

2026 Winter Schedule: January 3rd - March 15th

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

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a - 8:00a *4:00p - 6:30p*	6:30a - 9:00a 11:00a - 12:00p *7:00p - 8:00p*	6:30a - 8:00a *4:00p - 6:30p*	6:30a - 9:00a 11:00a - 12:00p *7:00p - 8:00p*	6:30a - 8:00a *4:00p - 6:30p*	*10:00a-1:00p*	*10:00a-1:00p*
Lap & Leisure Swim	9:00a -12:00p 3:00p - 4:00p	9:00a - 11:00a 3:00p -7:00p	9:00a -12:00p 3:00p - 4:00p	9:00a - 11:00a 3:00p -7:00p	9:00a -12:00p 3:00p - 4:00p		
Public Swim	6:30p - 9:00p		6:30p - 9:00p		6:30p - 9:00p	1:00p - 4:00p	1:00p - 4:00p
Aquafit	8:00a - 9:00a Shallow (Pre-registration required)	11:00a - 12:00p (registered class) Parent & Baby 7:00p - 8:00p Shallow	8:00a - 9:00a Shallow (Pre-registration required)	11:00a - 12:00p (registered class) Parent & Baby 7:00p - 8:00p Shallow	8:00a - 9:00a Shallow (Pre-registration required)		
Lessons	4:00p - 6:30p		4:00p - 6:30p		4:00p - 6:30p	10:00a - 1:00p	10:00a - 1:00p
Zen Swim		8:00p - 9:00p		8:00p - 9:00p			
Hot Tub and Hot Rooms	6:30a - 8:00a 9:00a - 12:00p 3:00p - 9:00p	6:30a - 12:00p 3:00p - 9:00p	6:30a - 8:00a 9:00a - 12:00p 3:00p - 9:00p	6:30a - 12:00p 3:00p - 9:00p	6:30a - 8:00a 9:00a - 12:00p 3:00p - 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

- *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 WEDNESDAYS – Themed public swim with fun and games takes place the last Wednesday of each month.
- SLOPE SLIDE – 6:30-8:00p Second Friday of each month (deep end, diving boards & rock wall closed while Slope Slide is in).
- **Facility Closed:** Family Day
- **Pro D Day:** February 6th Public swim 12:00-4:00p
- **Free Family swim-** Jan 24th 1:00-4:00p

Posted: January 6, 2026.