

# WINTER MAIN POOL, LEISURE POOL AND PUBLIC SWIM SCHEDULES

Winter Main Pool Schedule						
January 26 - March 17, 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:00 - 7:30 am						
Changeover						
Lap Swim & Shared Use 7:45 am-1:15 pm	Lap Swim & Shared Use 7:45 - 9:45 am	Lap Swim & Shared Use 7:45 am-1:15 pm	Lap Swim & Shared Use 7:45 - 9:45 am	Lap Swim & Shared Use 7:45 am-1:15 pm		
	Changeover		Changeover			
	Lap Swim & Shared Use 10:00 - 11:00 am		Lap Swim & Shared Use 10:00 - 11:00 am			
Changeover	Lap Swim & Shared Use 11:15 am-1:45 pm	Changeover	Lap Swim & Shared Use 11:15 am - 1:45 pm			
Changeover					Lap Swim 10:00 am - 12:45 pm	
Changeover					Changeover	
Changeover					Public Swim 1:00 - 3:00 pm	
Limited Use 1:30 - 5:30 pm	Limited Use 2:00 - 5:30pm	Limited Use 1:30 - 5:30 pm	Limited Use 2:00 - 5:30pm	Limited Use 1:30 - 5:45pm		
Lap Swim & Shared Use 5:30 - 6:15 pm		Lap Swim & Shared Use 5:30 - 6:15 pm				
Changeover	Pool Closed 5:30 - 8:00 pm	Changeover	Pool Closed 5:30 - 8:00 pm	Changeover		
Public Swim 6:30 - 8:00 pm		Public Swim 6:30 - 8:00 pm		Public Swim 6:00 - 8:00 pm		

Winter Leisure Pool Schedule						
January 26 - March 17, 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shared Use & Water Walking 6:00 am - 3:30 pm						
					Family Swim 10:00 am - 12:00 pm	
					Shared Use 12:00-1:00 pm	
Limited Use 3:30 - 6:30pm	Limited Use 3:30 - 5:30pm	Limited Use 3:30 - 6:30pm	Limited Use 3:30 - 5:30 pm	Limited Use 3:30 - 6:00 pm	Public Swim 1:00 - 3:00 pm	
Public Swim 6:30 - 8:00pm	Pool Closed 5:30 - 8:00 pm	Public Swim 6:30 - 8:00 pm	Pool Closed 5:30 - 8:00 pm	Public Swim 6:00 - 8:00 pm		

Public Swim: Waterslide, Lazy River & Diving Boards						
January 26 - March 17, 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim 6:30 - 8:00 pm		Public Swim 6:30 - 8:00 pm		Public Swim 6:00 - 8:00 pm	Public Swim 1:00 - 3:00 pm	

All schedules subject to change without notice.  
 The hot tub, sauna and steam room are available during regular hours of operation.  
 POOL CLOSED: February 20 for statutory holiday and March 12 due to swim meet

# Aquatics Activities

Do not be disappointed! Check to see what features you can expect during scheduled swim times.

**Lap Swim:** There will be a minimum of 4 lanes available for lap swimming in the main pool.

**Shared Use:** From independent fitness and casual swimming, to splash and play and aquatic programming, this time is available for everyone's personal enjoyment and fitness needs.

**Limited Use:** Busy with scheduled programming - space in the pools will be limited during these swims. Specific areas of the main and leisure pools, such as the 1.4m depth, may not be available, and a minimum of 2 lanes will be available for lap swimming in the main pool.

**Public Swim:** These high energy swims are ideal for families and kids of all ages. The lazy river, waterslide, spray features and diving boards will also be available during these swims. A minimum of 2 lanes will be available for lap swimming in the main pool.

**Family Swim:** Ideal for families with young children. The lazy river and spray features will be available during this time.

**Water Walking:** The lazy river will be set to a low speed to allow for walking against a gentle current.

**Closed for Programs:** Due to scheduled program use and very limited space, the leisure pool will be closed during this time.

**Changeover:** This transition time in the main pool will be used to set up new lane arrangements for the following swim. Lap swimmers can continue to swim, but should be prepared to briefly pause their workouts and move to new lanes.

## Aquatic Centre Age Requirements

All children under the age of 7, and any child aged 7 – 11 who is unable to swim the length of the leisure pool (~20m), must be accompanied in the water by, and within arm's reach of, a responsible individual 16 years or older. This includes accompaniment to the top of the waterslide. The maximum recommended ratio for supervisors to children is 1 to 3.

## General Rules:

- Take a cleansing shower before swimming and after using the sauna and steam room.
- Walk on the pool deck with bare feet or clean indoor shoes.
- No food, drink or glass on the pool deck or in the change rooms.
- No smoking on the premises, including the use of vapes or e-cigarettes.
- No recording devices in the change rooms. Cell phones must be kept in your bag while in the change rooms.
- Limit use of scented products.
- Water bottles are not permitted in the sauna or steam rooms.
- Waterslide – riders are required to be a minimum of 1.02m (40") in height and double riding, including parent and child, is not permitted. Children under the age of 12 who do not meet the age requirements must also be accompanied to the top of the waterslide by a responsible individual 16 years or older.
- Tot slide - riders are required to be 75cm tall and able to hold themselves upright in a sitting position to slide on their own. Sliders who are unable to meet that requirement must slide with a responsible individual.