

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	OSAC 6:00-8:00	CLOSED		CLOSED	Equipment 6:00-9:00	Open 6:00-9:00	CLOSED	CLOSED	CLOSED	
6:15										Gravity Core 6:15-7:00
6:30										Cleaning
6:45										
7:00										
7:15										
7:30										
7:45										
8:00	Cleaning									
8:15	Lane Swim 8:15-9:00	Open 8:15-9:00								
8:30										
8:45										
9:00	Cleaning									
9:15	AquaFit 9:15-10:00	Adult Open 9:15-10:00	Cardio Mix 9:00-9:45							
9:30										
9:45			Cleaning							
10:00	Cleaning									
10:15			Gym & Swim* (Begins in Oct) 10:15-11:00	Yoga (Online) 10:00-10:30	Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00	CLOSED	CLOSED	CLOSED	
10:30										
10:45	AquaFit 10:45-11:30	Gym & Swim* (Begins in Oct) 11:00-11:30	Cleaning							
11:00										
11:15			Cardio: Gentle 11:00-11:45							
11:30	Cleaning									
11:45			Cleaning							
12:00	Lane Swim 11:45-12:45	Therapy Adult Open 12:00-1:00								
12:15				Boot Camp 12:15-12:45						
12:30			Cleaning							
12:45	Cleaning									
1:00	Lane Swim 1:00-1:45	CLOSED		CLOSED	Equipment 11:00-7:45	Open 11:00-7:45	CLOSED	CLOSED	CLOSED	
1:15										
1:30										
1:45			Cleaning							
2:00										
2:15	CLOSED	CLOSED								
2:30										
2:45										
3:00										
3:15										
3:30	OSAC 3:30-6:00	Swim Lessons* (Begins in Oct) 4:00-7:45								
3:45				Youth Pickle Ball (8-12 years) 4:00-5:30						
4:00										
4:15										
4:30										
4:45										
5:00			Cleaning							
5:15										
5:30										
5:45	Cleaning									
6:00	Swim Lessons* (Begins in Oct) 6:15-7:00									
6:15										
6:30			Badminton (13+) 6:00-7:30							
6:45										
7:00	Cleaning									
7:15										
7:30	CLOSED									
7:45										
8:00										
				Cleaning						

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	OSAC 6:00-7:15	CLOSED	Pickle Ball 6:00-8:30	CLOSED	Equipment 6:00-9:00	Open 6:00-9:00	CLOSED	CLOSED	CLOSED
6:15									
6:30									
6:45									
7:00	Cleaning								
7:15	Lane Swim <i>(Begins Sept 15)</i> 7:30-8:00								
7:30	Cleaning								
7:45	Lane Swim 8:15-9:00								
8:00	Cleaning	Adult Open 9:15-10:15	Cycle 9:00-9:45	Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00	Creative Story Time* (3-5 years) <i>(Begins in Oct)</i> 9:00-10:00			
8:15	Lane Swim		Cleaning						
8:30	Cleaning	Cleaning	Tai Chi 3* <i>(Begins Sept 8)</i> 10:00-11:00						
8:45	Aquafit 9:15-10:00	Cleaning	Tai Chi 1* <i>(Begins in Oct)</i> 11:00-12:00	Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
9:00	Cleaning	Cleaning	Cleaning						
9:15	Lane Swim 11:45-12:45	Swim Lessons* <i>(Begins in Oct)</i> 12:30-12:45	Cycle 12:15-12:45	Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
9:30	Cleaning	Cleaning	Cleaning						
9:45	Lane Swim 1:00-1:45	Aqua Gentle 1:00-1:30		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
10:00	Cleaning	Cleaning							
10:15	Swim Lessons* <i>(Begins in Oct)</i> 10:15-11:30	Therapy/ Adult Open 11:30-12:15		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
10:30	Cleaning	Cleaning							
10:45	Lane Swim 1:00-1:45	Cleaning	Pickle Ball 1:15-3:15	Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
11:00	Cleaning	Cleaning	(max. 12 members)						
11:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
11:30	Cleaning	Cleaning							
11:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
12:00	Cleaning	Cleaning							
12:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
12:30	Cleaning	Cleaning							
12:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
1:00	Cleaning	Cleaning							
1:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
1:30	Cleaning	Cleaning							
1:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
2:00	Cleaning	Cleaning							
2:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
2:30	Cleaning	Cleaning							
2:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
3:00	Cleaning	Cleaning							
3:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
3:30	Cleaning	Cleaning							
3:30	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
3:45	Cleaning	Cleaning							
4:00	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
4:15	Cleaning	Cleaning							
4:30	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
4:45	Cleaning	Cleaning							
5:00	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
5:15	Cleaning	Cleaning							
5:30	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
5:45	Cleaning	Cleaning							
6:00	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
6:15	Cleaning	Cleaning							
6:30	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
6:45	Cleaning	Cleaning							
6:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
7:00	Cleaning	Cleaning							
7:15	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
7:30	Cleaning	Cleaning							
7:45	Lane Swim 1:00-1:45	Cleaning		Equipment 11:00-7:45	Open 11:00-7:45	CLEANING			
8:00	Cleaning	Cleaning							

