

Drop-In Activities 2023 Summer



Qualified Lifeguards Supervise All Swims

Our accident prevention policy requires that an adult or responsible youth must accompany a child seven years of age and under in the pool area. The supervising adult or youth must always remain within arm's reach of the child. For more information on our pool admission supervisory standards, please contact the aquatic facility.

Aquatics

Adult Swim – A leisure swim for adults 19 and over.

All Bodies Swim – A leisure swim for people who are transgender, non-binary and/or gender non-conforming and their allies. For dates and times contact socialinclusionprograms@regina.ca

Aquacise/Social Aquacise – A fitness class using the natural resistance and buoyancy of the water.

Baby & Me Aquacise – Bring baby along and have a complete workout in the pool. You get the exercise while babies get the fun. Babies ages 3 to 18 months can attend.

Deep Water Workout – A totally non-impact workout done in deep water using a flotation belt.

Keenagers (55+) – A water workout followed by a relaxing cooldown.

Joint Muscular Strength & Endurance – A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.

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.

Part of the Pool Swim - A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.

Women's Only Swim – An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted.

Lawson Aquatic Centre

Lawson Aquatic Centre will be closed for annual maintenance Jul 24-Sep 4 inclusive.
The Strength & Conditioning Area will be closed July 24-30.

Aquatic Fitness						Effective June 1 – 30, 2023
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
12p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	

Aquatic Fitness						Effective July 4 – 21, 2023
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:15a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
12p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout	

• Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation.
• Schedule may be adjusted due to program/facility needs. • Check Sportplex monthly changes & cancellations at Regina.ca.

Swim Schedule							Effective June 5 – June 30, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.	
Strength & Conditioning Centre	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.	
Leisure Swim					7-9:30p.m.	2-4p.m.	1-4p.m.	
Part of the Pool Swim	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.				
Pre-School Swim	12-3:55p.m.		12-3:55p.m.		12-3:55p.m.			

Swim Schedule							Effective July 2 – July 23, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.	
Strength & Conditioning Centre	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.	
Leisure Swim	1-4p.m. 7-9:30p.m.	1-4p.m. 7-9:30p.m.	1-4p.m. 7-9:30p.m.	1-4p.m. 7-9:30p.m.	1-4p.m. 6-9:30p.m.	12-8p.m.	12-8p.m.	
Pre-School Swim	12-1p.m.	12-1p.m.	12-1p.m.	12-1p.m.	12-1p.m.			

• Schedule may be adjusted due to program needs • Check the monthly changes & cancellations at Regina.ca

North West Leisure Centre

North West Leisure Centre will be closed for annual maintenance
June 12-July 16 inclusive.

Aquatic Fitness						Effective May 29 – June 11, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
11a.m.	Aquacise	Aquacise	Aquacise				
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	
8:35p.m.	Aquacise	Aquacise	Aquacise				

Aquatic Fitness						Effective July 17 – Sept 3, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	

• All classes are subject to change or cancellation. * Drop ins available if space permits.
• Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule							Effective June 5 – June 11, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim*	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	12p.m.-7:55p.m.	12p.m.-5:55p.m.	
Adult Swim	8-9am	8-9am	8-9am	8-9am	8-9am			
Part of the Pool Swim	9am-11am	9am-11am	9am-11am	9am-12p.m.	9am-12p.m.			
Women's Only Swim**							6p.m.-7:55p.m.	
Hot Tub & Sauna	9am-11am, 1p.m.-4p.m., 6:30p.m.-8:25p.m.	9am-11am, 1p.m.-4p.m., 6:30p.m.-8:25p.m.	9am-11am, 1p.m.-4p.m., 6:30p.m.-8:25p.m.	9am-11am, 1p.m.-4p.m., 6:30p.m.-8:25p.m.	9am-11am, 1p.m.-4p.m., 6:30p.m.-8:25p.m.	12p.m. – 7:55p.m.	12p.m. – 5:55p.m.	
Strength & Conditioning Area	8am-8:25p.m.	8am-8:25p.m.	8am-8:25p.m.	8am-8:25p.m.	8am-8:25p.m.	12p.m.-7:55p.m.	12p.m.-7:55p.m.	

