

2024 Spring Schedule: June 1—June 30

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*	6:30a – 9:00a *11:00a-12:00p*	6:30a – 8:00a *8:00a - 9:00a* *3:30p – 6:30p*	6:30a – 9:00a *11:00a-12:00p*	6:30a – 8:00a *8:00a - 9:00a*		
Lap & Leisure Swim	9:00a – 11:00a	9:00a – 11:00a 3:00p – 5:30p	9:00a – 11:00a	9:00a – 11:00a 3:00p – 5:30p	9:00a – 11:00a 3:30p – 6:30p	9:45a – 1:00p	9:45a – 1:00p
Public Swim	11:00a – 12:00p 6:30p - 9:00p	5:30p – 8:00p	11:00a – 12:00p 6:30p - 9:00p	5:30p – 8:00p	11:00a – 12:00p 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	8:00a – 9:00a Shallow	11:00a – 12:00p Aqua lite	8:00a – 9:00a Shallow		
Lessons	4:00p – 6:30p		4:00p – 6:30p				
Zen Swim		8:00p – 9:00p		8:00p – 9:00p			
Hot Tub and Hot Rooms	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 12:00p 3:30p – 9:00p	6:30a – 12:00p 3:00p – 9:00p	6:30a – 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

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

- Please note – Early bird swim Monday to Friday from 6:30–7:30a (*Only 3 Lanes available Tuesday – Friday*)
- *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 Lap swim time with lowered lighting, and relaxing music. Ideal for winding down your evening!
- WACKY WEDNESDAYS – Last Wednesday of each month during Public Swim Time – Themed swims with fun and games.