

Swimming Schedules

January 5 – March 29, 2026

Note

Occasional cancellations may occur due to special events and holidays. Schedule subject to change. Please check the website for cancellations.

Check out our March Break schedule where you'll find exciting program updates from March 16-20!

Leisure Centre Pool

2 Park Drive

Activity	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane & Fitness Swim	10+ yrs	6:05am – 8:00am+ 11:00am – 12:00pm+ 12:00pm – 1:00pm 8:30pm – 10:00pm+	11:00am – 1:00pm 9:00pm – 10:00pm+	6:05am – 8:00am+ 11:00am – 12:00pm+ 12:00pm – 1:00pm 8:30pm – 10:00pm+	11:00am – 1:00pm 9:00pm – 10:00pm+	6:05am – 8:00am+ 11:00am – 12:00pm+ 12:00pm – 1:00pm	7:35am – 9:30am+	7:35am – 9:30am+ 3:20pm – 4:20pm+ 7:05pm – 8:00pm+
Gentle Lane Swim	18+ yrs		1:00pm – 2:00pm+		1:00pm – 2:00pm+			
Family Swim (Therapy/Small Pool Only)	All ages	10:00am – 11:00am 12:00pm – 1:00pm	10:00am – 11:00am	10:00am – 11:00am 12:00pm – 1:00pm	10:00am – 11:00am	10:00am – 11:00am 12:00pm – 1:00pm	9:30am – 10:30am	9:30am – 10:30am
Leisure Swim	All ages					8:05pm – 9:00pm	1:45pm – 3:15pm	1:45pm – 3:15pm
AquaFit	12+ yrs	9:00am – 9:50am 10:00am – 10:50am 7:35pm – 8:25pm	9:00am – 9:50am 10:00am – 10:50am 8:05pm – 8:55pm	9:00am – 9:50am 10:00am – 10:50am 7:35pm – 8:25pm	9:00am – 9:50am 10:00am – 10:50am 8:05pm – 8:55pm	9:00am – 9:50am 10:00am – 10:50am	9:35am – 10:25am	9:35am – 10:25am

+ Therapy/Small pool available with jets

Note

Leisure Centre Pool Capacities

Lane Swim: Max 36.

Family Swim: small pool Max 35.

Leisure Swim: Max 200. *Green wristband required for slide use.*

AquaFit: Full Pool 45, Shared Pool 30.

Gentle Lane Swim

For older adults, beginners, individuals recovering from injury, or those wanting to maintain or improve their health by using the pool in a comfortable self-paced environment with other gentle lane swimmers.

Coming Prepared

Proper bathing attire required – no street clothes or undergarments permitted. Children who are not toilet trained must wear swimmer pull-ups – diapers are not permitted.

Important Information

Drop-in Fees (prices include HST)

All drop-in fees are non-refundable. Admissions will be sold 15 minutes before the program starts. Capacity may vary per program and spots are available on a first come, first served basis. Wristbands will be provided and must be worn at all times.

Aquatic Fee

Age	Per Visit	10 Tickets
Tot (5 years & under)	\$2.50	\$22.50
Student (Full time school, 6-25 years)	\$4.50	\$40.50
Adult (18+ years)	\$6.50	\$58.50
Senior (60+ years)	\$4.50	\$40.50
Family/Group (max. 5 people)*	\$13.50	\$121.50

*up to 2 adults and 3 children

AquaFit Fee

Age	Per Visit	10 Tickets
Student (Full time school, 14-25 years)	\$8.75	\$78.75
Adult (18+ years)	\$11.00	\$99.00
Senior (60+ years)	\$8.75	\$78.75

*AquaFit Fees subject to increase February 1, 2026.








Aquatic membership options are also available.

Swim Admission Policy

Red, yellow and green wristbands are provided based on the age of the swimmer and their ability to pass the swim test. Wristbands must always be worn while in the pool or on the pool deck. The Swim Admission Policy is in place to keep all patrons safe.

To the satisfaction of the lifeguard on duty at the designated facility swim test area, the swimmer must be able to:

- Jump from the pool deck into the shallow end of the pool.
- Swim 15m; turn around and swim back to the point of entry.
- Swimmers may swim in any manner on their front; their face must be in the water, and they must take at least one breath.
- Swimmers must not appear to be struggling and cannot touch the pool bottom during any part of the swim test.

Age	Guardian	Ratio	Distance	Wristband
5 & under	 Guardian aged 15+ required	1:2 – One guardian per two children (no exceptions)	Always within arms' reach	
6-9	 Fail swim test Guardian aged 15+ required	1:2 – One guardian per two children not wearing lifejackets (no exceptions)	Always within arms' reach	
	 Pass swim test May swim alone	1:6 – One guardian per 6 children wearing lifejackets —	—	
10+	 May swim alone	—	—	

Note

Individuals with serious medical conditions should be accompanied by another person who is familiar with the condition and treatment of the condition.