

Monday		Tuesday		Wednesday		Thursday			Friday	
Pool Open Lanes 1-6 6-10am		Pool Open 6-9am		Pool Open 6-9am		Pool Open 6-7:15am			Pool Open 6am -12pm	
		<b>9:10am</b> Aqua (Ann 45min)		<b>9:10am</b> Aqua (Mel 45min)		Pool Open Lanes 4-6 7:15-8:30am		<b>7:30am</b> Aqua Lanes 1-3 (Mel 45min)		
<b>10:10am</b> Aqua (Mel 45min)		Pool Open 10am-8:45pm		Pool Open Lanes 1-6 10am - 12:00pm		Pool Open Lanes 1-6 8:30am-7pm				
Pool Open Lanes 1-6 11am-12pm										
Pool Open Lanes 1-3 12-1pm	<b>12pm</b> Masters (Mel 60min) Lanes 4-6	<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)		Pool Open Lanes 1-3 12-1pm	<b>12pm</b> Masters (Mel 60min) Lanes 4-6	<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)			Pool Open Lanes 1-3 12-1pm	<b>12pm</b> Masters (Mel 60min) Lanes 4-6
<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)	Pool Open Lanes 1-6 1-6pm			<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)	<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)				Pool Open 1-8:45pm	<b>5pm</b> Group Swimming Lessons Lanes 1-3 (2hr)
Pool Open Lanes 1-4 6-8:45pm	<b>6pm</b> County Dolphins Lanes 5&6 (2.5hrs)	<b>7pm</b> Toonie Swim 3rd Tuesday of the Month Lanes 1-3 (90min)		<b>7pm</b> Public Swim Lanes 1-3 (90min)		Lane 4 7-8:45pm		<b>7pm</b> County Dolphins Lanes 5&6 (90min)		
								<b>7pm</b> County Dolphins Lanes 5&6 (90min)		

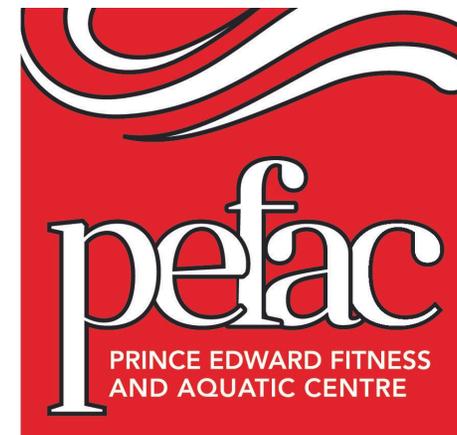
Aqua – You pick the intensity, and the instructor will lead you through a mixture of cardio, core and strength workouts. Swimming ability not required. Limit of 30  
 Masters Swim - Swimmers of all levels of ability, from swimming for general health and enjoyment to competition are welcome in this program. Limit of 9 (Lanes 4-6)  
**All Pool Lanes are open on Saturday and Sunday 8:00am-3:45pm**

## Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8am-9:45am	Cycle Studio Open 6am - 5:15pm	Cycle Studio Open 6am - 9pm	<b>6:15am</b> Ride the Rhythm Tracy (50 min)	Cycle Studio Open 6am - 9pm	Open 8am-8:45am
<b>10am</b> Cycle Strong Frances (50min)			Cycle Studio Open 7:15am- 5:15pm		<b>9am</b> Ride and Shine Frances (50min)
Cycle Studio Open 11am - 4pm	<b>5:30pm</b> Pedal Power (Frances 55min)		<b>5:30pm</b> Pedal Party/Core (Frances 55min)		Cycle Studio Open 10am - 4pm
	Cycle Studio Open 6:30pm - 9pm		Cycle Studio Open 6:30pm - 9pm		

## Cycle Studio/ Pool Schedule

**Winter 2026**



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### Legend (for Online Viewing)

**Yellow** = Group Swim Lessons  
**Blue** = Kids/ Aquatics Program  
**Purple** = Group Fitness Class  
**Green** = Rental

Cycle (Pedal Power/Pedal Party/Cycle Strong/Ride and Shine/Ride The Rhythm) - Moderate to Challenging classes targeting your energy zones, with a focus on endurance, strength, intervals, high intensity and recovery. Pedal Party features a 15min core workout at end. Limit of 10.

**Sunday the cycle studio is available 8am-4pm**