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	OSAC 6:00-8:00	CLOSED		Equipment 6:00-9:00	Open 6:00-9:00				
6:15									
6:30			Body Sculpt 6:15-7:00						
6:45			Cleaning						
7:00			OSAC Dry Land 7:15-8:00						
7:15			Cleaning						
7:30									
7:45									
8:00	Cleaning								
8:15	Lane Swim 8:15-9:00	Open 8:15-9:00							
8:30									
8:45									
9:00	Cleaning	Cleaning							
9:15	Aquafit 9:15-10:00	Adult Open 9:15-10:15	Cardio: Mix 9:00-9:45	Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00				
9:30			Cleaning						
9:45	Cleaning								
10:00			Gym & Swim* (Begins in Oct) 10:00-10:45						
10:15		Cleaning							
10:30									
10:45	Aqua Deep 10:45-11:30	Gym & Swim* (Begins in Oct) 10:45-11:15	Cleaning						
11:00			Stretch 11:00-11:45						
11:15	Cleaning								
11:30									
11:45	Lane Swim 11:45-12:45	Adult Open 11:30-12:30	Cleaning						
12:00									
12:15			Ride & Glide 12:15-12:45						
12:30									
12:45	Cleaning		Cleaning						
1:00									
1:15	Aquafit 1:00-1:30								
1:30									
1:45	Cleaning		Pickleball 1:30-3:00						
2:00									
2:15									
2:30	CLOSED	CLOSED	(max. 12 members)						
2:45									
3:00			Cleaning						
3:15									
3:30									
3:45									
4:00	OSAC 3:30-5:30		Active Kids (3-6 years) 4:00-5:00						
4:15									
4:30									
4:45			Cleaning						
5:00									
5:15									
5:30	Cleaning	Swim Lessons* (Begins in Oct) 4:00-7:45							
5:45	Swim Lessons* (Begins in Oct)								
6:00									
6:15	5:45-6:45		Pickle Ball: Rec (13+ or with a parent) 5:15-6:30						
6:30									
6:45	Cleaning								
7:00									
7:15			(max. 12 members)						
7:30	CLOSED								
7:45		Cleaning	Cleaning						
8:00				Cleaning					

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	Pickle Ball 6:00-8:00	CLOSED	Equipment 6:00-9:00	Open 6:00-9:00	CLOSED	CLOSED	
6:15	Lane Swim <i>(Begins Sept 17)</i>								
6:30	6:15-7:00								
6:45	Cleaning								
7:00	Lane Swim <i>(Begins Sept 17)</i>								
7:15	7:15-8:00								
7:30	Cleaning	Cycle 9:00-9:45	Yoga (Online) 10:00-10:45	Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00	CLOSED	CLOSED	CLOSED	
7:45	Cleaning								
8:00	Lane Swim 8:15-9:00								
8:15	Cleaning	Tai Chi 3* <i>(Begins Sept 8)</i> 10:00-11:00							
8:30	Lane Swim 8:15-9:00								
8:45	Cleaning	Tai Chi 1* <i>(Begins in Oct)</i> 11:00-12:00							
9:00	Aquafit 9:15-10:00								
9:15	Adult Open 9:15-10:00	Cleaning	Body Sculpt 12:15-12:45	Cleaning	Cleaning	CLOSED	CLOSED	CLOSED	
9:30	Cleaning								
9:45	Cleaning	Therapy/ Adult Open 12:00-12:45							
10:00	Cleaning								
10:15	Swim Lessons* <i>(Begins in Oct)</i> 10:15-11:30	Family Swim 10:45-11:30							
10:30	Cleaning								
10:45	Swim Lessons* <i>(Begins in Oct)</i> 1:00-1:45	OSAC 5:00-7:45							
11:00	Cleaning								
11:15	Swim Lessons* <i>(Begins in Oct)</i> 1:00-1:45	Kung Fu* <i>(6-8 years)</i> <i>(Begins in Oct)</i> 4:00-4:45							
11:30	Cleaning								
11:45	Swim Lessons* <i>(Begins in Oct)</i> 4:00-4:45	Kung Fu* <i>(8-12 years)</i> <i>(Begins in Oct)</i> 5:00-5:45							
12:00	Cleaning								
12:15	Swim Lessons* <i>(Begins in Oct)</i> 4:00-4:45	W.O.W. 5:45-6:30							
12:30	Cleaning								
12:45	Swim Lessons* <i>(Begins in Oct)</i> 4:00-7:00	Hoops Shoot Around 6:45-7:45							
1:00	Open 1:00-1:45								
1:15	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	CLOSED	CLOSED	CLOSED	
1:30	Cleaning								
1:45	Cleaning	OSAC 5:00-7:45							
2:00	Cleaning								
2:15	Cleaning	Hoops Shoot Around 6:45-7:45							
2:30	Cleaning								
2:45	Cleaning	Hoops Shoot Around 6:45-7:45							
3:00	Cleaning								
3:15	Cleaning	Hoops Shoot Around 6:45-7:45							
3:30	Cleaning								
3:45	Cleaning	Hoops Shoot Around 6:45-7:45							
4:00	Cleaning								
4:15	Cleaning	Hoops Shoot Around 6:45-7:45							
4:30	Cleaning								
4:45	Cleaning	Hoops Shoot Around 6:45-7:45							
5:00	Cleaning								
5:15	Cleaning	Hoops Shoot Around 6:45-7:45							
5:30	Cleaning								
5:45	Cleaning	Hoops Shoot Around 6:45-7:45							
6:00	Cleaning								
6:15	Cleaning	Hoops Shoot Around 6:45-7:45							
6:30	Cleaning								
6:45	Cleaning	Hoops Shoot Around 6:45-7:45							
7:00	Cleaning								
7:15	Cleaning	Hoops Shoot Around 6:45-7:45							
7:30	Cleaning								
7:45	Cleaning	Hoops Shoot Around 6:45-7:45							
8:00	Cleaning								