• Schedule may be adjusted due to program needs. • All classes are subject to change or cancellation
• Check the monthly changes & cancellations at Regina.ca.
Women's Only Swim will run **June 11, July 23, Aug 6, Aug 20

Swim Schedule							Effective July 17 – August 27, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	12p.m.-7:55p.m.	12p.m.-5:55p.m.	
Adult Swim	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m.			
Women's Only Swim**							6p.m.-7:55p.m.	
Hot Tub & Sauna	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	1p.m.-4p.m. 6:30p.m.-8:25p.m.	12p.m.-7:55p.m.	12p.m.-5:55p.m.	
Strength & Conditioning Area	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	12p.m.-7:55p.m.	12p.m.-7:55p.m.	

• Schedule may be adjusted due to program needs. • All classes are subject to change or cancellation
 • Check the monthly changes & cancellations at Regina.ca
 Women's Only Swim will run **June 11, July 23, Aug 6, Aug 20

Sandra Schmirler Leisure Centre

Sandra Schmirler Leisure Centre will be closed for annual maintenance August 28-September 10 inclusive

Aquatic Fitness						Effective June 5 – June 30, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:15a.m.		Joint Muscular Strength & Endurance	Baby & Me Aquacise	Joint Muscular Strength & Endurance		Keenagers	
3p.m.	Keenagers	Aquacise	Keenagers	Aquacise			
8:30p.m.	Aquacise	Aquacise	Aquacise	Aquacise			

Aquatic Fitness						Effective July 4 - August 27, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
8:15a.m.	Keenagers	Joint Muscular Strength & Endurance	Baby & Me Aquacise	Joint Muscular Strength & Endurance		Keenagers	
8:30p.m.	Aquacise	Aquacise	Aquacise	Aquacise			

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the schedule & changes/cancellations at Regina.ca.
 • Aquatic Fitness classes are 45 minutes unless otherwise indicated

Swim Schedule							June 5 – July 2, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	3:30-8:25p.m. *Ends at 6p.m. on: Jun 10 & 24	1:30-5:25p.m.	
Lane Swim	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.			
Adult Swim 19+	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.				
Part of the Pool Swim	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.			
Hot Tub & On Deck Sauna	6:45a.m.-3:55p.m. 8:30-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	3:30-8:25p.m. *Ends at 6p.m. on: Jun 10 & 24	1:30-5:25p.m.	
Strength & Conditioning Area	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	12-8p.m.	12-8p.m.	

Swim Schedule							July 3 – August 27, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-9:25p.m.	12-7:55p.m. *Ends at 6p.m. on: Jul 8 & 22, Aug 5 & 19	12-7:55p.m.	

Lane Swim	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.		
Adult Swim 19+	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.			
Hot Tub & On Deck Sauna	1-3:55p.m. 6:45-9:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	12-7:55p.m. *Ends at 6p.m. on Jul 8 & 22, Aug 5 & 19	12-7:55p.m.
Strength & Conditioning Area	6a.m.- 9:30p.m.	6a.m.- 9:30p.m.	6a.m.- 9:30p.m.	6a.m.- 8:30p.m.	6a.m.- 8:30p.m.	12-8p.m.	12-8p.m.

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation
• Check the schedule & changes/cancellations at Regina.ca

Land Fitness & Sport

20/20/20 – Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.

Abs & Arms – A 45 minute class designed to work your abs and arms with various equipment and routines. Exercises will target both areas and more.

Body Blast – Join this calorie burning, muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

Cardio Combo – A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

Cycle & Core – A group cycling workout followed by core strengthening exercises.

Cycle & Stretch – A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.

Evolve Bootcamp – Watch yourself evolve in this challenging boot camp suitable for all levels. This class varies weekly and incorporates cardio, balance, core, agility, speed, strength and endurance exercises.

Fitness Walking – A beginner/moderate level class combining walking on the track with muscle conditioning.

FUNctional Fit – This class focuses on undoing what occurs naturally during the aging process and throughout daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.

Glutes Galore, Core & More – This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, and gliders.

Group Cycle – A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.

HIIT – This intermediate to advanced interval class alternates between strength and cardio intervals for a complete workout.

Ignite – Ignite your metabolism with this fun, well rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

Stadium Stairs – meet at the front desk of the Fieldhouse and head over to Mosaic Stadium for a new fitness adventure. This instructor-led class will challenge you on the stairs and the ramps.

STEP – A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

Stretch & Tone – This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.

SWAT – Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

Total Body Bootcamp – In this class you will sculpt and tone muscles above and below the belt. Your chest, back, arms, shoulders, abs, butt, and legs will get a great workout with a relaxing stretch to wrap up the class.

