

Facility Schedule

September 4 to December 23, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Steam, Sauna, Swirl	6am -10pm 1 lane or more available dependent on available space					7am-9pm	8am-9pm
Water Walking Lane	6am – 9am & 8:30pm -10pm						
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 Boards are open during peak times; programs & other activities permitting.							
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am		Power Deep *Cancelled Oct 3 &10		Power Deep *Cancelled Nov 9 & 16			
9:30am	Tidal Toner *Cancelled Oct 2 & 9	Tidal Toner *Cancelled Oct 3 &10	Tidal Toner *Cancelled Nov 8 &15	Tidal Toner *Cancelled Nov 9 & 16			
Shallow water classes maximum capacity of 60 people. Deep water classes maximum capacity of 25 people							
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.						

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

Schedules are subject to change without notice