

SUMMER 2026 AQUATICS SCHEDULE | August 17 – 23

Group Fitness See our
AquaFit classes on page 2!



	M	T	W	T	F	S	S
LANE SWIM Competition Pool <i>(Lane swimming only – min. 3 lanes unless noted)</i> OPEN SWIM Competition Pool <i>(Open space for floating/playing)</i>	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:45am LENGTHS Lane & Open Swim 1pm-4pm (Limited 2 Lane) Lane & Open Swim 4:15pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:45am LENGTHS Lane & Open Swim 1pm-3:45pm (Limited 1 Lane) WIDTHS Lane Swim 4:00pm-6:30pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:45am LENGTHS Lane & Open Swim 1pm-3:45pm (Limited 1 Lane) Lane Swim 4:00pm-6:30pm Lane & Open Swim 8pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:45am LENGTHS Lane & Open Swim 1pm-3:45pm (Limited 1 Lane) WIDTHS Lane Swim 4:00pm-6:30pm LENGTHS Lane Swim 8:00pm-9:50pm	LENGTHS Lane Swim 5:30am-8:45am WIDTHS Lane Swim 9am-11:45am LENGTHS Lane Swim 12pm-1pm Open Swim 1pm-2pm Lane & Open Swim 2:00pm-4:00pm Lane Swim 4:15pm-7:45pm Lane & Open Swim 7:45pm-9:50pm (Limited 2 Lanes)	LENGTHS Lane Swim 7am-9:45am Lane & Open Swim 10am-3pm (Limited 1 Lane)	LENGTHS Lane Swim 7am-10:45am Lane & Open Swim 11am-5pm (Limited 1 Lane) Lane Swim 5pm-6:50pm
LANE SWIM (Leisure Pool)	5:30am-7:45am		5:30am-7:45am		5:30am-7:45am	7am-9:45am	7am-9:45am
OPEN SWIM (Leisure Pool)	1pm-9:50pm	5:30am-8am 1pm-3:45pm 7pm-8pm	1pm-9:50pm	5:30am-8am 1pm-3:45pm 7pm-9:50pm	12pm-9:50pm	10am-3pm	10am-12pm 1:30pm-6:50pm
\$4 PARENT/TOT (Leisure Pool Only)	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am		
MEMBER ONLY SWIM						3:30pm-5:15pm BOTH POOLS	12pm-1:30pm LEISURE POOL
\$4 SWIM (Both Pools)		8pm-9:50pm				5:15pm-6:50pm	
ADULT ONLY SWIM AGES 18+ (Competition Pool)	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm	LENGTHS 12pm-1pm			
3m DIVING BOARD 1m DIVING BOARD	1pm-3:45pm ----	1p-3:45p/8p-9:45p 8pm-9:45pm	1pm-3:45pm ----	1pm-3:45pm ----	1pm-3:45pm ----	5:15p-6:45p 5:15p-6:45p	
WATER SLIDES	1pm-9:30pm	1:30pm-3:45pm 7pm-9:30pm	1pm-9:30pm	1:30pm-3:45pm 7pm-9:30pm	1pm-9:30pm	10a-3p/5:15p-6:45p	12pm-6:30pm
SWIM LESSONS		4pm-7pm		4pm-7pm			

*Please note – The Hot Tub closes Saturday at 6pm, and the Tots Pool closes at 5pm every Sunday, for routine maintenance.

