

Spring Schedule: June 1—June 26, 2026

Released: May 19, 2026

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a – 8:00a 9:00a-12:00p 3:00p – 4:00p *4:00p-6:30p*	6:30a – 12:00p 3:00p – 7:00p *7:00p - 8:00p*	6:30a – 8:00a 9:00a-12:00p 3:00p – 4:00p *4:00p-6:30p*	6:30a – 12:00p 3:00p – 7:00p *7:00p - 8:00p*	*6:30a – 8:00a* 9:00a-12:00p 3:00p-6:30p	9:45a - 12:00p	9:45a - 12:00p
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 – 6:30p	9:45a – 12:00p	9:45a – 12:00p
Public Swim	6:30p - 9:00p		6:30p - 9:00p		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	10:00p - 12:00p 4:00p – 6:30p		10:00p - 12:00p 4:00p – 6:30p				
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

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

Note: *Early bird swim Monday to Friday from 6:30–7:30a (*Only 3 Lanes available Tuesday – Friday*)*

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 6:30-9:00p

SLOPE SLIDE:

2nd Monday of each month come enjoy our slope slide in the deep end of the pool during our 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.

Events:

June 6th- National Health and Fitness Day: Toonie swim 12:00-4:00p

June 26th- Pro D Day: Public swim 12:00p – 3:00p