

2025 Fall Schedule: September 8 – November 1

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	*4:00-6:30*	*7:00p – 8:00p*	*4:00-6:30*	*7:00p – 8:00p*	*4:00-6:30*	*10:00a – 1:00p*	*10:00a – 1:00p*
Lap & Leisure Swim	3:00p – 4:00p	3:00p – 7:00p	3:00p – 4:00p	3:00p – 7:00p	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		7:00p – 8:00p Shallow		7:00p – 8:00p Shallow			
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	3:00p – 9:00p	3:00p – 9:00p	3:00p – 9:00p	3:00p – 9:00p	3:00p – 9:00p	9:45a – 4:00p	9:45a – 4:00p
Fitness Centre	3:00p – 9:00p	3:00p – 9:00p	3:00p – 9:00p	3:00p – 9:00p	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.
- **Statutory Holiday Closures:** We are closed on September 30, October 13, and November 11.
- **Facility Closed:** November 22 For Staff Training