

2022 Winter Schedule: January 4 – March 18, 2022

Feature	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim		6:30p-9:00p	6:30p-9:00p			1:00p-4:00p	1:00p-4:00p
Lap & Leisure Swim	7:00a-8:30a 9:45a-11:00a 3:00p-4:00p 6:00p-7:30p	7:00a-8:30a 3:00p-4:00p	7:00a-8:30a 9:45a-11:00a 3:00p-4:00p	7:00a-8:30a 9:45a-11:00a 3:00p-4:00p 6:00p-7:30p	7:00a-8:30a 9:45a-11:00a 3:00p-4:00p		
Adapted Swim		9:45a-10:45a					
Lap Swim	5:30a-7:00a 8:30p-9:00p	5:30a-7:00a	5:30a-7:00a	5:30a-7:00a 8:30p-9:00p	5:30a-7:00a		
Lap swim 1 Lane only	8:30a-9:30a 4:00p-6:30p 7:30p-8:30p	8:30a-9:30a 4:00p-6:30p	8:30a-9:30a 4:00p-6:30p	8:30a-9:30a 4:00p-6:30p 7:30p-8:30p	8:30a-9:30a 4:00p-6:30p		
Aquafit	8:30a-9:30a 7:30p-8:30p	8:30a-9:30a	8:30a-9:30a	8:30a-9:30a 7:30p-8:30p	8:30a-9:30a		
Lessons	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	4:00p-6:00p	9:30a-12:30p	9:30a-12:30p
Hot Tub and Hot Rooms	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	1:00p-4:00p	1:00p-4:00p
L8te Nite Pool Party					6:30p-9:00p Ages 11-18 years		
Fitness Centre	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	5:30a-11:00a 3:00p-9:00p	9:30a-4:00p	9:30a-4:00p

PLEASE NOTE – Tsunami Swim Club Trains in TWO Lanes Tuesdays and Thursdays from 4:00 pm to 6:00 pm