

# 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 14<sup>th</sup> 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.<br>11–11:45a.m. |           | 10–10:45a.m.<br>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.<br>5–6p.m.          | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>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.<br>5–6p.m.              | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>5–6p.m. | 12–1p.m.<br>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 4 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.

|                                       |   |
|---------------------------------------|---|
| <b>Against the Flow Water Running</b> | 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.            |
| <b>Aquacise</b>                       | A fitness class using the natural resistance and buoyancy of the water.   |
| <b>Family Swim</b>                    | 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. |
| <b>Free Swim</b>                      | Its Free!   |
| <b>Lane Swim</b>                      | Lane swimming in a roped-off, designated area of the pool.  |
| <b>Leisure Swim</b>                   | Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.   |
| <b>Preschool Swim</b>                 | A special time for parents and children 5 years of age and under to enjoy.  |
| <b>Toonie Teen Swim</b>               | An exclusive time for youth 13-18 years old to enjoy the pool at a reduced rate of \$2.   |