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	OSAC 6:00-8:00	CLOSED		CLOSED	Equipment 6:00-9:00	Open 6:00-9:00	CLOSED	CLOSED	
6:15									
6:30			Boot Camp 6:15-7:00						
6:45			Cleaning						
7:00									
7:15									
7:30									
7:45									
8:00	Cleaning								
8:15	Lane Swim 8:15-9:00	Open 8:15-9:00							
8:30									
8:45									
9:00	Cleaning								
9:15	Aquafit 9:15-10:00	Adult Open 9:15-10:00	Cardio: Mix 9:00-9:45					Creative Story Time* (3-5 years) (Begins in Oct) 9:00-10:00	
9:30									
9:45			Cleaning						
10:00	Cleaning				Walking Track Open 9:00-11:00	Walking Track Open 9:00-11:00		Cleaning	
10:15	Swim Lessons* (Begins in Oct) 10:15-10:45								
10:30									
10:45	Aquafit 10:45-11:30	Cleaning							
11:00			Cardio: Gentle 11:00-11:45						
11:15									
11:30	Cleaning		Cleaning						
11:45									
12:00	Lane Swim 11:45-12:45	Open 12:00-1:00		CLOSED			CLOSED		
12:15			Tabata 12:15-12:45						
12:30	Cleaning		Cleaning						
12:45									
1:00		Cleaning							
1:15	CLOSED		Pickleball 1:15-3:15						
1:30									
1:45				(max. 12 members)					
2:00				Cleaning					
3:00									
3:15							Equipment 11:00-6:45	Open 11:00-6:45	
3:30									
3:45	Special Olympics 3:30-5:00	CLOSED	Hoops Shoot Around (8-12 years) 3:30-5:00						
4:00									
4:15									
4:30									
4:45									
5:00	Cleaning								
5:15									
5:30			Hoops Shoot Around (13+) 5:00-6:30						
5:45	OSAC 5:00-6:45	CLOSED							
6:00									
6:15									
6:30			Cleaning						
6:45	Cleaning								
7:00					Cleaning				

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		
7:00	OSAC 7:00-10:00	CLOSED		CLOSED	Equipment 7:00-11:45;	Open 7:00-11:45	CLOSED	CLOSED	CLOSED
7:15									
7:30			Cycle 7:30-8:00						
7:45			Cleaning						
8:00									
8:15									
8:30			CLOSED						
8:45									
9:00									
9:15									
9:30	Swim Lessons* (Begins in Oct) 9:30-12:00	Swim Lessons* (Begins in Oct) 9:30-12:00	Tai Chi 3* (Begins Sept 8) 10:00-11:00						
9:45									
10:00			Cleaning						
10:15			Swim Lessons* (Begins in Oct) 10:15-12:00	Swim Lessons* (Begins in Oct) 10:15-12:00	Tai Chi 1* (Begins in Oct) 11:00-12:00				
10:30									
10:45									
11:00	Swim Lessons* (Begins in Oct) 10:15-12:00	Swim Lessons* (Begins in Oct) 10:15-12:00							
11:15									
11:30									
11:45									
12:00	Cleaning			Cleaning					

SUNDAY 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.