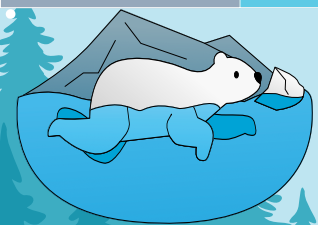


Aquatics | Drop-in Schedule December 1 - March 28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>6:30 a.m. - 9 a.m. Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**</p>					
	9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.	
9:30 - 11:30 a.m. Swimming Lessons	Low Impact Aquafit	Family Swim	Low Impact Aquafit	Drop-in Circuit	Low Impact Aquafit	9:30 - 11:30 a.m. Swimming Lessons
	<p>10 - 11:30 a.m. School Swimming Lessons *This slot will be Family Swim when no lessons*</p>				<p>10 - 11:30 a.m. Family Swim</p>	
<p>11:30 a.m. - 1 p.m. Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**</p>						
1 - 2 p.m. Rental or Public Toonie Swim	<p>1 - 2 p.m. School Swimming Lessons *This slot will be Family Swim when no lessons*</p>				1 - 3:30 p.m.	1 - 2 p.m. Rental or Public Toonie Swim
Closed					Family Swim	Closed
2:30 - 3:45 p.m. Family Toonie Swim	<p>2 - 3:30 p.m. Family Swim</p>					2:30 - 3:45 p.m. Family Toonie Swim
Closed	<p>3:30 - 6:30 p.m. Swimming Lessons & JLC</p>				Closed	Closed
4 - 6:30 p.m. Public Swim	<p>6:30 - 8 p.m. Public Swim</p>				4 - 8 p.m. Public Swim	4 - 6:30 p.m. Public Swim
	<p>8 - 9:30 p.m. Lane Swim ** Play Pool, Hot Tub & Steam Room Available during all Lane Swims**</p>					



Polar Bear Dip



February 13, 2026



4 - 8 p.m.



Dr. Duncan-Murray Rec. Center

