

2024 Spring Schedule: April 20—May 31

Schedule Note - The Facility will be closed for the following Statutory Holiday: May 20

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a – 8:00a *8:00a - 9:00a*	6:30a – 9:00a *11:00a-12:00p* *7:00p – 8:00p*	6:30a – 8:00a *8:00a - 9:00a*	6:30a – 9:00a *11:00a-12:00p* *7:00p – 8:00p*	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*	*9:45a – 1:00p*	*9:45a – 1:00p*
Lap & Leisure Swim	9:00a – 11:00a	9:00a – 11:00a 3:00p – 7:00p	9:00a – 11:00a	9:00a – 11:00a 3:00p – 7:00p	9:00a – 11:00a		
Public Swim	11:00a – 12:00p 6:30p - 9:00p		11:00a – 12:00p 6:30p - 9:00p		11:00a – 12:00p 6:30p - 9:00p	1:00p – 4:00p	1:00p – 4:00p
Aquafit	8:00a – 9:00a Shallow	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow	11:00a – 12:00p Aqua lite 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow		
Lessons	4:00p – 6:30p		4:00p – 6:30p		4:00p – 6:30p	9:30a – 1:00p	9:30a – 1:00p
Zen Swim		8:00p – 9:00p		8:00p – 9:00p			
Hot Tub and Hot Rooms	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p - 9:00p	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p - 9:00p	6:30a – 12:00p 3:30p – 9:00p	9:45a – 4:00p	9:45a – 4:00p
Fitness Centre	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	6:00a – 12:00p 3:00p – 9:00p	9:30a – 4:00p	9:30a – 4:00p

Schedule is subject to change. Please phone 250-828-3616 before arriving to confirm the daily operations.

- Please note – Early bird swim Monday to Friday from 6:30–7:30a
- *Limited to one lap lane during these times (no stationary swimming).
- Leisure swims do not include toys, climbing wall or diving board.
- Zen Swim is a Laps & Leisure time with lowered lighting, and relaxing music. Ideal for winding down your evening!
- WACKY WEDNESDAY, May 29, 6:30-9:00p – Themed swim with fun and games.
- Pro-D Days April 22 and May 17 - Public Swim 12:00p – 4:00p