

2025 Fall Schedule: November 17th – December 19th

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 *3:30p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *3:30p – 6:30p*	6:30a – 9:00a 11:00a – 12:00p *7:00p – 8:00p*	6:30a – 8:00a *3:30p – 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	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a Shallow	11:00a – 12:00p (registered class) Parent & Baby 7:00p – 8:00p Shallow	8:00a – 9:00a 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	6:30a – 8:00p 9:00a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 8:00p 9:00a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 8:00p 9:00a – 12:00p 3:30p – 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.
- Statutory Holiday Closures:** We are closed on November 11.
- Facility Closed:** November 22 For Staff Training
- Pro D Day:** December 1st



Canada's Tournament Capital