:00	CLOSED	CLOSED		CLOSED	Open 3:00-7:00	Open 3:00-7:00	Day Camp	Day Camp	Day Camp
3:15									
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00			Cleaning 4:45-5:45						
5:15									
5:30									
5:45									
6:00									
6:15	Tabata 5:45-6:30								
6:30									
6:45	Cleaning 6:30-7:00								
7:00									

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms				
	Lane	Leisure		Cycle	Fitness		1	2	3		
6:00		CLOSED		CLOSED	Equipment 6:00-8:00	Open 6:00-8:00	Day Camp	Day Camp	Day Camp		
6:15			Body Sculpt 6:15-7:00								
6:30	Lane Swim 6:30-7:30		Cleaning 7:00-7:15								
6:45											
7:00											
7:15											
7:30	Cleaning 7:30-7:45										
7:45											
8:00	Lane Swim 7:45-8:45										
8:15											
8:30											
8:45	Cleaning 8:45-9:15										
9:00		Day Camp	CLOSED	Senior Fit (60+) 9:00-11:00	Senior Fit (60+) 9:00-11:00	Day Camp	Day Camp	Day Camp			
9:15											
9:30	AquaFit 9:30-10:15								Adult Open 9:30-10:15		
9:45											
10:00											
10:15	CLOSED								Cleaning 10:15-10:30	Track will be available for walking	Track will be available for walking
10:30									Therapy/ Adult Swim 10:30-11:15		
10:45											
11:00									Cleaning 11:00-11:15	Cleaning 11:00-11:15	
11:15											
11:30											
11:45	Lane Swim 11:45-12:45										
12:00											
12:15											
12:30											
12:45	Cleaning 12:45-1:00										
1:00	CLOSED	Family/Social Circle Swim 1:00-1:45									
1:15											
1:30											
1:45											
2:00	Closed for Afternoon Cleaning										
2:15	2:00-3:00										
2:30											
2:45											
3:00	CLOSED	CLOSED		CLOSED	Open 3:00-7:00	Open 3:00-7:00	Day Camp	Day Camp	Day Camp		
3:15											
3:30											
3:45											
4:00											
4:15											
4:30											
4:45			Cleaning 4:45-5:15								
5:00											
5:15											
5:30	Pickle Ball 5:15-6:30 (max. 12 members)										
5:45											
6:00											
6:15											
6:30											
6:45											
7:00											

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms								
	Lane	Leisure		Cycle	Fitness		1	2	3						
6:00		CLOSED	CLOSED	CLOSED	Equipment 6:00-8:00	Open 6:00-8:00	Day Camp	Day Camp	Day Camp						
6:15															
6:30	Lane Swim 6:30-7:15														
6:45															
7:00															
7:15	Cleaning 7:15-7:30														
7:30															
7:45	Lane Swim 7:30-8:15														
8:00															
8:15	Cleaning 8:15-8:30														
8:30		Day Camp	CLOSED	Yoga (Online) 10:00-11:00	Senior Fit (60+) 9:00-11:00	Senior Fit (60+) 9:00-11:00	Day Camp	Day Camp	Day Camp						
8:30	Lane Swim 8:30-9:00														
8:45															
9:00	Aqua Gentle 8:30-9:15														
9:15	Cleaning 9:15-9:30														
9:30															
9:45	Aqua Shallow 9:30-10:15														
10:00															
10:15	Cleaning 10:15-10:45														
10:30															
10:45															
11:00															
11:15	Aquafit 11:00-11:45														
11:30															
11:45	Cleaning 11:45-12:00														
12:00															
12:15	Lane Swim 12:00-12:45														
12:30															
12:45	Cleaning 12:45-1:00														
1:00															
1:15	CLOSED														
1:30															
1:45															
2:00	Closed for Afternoon Cleaning 2:00-3:00						Day Camp	Day Camp	Day Camp						
2:15															
2:30															
2:45															
3:00	CLOSED	CLOSED	CLOSED	CLOSED	Open 3:00-7:00	Open 3:00-7:00									
3:15															
3:30															
3:45															
4:00															
4:15															
4:30															
4:45															
5:00															
5:15															
5:30															
5:45															
6:00															
6:15															
6:30															
6:45															
7:00															

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
6:00									
6:15									
6:30			Boot Camp 6:15-7:00						
6:45									
7:00			Cleaning 7:00-7:15						
7:15	Lane Swim 7:00-7:45	CLOSED							
7:30									
7:45	Cleaning 7:45-8:00								
8:00									
8:15	Lane Swim 8:00-9:00								
8:30									
8:45									
9:00	Cleaning 9:00-9:15								
9:15									
9:30	Aquafit 9:30-10:15		Adult Open 9:30-10:15						
9:45									
10:00									
10:15	Cleaning 10:15-10:30								
10:30									
10:45		Day Camp 10:45-11:30							
11:00	CLOSED								
11:15		Cleaning 11:30-11:45							
11:30									
11:45									
12:00	Lane Swim 11:45-12:45	CLOSED							
12:15									
12:30									
12:45	Cleaning 12:45-1:00								
1:00									
1:15	CLOSED	Day Camp 1:00-1:45							
1:30									
1:45									
2:00	Closed for Afternoon Cleaning 2:00-3:00								

SATURDAY CLOSED

SUNDAY CLOSED

Reopening Schedule

As we continue to reopen the facility we will be updating the schedule frequently. Please watch your email and social media, or check the website often for schedule updates.