Walk n'Talk – Join us at NWLC to walk in a warm, no-slip space as the seasons change. Bring your shoes, tell a friend and have a chat while staying healthy.

*Strollers are welcome.

Walk n'Workout – A beginner/moderate level class combining walking with various muscle strengthening and conditioning exercises.

Yoga: Boomers and Beyond – This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges.

Yoga: Flow – A yoga class that flows from one movement to the next, blending balance, strength, and flexibility.

Yoga: Gentle – A gentle yoga class that blends balance, strength and flexibility.

Fieldhouse

The Fieldhouse will be closed for annual maintenance July 9-July 23 inclusive

Land Fitness							Effective June 1 – 30, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core	
9:30a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core			
10a.m.						Body Blast		
12:10p.m.	Yoga - Flow	Yoga – Gentle Total Body Bootcamp	Yoga - Flow	Yoga - Yin Body Blast	Yoga - Flow			
5:30p.m.		Cycle & Core Stadium Stairs		Body Blast	Group Cycle			

Land Fitness							Effective July 1 – August 30, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30a.m.	Stretch & Tone		Fitness Walking		Stretch & Tone	Group Cycle		
9:30a.m.	Cardio Combo	Body Blast	HIIT	Body Blast				
10a.m.							Body Blast	
12:10p.m.	Yoga - Flow	Yoga – Gentle Total Body Bootcamp	Yoga - Flow	Yoga - Yin Body Blast	Yoga - Flow			
5:30p.m.				Body Blast				

- Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation.
- Schedule may be adjusted due to program/facility needs • Check the monthly changes & cancellations at Regina.ca.

Fieldhouse Stat Holiday Fitness Classes

Date	Activity	Time
July 1	Body Blast	10-11a.m.
August 7	Body Blast	10-11a.m.

Basketball & Rollerblading							Effective June 1 – August 31, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball (All Ages)	10:45a.m.-12p.m.		10:45a.m.-12p.m.		12p.m.-1:45p.m.	3p.m.-6p.m.	1p.m.-3p.m.	
Rollerblading	3p.m.-6p.m.		9a.m.-12p.m.			9a.m.-12p.m.		

- Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times
- Additional basketball time may be available when there are no scheduled fitness classes, programs, or events • All rollerblading times are space permitting

North West Leisure Centre

North West Leisure Centre is closed for annual maintenance June 12-July 16 inclusive.

Land Fitness							Effective May 29 – June 11, 2023	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo		
9:30a.m.							Badminton Drop-in	
10:15a.m.		Yoga Boomers		Yoga Boomers		Glutes Galore, Core & More		
10:30a.m.		FUNctional Fit		20-20-20				
12:15pm-1:15pm		Walk n' Talk						
1p.m.			Yoga Chair					
5:45p.m.			Yoga Gentle					
6p.m.	Cardio & Sculpt	Cardio Combo	Body Blast					
7:15p.m.	Yoga Flow	Abs & Arms						

- Activities are pre-registered and free with a leisure pass. • Most workouts are 1 hour long unless indicated: (*) 45 minutes.
- All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs.
- Check the monthly changes & cancellations at Regina.ca.

Land Fitness				Effective July 17 – September 3, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	20-20-20	Walk n Workout	Cardio & Sculpt	Ignite			
6p.m.	Body Blast	Stretch & Tone	Evolve Bootcamp				

- Activities are pre-registered and free with a leisure pass. • Most workouts are 1 hour long unless indicated: (*) 45 minutes.
- All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs.
- Check the monthly changes & cancellations at Regina.ca.

Basketball				Effective June 5 – June 11, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)		3:30-5:30p.m.					

Basketball				Effective July 17 – September 3, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)		3:30-5:30p.m.					

- Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court.
- Please visit Regina.ca to view the Live Schedule or call 306-777- PLAY (7529) for updated court times. Basketball schedule may change without notice.

Strength & Conditioning Areas

Strength and Conditioning Area Rules

Youth ages 12-15 may use the equipment when directly supervised by an adult. A Weight Training Access Card will allow clients under the age of 16 to use equipment without adult supervision. Personal Training is required to obtain the access card. Fitness equipment is not available to clients under the age of 12.

