

PD DAY SCHEDULE 5:45 AM-9:00 PM

January 30th, 2026

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms							
	Lane	Leisure		Cycle	Fitness		1	2	3					
Registration recommended for Group Fitness Classes, programs with * registration is required														
5:45														
6:00	Lane Swim 6-8:30 (3 Lanes)	OSAC 6-7:45 (5 lanes) 7:45-8 (4 lanes)								Open 5:45-8:30		Boot Camp 6:15-7		
6:15														
6:30														
6:45														
7:00		Open Swim 7-8:45			Athletic Performance Training: Teen 7:15-8									
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45														
9:00	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10									
9:15														
9:30	Lane Swim 9:45-10:30 (4 lanes)	Advanced Courses 9:45-10:30												
9:45														
10:00														
10:15														
10:30			Rec Swim 10-11:15	Yoga 10-10:45										
10:45														
11:00														
11:15														
11:30	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12	Cardio: Gentle 11-11:45										
11:45														
12:00	Lane Swim 12-1		Adult Therapy 12-1											
12:15														
12:30			PD Day Camp 12-2											
12:45														
1:00														
1:15														
1:30	Advanced Courses 1:15-3:15	Rec Swim 1:15-3:15												
1:45														
2:00														
2:15														
2:30														
2:45														
3:00														
3:15														
3:30														
3:45														
4:00														
4:15														
4:30	Lane Swim (2 lanes) 3:45-5:45	Owen Sound Otters 3:45-5:45												
4:45														
5:00														
5:15														
5:30	Lane Swim (4 lanes) 5:45-8	Rec Swim (4 lanes) 5:45-8	Rec Swim 5:30-8											
5:45														
6:00														
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45	Friday													