

POOL SCHEDULE

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

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	6:15am Ride the Rhythm Tracy (50 min)	Open 8am-8:30am	Open 8am-8:45am
10 am Cycle Strong Frances (50min)			Cycle Studio Open 7:15am- 5:15pm	8:45am Cycle Strong Bi-weekly Ann (50min)	9am Ride and Shine Frances (50min)
Cycle Studio Open 11am - 9pm	5:30pm Pedal Power (Frances 55min)		5:30pm Pedal Party/Core (Frances 55min)	Open 10am-9pm	Cycle Studio Open 10am - 4pm
	Cycle Studio Open 6:30pm - 9pm		Cycle Studio Open 6:30pm - 9pm		

Cycle Studio/ Pool Schedule

**Spring / Summer
2026**



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Legend (for online viewing)
Yellow - Room CLOSED for rental
Blue - Kids & Aquatics Program
Purple - Group Fitness Class

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.

Bi Weekly Class Schedule - Cycle Strong - May 8th, 22nd, June 5th, 19th, July 3rd, 17th, 31st, Aug 15th, 28th