

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Call to Book Each Session				Drop-in for Members			Register for Programs		
6:00		CLOSED		CLOSED	Equipment 6:00-9:00	Open 6:00-9:00			
6:15			Body Sculpt 6:15-7:00						
6:30			Cleaning						
6:45	Lane Swim 6:30-7:30								
7:00									
7:15	Cleaning								
7:30									
7:45									
8:00	Lane Swim 7:45-8:45								
8:15									
8:30	Cleaning								
8:45									
9:00		CLOSED	CLOSED	Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00				
9:15	Aquafit 9:15-10:00								Adult Open 9:15-10:00
9:30									
9:45	Cleaning								
10:00									
10:15									
10:30									
10:45	Aqua Deep 10:45-11:30								
11:00									
11:15	Cleaning								
11:30		Open 11:30-12:30							
11:45	Lane Swim 11:45-12:45								
12:00									
12:15									
12:30	Cleaning								
12:45		CLOSED	CLOSED	Equipment 11:00-7:00	Open 11:00-7:00				
1:00									Open 1:00-1:45
1:15									
1:30									
1:45									
2:00									Pickle Ball 2:00-3:30
2:15									(max. 12 members)
2:30									Cleaning
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00									
5:15									
5:30		Pickle Ball 5:15-6:30							
5:45		(max. 12 members)							
6:00		Cleaning							
6:15									
6:30									
6:45									
7:00									

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Call to Book Each Session				Drop-in for Members			Register for Programs		
6:00		CLOSED	CLOSED	CLOSED	Equipment 6:00-9:00	Open 6:00-9:00			
6:15									
6:30									
6:45	Lane Swim 6:30-7:30								
7:00									
7:15									
7:30	Cleaning								
7:45									
8:00	Lane Swim 7:45-8:45	Open 8:00-9:00							
8:15									
8:30									
8:45	Cleaning								
9:00		Cleaning							
9:15	Aqua Shal- low 9:15-10:00	Open 9:15-10:00							
9:30									
9:45									
10:00	Cleaning		CLOSED						
10:15		Aqua Gentle 10:15-10:45							
10:30									
10:45		Cleaning							
11:00									
11:15	Aquafit 11:00-11:45	CLOSED							
11:30									
11:45	Cleaning								
12:00									
12:15	Lane Swim 12:00-12:45	Therapy/ Adult Swim 12:00-12:45							
12:30			Body Sculpt 12:15-12:45						
12:45	Cleaning								
1:00	CLOSED	CLOSED	CLOSED	CLOSED	Equipment 11:00-7:00	Open 11:00-7:00			
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
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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
Call to Book Each Session				Drop-in for Members			Register for Programs		
6:00									
6:15									
6:30			Boot Camp 6:15-7:00						
6:45									
7:00	Lane Swim 7:00-7:45		Cleaning						
7:15		CLOSED			Equipment 6:00-9:00	Open 6:00-9:00			
7:30									
7:45	Cleaning								
8:00									
8:15	Lane Swim 8:00-9:00		CLOSED						
8:30									
8:45									
9:00	Cleaning								
9:15	Aquafit 9:15-10:00	Adult Open 9:15-10:00		CLOSED					
9:30					Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00			
9:45									
10:00	Cleaning								
10:15									
10:30									
10:45									
11:00	CLOSED	Aqua Motion 10:45-11:15	Cardio: Gentle 11:00-11:45						
11:15									
11:30									
11:45			Cleaning						
12:00	Lane Swim 11:45-12:45	Open 12:00-1:00	Pickle Ball 12:00-2:00		Equipment 11:00-2:00	Open 11:00-2:00			
12:15									
12:30									
12:45	Cleaning								
1:00			(max. 12 members)						
1:15									
1:30	CLOSED	CLOSED							
1:45									
2:00			Cleaning						

SATURDAY, SEPTEMBER 5 CLOSED

SUNDAY, SEPTEMBER 6 CLOSED

We are closed on Monday, September 7th for Labour Day.

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.