SUMMER 2026 DROP-IN GROUP FITNESS SCHEDULE

M	T	W	T	F
SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL	SHALLOW AQUAFIT 9am-9:50am COMPETITION POOL
SHALLOW AQUAFIT 10am-10:50am COMPETITION POOL	SHALLOW AQUAPUMPED 10am-10:50am COMPETITION POOL	SHALLOW AQUAFIT 10am-10:50am COMPETITION POOL	CARDIO CORE AQUAPUMPED 10am-10:50am COMPETITION POOL	SHALLOW AQUAFIT 10am-10:50am COMPETITION POOL
	GENTLE AQUAFIT 12pm-12:50pm LEISURE POOL	SHALLOW AQUAFIT 6:45pm-7:35pm COMPETITION POOL	GENTLE AQUAFIT 12pm-12:50pm LEISURE POOL	
	SHALLOW AQUAFIT 6:45pm-7:35pm COMPETITION POOL		SHALLOW AQUAFIT 6:45pm-7:35pm COMPETITION POOL	

AQUAFIT

- Aquafit classes are 50 minutes in the Competition & Leisure Pools for ages 12+ years
- Late entry to classes will not be permitted.
- Aqua Dance** | Liven up your workout week with Aqua Dance. We are bringing the party to the pool with this invigorating, high energy class! No experience necessary.
- Aqua Yoga** | All-levels yoga that's easy on the body and good for the soul. This low-impact class will help you gain flexibility and balance, while using your own buoyancy as an advantage. Suitable for most non-swimmers, as this class is in a heated, shallow pool. Space is limited due to pool size/depth.
- Cardio Core Aquapumped** | High level aerobic workout in shallow water to challenge your cardiovascular system, build muscle tone and improve overall fitness.
- Deep Aquafit** | Aerobic deep water workout to challenge your cardiovascular system, tone muscles and improve fitness.
- Gentle Aquafit** | An ideal activity for relieving stiffness and arthritis pain using warm water exercise. This class will help improve posture, balance, strength, endurance, flexibility, and joint movement leading to a healthier lifestyle.
- Shallow Aquafit / Shallow Aquapumped** | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.
- Shallow AquaHIIT** | High Intensity Interval Training: Just add water! Aqua HIIT will give you a mix of muscular strength, power, and cardiovascular training by alternating periods of hard work and recovery. Multi-level instruction is given so everyone can have the workout best suited for them.

DAY PASSES *(photo identification is required with the purchase of every day pass)*

- Day passes provide access to all areas of the Centre, including our group fitness classes. For rates, please visit the [Day Pass](#) section of our website.

LANE SWIM

- During Lane Swim times, 3 or more lanes are available, unless listed as "limited" space. Limited = 1-2 lanes

DRY SAUNA *(can be used during swim lesson times, even if there is no open swim)*

- The Sauna is an infrared or Dry Sauna (no steam) and is located on the pool deck.
- There is to be absolutely no water poured on the element.
- All Sauna users **must be 16 years of age or older**.
- Sauna is co-ed and appropriate attire must be worn at all times.
- After using the Sauna, participants must rinse off before entering the pool or Hot Tub.
- Consult the list of health and safety precautions listed outside Sauna doors before entering.

HOT TUB *(can be used during swim lesson times, even if there is no open swim)*

- All Hot Tub users **must be 16 years of age or older**. Hot Tub capacity is 14 participants.

WATER SLIDES

- Users must be at least 42" tall to ride the yellow water slide & 48" tall to ride the blue water slide.

INFLATABLES

- Giant Inflatable available to all users:
Saturdays 1:30pm-3:30pm
Wednesdays 8pm-9:30pm

AGE POLICIES

- Children 7 years old or younger **MUST** remain within arms' reach of a parent or guardian (18+ years) at a ratio of 1 adult to 2 children.
- Youth ages 8 to 11 years old **MUST** have an adult remain on-site within close proximity of the Aquatics Centre.

MEMBER ONLY SWIM

- Members can bring a guest at the day pass rate to these swims (1 guest per member max).
- Giant inflatable available on Saturdays from 3:30pm-4:45pm!

\$4 PARENT/TOT SWIM AND \$4 SWIM

- Passes for the \$4 Parent/Tot and \$4 Swim are sold 15 minutes before the start of the swim until 15 minutes before the end of the swim.
- The \$4 Parent/Tot Swim pass includes **one parent/guardian with a tot ages 0-4 years old**; an additional parent/guardian will need to purchase a \$4 pass.

Schedule last updated: August 13, 2026

Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca