

Aquatics Centre Schedule

January 5 - March 22, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am	Aquafit 8:45 - 9:30 am		Lanes 8:45 - 10:00 am
Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Aquafit 9:45 - 10:30 am	Swim Lessons 9:00 am - 12:00 pm	Swim Lessons 9:00 am - 12:30 pm
Aquafit 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Aquafit 10:45 - 11:30 am	Open Swim 10:45 - 11:30 am	Aquafit 10:45 - 11:30 am		
Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Lanes 11:45 am - 1:00 pm	Open Swim 1:00 - 2:45 pm	Open Swim 1:00 - 2:45 pm
	NEW Water Walking 1:45 - 2:30 pm	EarlyON Play & Swim <i>(Note: this program starts January 14)</i> 1:45 - 2:30 pm	NEW Water Walking 1:45 - 2:30 pm	Swim Lessons 1:45 - 3:30 pm		
Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Swim Lessons 4:15 - 7:00 pm	Pool Rentals 3:00 - 4:00 pm	Pool Rentals 3:00 - 4:00 pm
Middlesex 6:00 - 7:00 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Middlesex 5:30 - 7:30 pm	Pool Rentals 4:15 - 5:15 pm	Pool Rentals 4:15 - 5:15 pm
Aquafit 7:00 - 7:45 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm	Lanes 8:00 - 9:00 pm			
Lanes 8:00 - 9:00 pm	<i>*Schedule subject to change</i>					



PA Day Swims/March Break

- Friday, January 30 - Open Swim, 1:45 - 3:30 pm
- Monday, February 16 - Family Day Open Swim, 1 - 3:30 pm
- Monday, March 16 to Friday March 20 - Open Swims daily, 1:45 - 3:30 pm
- Monday, March 16 to Thursday March 19 - Open Swims daily, 4 - 6:15 pm

Service Disruption

- Monday, February 16 - Regular programming cancelled (Family Day). Free Family Swim Day.
- March 16-20 (March Break) - Regular programming cancelled from 1 - 7 pm
- Sunday, March 22 - Morning lanes cancelled for lifeguard training

Aquatics Centre Schedule

January 5 - March 22, 2026

2026 Rates (includes HST)

Single admission:

Child/Youth (3-18): \$4.40

Adult (19-64): \$6.15

Older Adult (65+): \$5.90

Pool Rentals:

Up to 60 swimmers: \$138.00



2026 Admission rates (includes HST)

Number of passes	Child/youth (3 - 18 yrs)	Adult (19 - 64 yrs)	Older adult (65+ yrs)
15 passes	\$59.34	\$82.99	\$79.63
30 passes	\$116.05	\$162.29	\$155.73
60 passes	\$226.81	\$317.19	\$304.37

Swim test:

1. Swim a minimum of 20 metres from shallow to deep water
2. Tread water for one minute
3. Jump into deep water and float on back for 10 seconds



Admission policy

6 years and under: Must be directly supervised by a parent/guardian (13+) who is in the water and able to provide immediate assistance. 2 children to 1 parent/guardian. Remain in the shallow end.

7 - 10 years: (unsuccessful swim test) Must be directly supervised by a parent/guardian (13+) who is in the water and able to provide immediate assistance. 2 children to 1 parent/guardian without lifejackets, 8 children to 1 parent/guardian with lifejackets. Remain in the shallow end.

7 - 10 years: (successful swim test) Must be supervised by a parent/guardian (13+) within the pool area. Swimming with a buddy is recommended.

11+ years: Must identify self as a swimmer/non swimmer upon entry, non-swimmers must remain in the shallow end, lifejackets are recommended. Swimming with a buddy is recommended.

PA Day Swims/March Break

- Friday, January 30 - Open Swim, 1:45 - 3:30 pm
- Monday, February 16 - Family Day Open Swim, 1 - 3:30 pm
- Monday, March 16 to Friday March 20 - Open Swims daily, 1:45 - 3:30 pm
- Monday, March 16 to Thursday March 19 - Open Swims daily, 4 - 6:15 pm

Service Disruption

- Monday, February 16 - Regular programming cancelled (Family Day). Free Family Swim Day.
- March 16-20 (March Break) - Regular programming cancelled from 1 - 7 pm
- Sunday, March 22 - Morning lanes cancelled for lifeguard training