Outdoor Pools

Buffalo Meadows Pool – 1401 Montague Street Free

Swim Schedule — Effective June 11 to 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	12–8p.m.	12–8p.m.

Swim Schedule — Effective June 25 to September 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.

Maple Leaf Pool – 1104 14th Avenue Free

Swim Schedule — Effective June 11 to 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim						8a.m.–10a.m.	8a.m.–10a.m.
Leisure Swim	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	12–8p.m.	12–8p.m.
Preschool Swim							10a.m.-12p.m.

Swim Schedule — Effective June 25 to September 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise		10–10:45a.m. 11–11:45a.m.		10–10:45a.m. 11–11:45a.m.			
Lane Swim	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.
Preschool Swim		10a.m.–12p.m.		10a.m.-12p.m.			10a.m.-12p.m.

Massey Pool – 100 Massey Road

Swim Schedule — Effective June 11 to June 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.
Leisure Swim	1–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.
Preschool Swim	12–1p.m.						
Free Swim	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.

Swim Schedule — Effective June 25 to September 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	12–2p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.
Leisure Swim	2–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.
Preschool Swim	12–2p.m.						
Free Swim	7–8p.m.	7-8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.

Regent Pool – 3600 McKinley Avenue

Swim Schedule — Effective June 11 to June 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim						5–8p.m.	
Lane Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-5p.m.	12-8p.m.
Leisure Swim	12–8p.m.	12–8p.m.	1–8p.m.	12–8p.m.	12–8p.m.	12–5p.m.	12–8p.m.
Preschool Swim			12p.m.-1p.m.				
Free Swim	7–8p.m.	7–8p.m.	7–8p.m.	7-8p.m.	7–8p.m.		7–8p.m.

Swim Schedule — Effective June 25 to September 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim						5–8p.m.	
Lane Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-5p.m.	12-8p.m.
Lane Swim (Jul 27-Aug 16)	8a.m.-12p.m.	8a.m.-12p.m.	8a.m.-12p.m.	8a.m.-12p.m.	8a.m.-12p.m.	8a.m.-12p.m.	8a.m.-12p.m.
Leisure Swim	12–8p.m.	12–8p.m.	2–8p.m.	12–8p.m.	12–8p.m.	12–5p.m.	12–8p.m.
Preschool Swim			12p.m.-2p.m.				
Free Swim	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.		7–8p.m.

Wascana Pool – 2400 Wascana Drive

Swim Schedule — Effective June 9 to 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim				6–7:50p.m.			
Free Swim		5–7:50p.m.			9–11a.m.		
Lane Swim	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.
Leisure Swim	12–6p.m.	12–5p.m.	12–7:50p.m.	12–6p.m.	12–7:50p.m.	12–7:50p.m.	12–7:50p.m.
Toonie Teen Swim	6–7:50p.m.						

Swim Schedule — Effective June 25 to September 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim				6-7:50p.m.			
Free Swim		5-7:50p.m.			9-11a.m.		
Lane Swim	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.
Leisure Swim	12–6p.m.	12–5p.m.	12–7:50p.m.	12–6p.m.	12–7:50p.m.	12–7:50p.m.	12–7:50p.m.
Preschool Swim					11a.m.-12p.m.		
Toonie Teen Swim	6–7:50p.m.						
Aquacise	9-9:45a.m.		9-9:45a.m.				
Against the Flow Water Running	10-10:45a.m.		10-10:45a.m.				

Swim Schedule — Effective September 8 to 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	10a.m.-6p.m.	10a.m.-6p.m.	10a.m.-6p.m.	10a.m.-6p.m.	10a.m.-6p.m.	10a.m.-6p.m.	10a.m.-6p.m.
Leisure Swim	12-6p.m.	12-6p.m.	12-6p.m.	12-6p.m.	12-6p.m.	12-6p.m.	12-6p.m.

• Waterslides close 20 mins. prior to end of Leisure Swim. • 25–Metre Lap Pool closes 5 mins. prior to end of Leisure Swim.

Against the Flow Water Running	Welcome to our “not-so-lazy river” aquatic fitness class! A fun and unique way to exercise in the water: a low-impact workout for developing muscular strength and endurance, core conditioning and dynamic flexibility.
Aquacise	A fitness class using the natural resistance and buoyancy of the water.
Family Swim	A time to enjoy the pool with your unique family unit for the reduced rate of $5. Each family unit must have one member over the age of 16. Children under the age of 8 years must be within arm's reach of an adult at all times.
Free Swim	Its Free!
Lane Swim	Lane swimming in a roped–off, designated area of the pool.
Leisure Swim	Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.
Preschool Swim	A special time for parents and children 5 years of age and under to enjoy.
Toonie Teen Swim	An exclusive time for youth 13-18 years old to enjoy the pool at a reduced rate of $2.