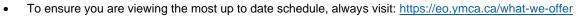
Lap Pool Schedule



MON	TUES	WED	ТНИ	FRI	SAT	SUN
5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10-1pm Public Swim Open Lanes: 4 5-6:30pm Swim Lessons Open Lanes: 1 6:30-8:30pm Swim Lessons	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-10:45am Public Swim Open Lanes: 4 11-11:45am Aquafit Open Lanes: 2 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 4-6pm Penguins 6-7:30pm Loyalist Township Lessons + Lanes Open Lanes: 2	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-1pm Public Swim Open Lanes: 4 5-5:30pm Swim Lessons 5-7:30pm Swim Lessons Open Lanes: 1	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-10:45am Public Swim Open Lanes: 4 11-11:45am Aquafit Open Lanes: 2 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 4-6pm Penguins 6-6:30pm Penguins 6-6:30pm Public Swim Open Lanes: 3 6:45-7:30pm Aquafit Open Lanes: 2	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10-1pm Public Swim Open Lanes: 4 5-6:30pm Public Swim Open Lanes: 3	9:20-11am Swim Lessons 11-1pm Swim Lessons Open Lanes: 1 1-3pm Public Swim Open Lanes: 3	7-8am Lane Swim Open Lanes: 6 8:15-9am Aquafit 9:15-10am Public Swim Open Lanes: 3 10-1pm Swim Lessons Open Lanes: 3 1-3pm Public Swim Open Lanes: 3



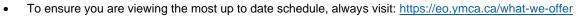
Last Updated: January 10, 2024



Leisure Pool Schedule



MON	TUES	WED	тни	FRI	SAT	SUN
9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-8:30pm Swim Lessons	9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-6pm Penguins & Loyalist Township 6-7:30pm Public Swim	9:30-10am Public Swim 10-11am Daycare Swim 11-12:30pm Public Swim 3-3:45pm Healing Waters 4-4:45pm Public Swim 5-8:30pm Swim Lessons	9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-5:45pm Penguins 5:45-6:30pm Public Swim	9:30-12:30pm Public Swim 3:30-6:30pm Public Swim	9:20-1pm Swim Lessons 1-3pm Public Swim	10-1pm Swim Lessons 1-3pm Public Swim



Last Updated: January 10, 2024

