FALL 2026 AQUATICS SCHEDULE | Oct 12 – 18

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

Group Fitness Schedule located on page 2. *Please note the Hot Tub closes Saturday at 8pm, and the Tots Pool closes at 7pm every Sunday, for routine maintenance.*

FALL 2026 DROP-IN GROUP FITNESS SCHEDULE

M	T	W	T	F
SHALLOW AQUAFIT 9am-9:50am **COMPETITION POOL**	**DEEP AQUAFIT** 9am-9:50am **COMPETITION POOL** **SHALLOW AQUAPUMPED** 10am-10:50am **COMPETITION POOL** **GENTLE AQUAFIT** 1pm-1:50pm **LEISURE POOL** **SHALLOW AQUAFIT** 6:45pm-7:35pm **COMPETITION POOL**	**SHALLOW AQUAFIT** 9am-9:50am **COMPETITION POOL** **SHALLOW AQUAFIT** 10am-10:50am **COMPETITION POOL** **AQUA YOGA** **1pm-1:50pm** **LEISURE POOL** **SHALLOW AQUAFIT** 6:45pm-7:35pm **COMPETITION POOL**	**SHALLOW AQUAHIIT** 9am-9:50am **COMPETITION POOL** **SHALLOW AQUAFIT** 10am-10:50am **COMPETITION POOL** **GENTLE AQUAFIT** 12pm-12:50pm **LEISURE POOL** **SHALLOW AQUAFIT** 6:45pm-7:35pm **COMPETITION POOL**	**SHALLOW AQUAFIT** 9am-9:50am **COMPETITION POOL** **DEEP AQUAFIT** 10am-10:50am **COMPETITION POOL**

- Drop-In Aquatics 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-5:00pm
  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 5:30pm-7pm!
- For membership rates and information, visit the **Membership** section of our website.

$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: **October 8, 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