Facility Schedule				Effective June 5 – September 3, 2023			
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse *Closed Jul 9-Jul 23	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.
Lawson Aquatic Centre *Closed Jul 24-Jul 30	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.
North West Leisure Centre *Closed Jun 12-Jul 16	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	12p.m.-7:55p.m.	12p.m.-7:55p.m.
Sandra Schmirler Leisure Centre *Closed Aug 28-Sep 10	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	12-8p.m.	12-8p.m.

- Schedule may be adjusted due to program/facility needs.

Outdoor Pools

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 arms reach of an adult at all times.

Preschool Swim – A special time for families with children 5 years of age and under to enjoy. Swim toys and floatation mats are available for use.

Toonie Teen Swim – An exclusive time for youth 13-18 years of age to enjoy the pool at a reduced rate of \$2.

Estimated opening date is subject to change based on weather for all outdoor pools.

Wascana Pool

Swim Schedule							Effective June 8 – 28	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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.	12-7:50p.m.	12-6p.m.	12-7:50p.m.	12-7:50p.m.	
Toonie Teen Swim	6-7:50p.m.							
Free Swim		5-7:50p.m.			9-11a.m.			
Family Swim					6-7:50p.m.			

- Water Slides closes 20 minutes prior to end of Leisure Swim • 25-Metre Lap Pool closes 5 minutes prior to end of Leisure Swim
- Additional Leisure Swim times may be added subject to school bookings

Swim Schedule							Effective June 29 – September 4	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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.	12-7:50p.m.	12-6p.m.	12-7:50p.m.	12-7:50p.m.	
Toonie Teen Swim	6-7:50p.m.							
Free Swim		5-7:50p.m.			9-11a.m.			
Preschool Swim					11a.m.-12p.m.			
Family Swim					6-7:50p.m.			

- Water Slides close 20 minutes prior to end of Leisure Swim
- 25-Metre Lap Pool closes 5 minutes prior to end of Leisure Swim.
- Amenities may be available subject to facility needs.

Massey Pool

Swim Schedule							Effective June 22 – 28	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8a.m.-1p.m. 5-6p.m.	8a.m.-1p.m. 5-6p.m.	
Leisure Swim	12-8p.m.	12-6p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	
Toonie Teen Swim		6-8p.m.						

Swim Schedule							Effective June 29 – September 4	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8-10a.m. 12-1p.m. 5-6p.m.	8a.m.-1p.m. 5-6p.m.	8a.m.-1p.m. 5-6p.m.	
Leisure Swim	12-8p.m.	12-6p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	
Toonie Teen Swim		6-8p.m.						

- Admission is free from 7-8 p.m. daily (Excludes Toonie Teen Swim)

Regent Pool

Swim Schedule							Effective June 8 – 28	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-6p.m.	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-10a.m. 12-8p.m.	
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-6p.m.	12-8p.m.	12-5p.m.	12-8p.m.	
Preschool Swim						10a.m.-12p.m.		
Toonie Teen Swim				6-8p.m.				
Family Swim						5-8p.m.		

- Admission is free from 7-8 p.m. daily (Excludes Family Swim & Toonie Teen Swim)
- Additional Leisure Swim times may be added subject to school bookings

Swim Schedule							Effective June 29 – September 4	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-6p.m.	8a.m.-8p.m.	8a.m.-8p.m.	8a.m.-10a.m. 12-8p.m.	
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-6p.m.	12-8p.m.	12-5p.m.	12-8p.m.	
Preschool Swim						10a.m.-12p.m.		
Toonie Teen Swim				6-8p.m.				
Family Swim						5-8p.m.		

- Admission is free from 7-8 p.m. daily (Excludes Family Swim & Toonie Teen Swim)

Maple Leaf Pool

Swim Schedule							Effective June 8 – 28	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim						8-10a.m.	8-10a.m.	
Preschool Swim						10a.m.-12p.m.		
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 29 – September 4	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	
Pre-School Swim		10a.m.-12p.m.		10a.m.-12p.m.		10a.m.-12p.m.		
Aquacise		10-10:45a.m. 11-11:45a.m.		10-10:45a.m. 11-11:45a.m.				
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	

- Admission is free.

Buffalo Meadows Pool

Swim Schedule							Effective June 8 – 28	
Activity	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 29 – September 4	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8a.m.-12p.m.	8-10:30a.m.	8a.m.-12p.m.	8-10:30a.m.	8a.m.-12p.m.	8a.m.-12p.m.	8-10a.m.	
Leisure Swim	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	12-8p.m.	12-8p.m.	

- Admission is free.