

Summer Schedule: June 27 – September 6, 2026

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a – 8:00a 9:00a-11:00a *4:00p – 6:30p*	6:30a – 9:00a 9:00a – 12:00p 4:00p – 7:00p	6:30a – 8:00a 9:00a-11:00a *4:00p – 6:30p*	6:30a – 9:00a 9:00a – 12:00p 4:00p – 7:00p	6:30a – 8:00a 9:00a-11:00a 4:00p – 6:30p	9:45a – 12:00p	9:45a – 12:00p
Leisure Swim	9:00a – 11:00a	9:00a – 11:00a 4:00p-7:00p	9:00a – 11:00a	9:00a – 11:00a 4:00p-7:00p	9:00a – 11:00a 4:00p – 6:30p	9:45a – 12:00p	9:45a – 12:00p
Public Swim	11:00a – 1:00p 2:30p – 4:00p 6:30p – 9:00p	2:30p – 4:00p	11:00a – 1:00p 2:30p – 4:00p 6:30p – 9:00p	2:30p – 4:00p	11:00a – 1:00p 2:30p – 4:00p 6:30p – 9:00p	12:00p – 4:00p	12:00p – 4:00p
Shallow Aquafit (Pre Registration required)	8:00a – 9:00a		8:00a – 9:00a		8:00a – 9:00a		
Parent and tot (Registered class)		11:00a – 12:00p		11:00a – 12:00p			
Shallow Aquafit (Drop-In)		7:00p-8:00p		7:00p-8:00p			
Lessons	4:00p – 6:30p	4:00p – 8:00p	4:00p – 6:30p	4:00p – 8:00p			
Zen Swim		8:00p-9:00p		8:00p-9:00p			
Hot Tub and Hot Rooms	6:30a –8:00a 9:00a -1:00p 2:30p – 9:00p	6:30a – 12:00p 2:30p – 9:00p	6:30a –8:00a 9:00a -1:00p 2:30p – 9:00p	6:30a – 12:00p 2:30p – 9:00p	6:30a –8:00a 9:00a -1:00p 2:30p – 9:00p	9:45a – 4:00p	9:45a – 4:00p
Fitness Centre	6:00a – 1:00p 2:30p – 9:00p	6:00a – 12:00p 2:30p – 9:00p	6:00a – 1:00p 2:30p – 9:00p	6:00a – 12:00p 2:30p – 9:00p	6:00a – 1:00p 2:30p – 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.



Canada's Tournament Capital

***Limited to one lap lane:**

During limited lap swim times no stationary swimming will be permitted

Leisure swims:

Leisure swim times do not include toys, climbing wall or diving board.

Zen Swim:

Zen Swims are a Laps & Leisure time with lowered lighting, and relaxing music. Ideal for winding down your evening.

WACKY WEDNESDAYS:

Themed public swim with fun and games takes place the last Wednesday of each month from 6:30pm-9:00pm

SLOPE SLIDE:

2nd Monday of each month come enjoy our slope slide in the deep end of the pool during our 6:30pm-8:00pm public swim.

Note: during these times all, other deep-water features will be closed.

Climbing wall

Our Climbing wall is currently out of order. We will have further updates to its status in October.

Facility Closed:

July 1: Closed for stat

Aug 3: Closed for stat

Aug 25, 26, Sep 2, 3: Reduced hours due to staff training (official times to be released closure to)