

Facility Schedule

Sept 1 – Dec 21, 2025

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------|---------|-------------|-------------|--------------|--------------------------------------------------|---------|
| Public & Length Swim, Sauna, Swirl | | 6am -10pm | | | | | 7am-9pm | 8am-9pm |
| Water Walking Lane | | 11am – 12pm | | 11am – 12pm | | 11am – 12pm | | |
| TGIF Family Fun Night | | | | | | 7pm-8:30pm | | |
| Sensory Friendly Swims | | | | | | | 2 nd Saturday of every month 6-7pm | |
| 1 lane or more available dependent on available space during Public and Length Swims All children under the age of 7 must be within arm's reach of an adult (16yrs+) at all times. (1 adult to a maximum of 3 children) Diving Board and Rock Wall are open during peak times; programs & other activities permitting. | | | | | | | | |
| AQUA FITNESS | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7:30am | | | | Power Deep | | Rusty Hinges | | |
| 8:30am | | | | Tidal Toner | Power Deep | Power Deep | | |
| 9:30am | | | | | Tidal Toner | Tidal Toner | | |
| 12:00pm | | Rusty Hinges | | | | | | |
| | | | | | | | | |
| Shallow water classes maximum capacity of 25 people. Deep water classes maximum capacity of 15 people Classes with an Asterix* are 45mins | | | | | | | | |
| WEIGHT ROOM | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Weight Room | | 6am-10pm | | | | | 7am-9pm | 8am-9pm |
| Attendant | | Weight room attendant available during majority of weight room hours. | | | | | | |

Schedules are subject to change without notice