

POOL SCHEDULE															
Monday		Tuesday			Wednesday		Thursday			Friday					
Pool Open 6-9am		Pool Open 6-9am			Pool open 6-9am	Rental Lane 6 6:30-7:30am	Pool Open 6-7:15am			Pool Open 6am -12pm					
9:10am Aqua (Mel 45min)		9:10am Aqua (Mel 45min)			9:10am Aqua (Mel 45min)		Pool Open Lanes 4-6		7:30am Aqua Lanes 1-3 (Ann 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	5pm Group Swimming Lessons Lanes 1-3 (2hr)	Pool Open Lanes 4-6 5-6pm	Pool Open Lanes 4-6 1-8:45pm						
Pool Open Lanes 1-4	Rental Lanes 4-6 6-8:30pm	Pool Open 7-8:45pm			Pool Open 7-8:45pm		Pool Open Lane 4	Rental Lanes 5&6 6-8:00pm			7pm Public Swim Lanes 1-3 (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

Cycle Studio Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8am-9:45am	Cycle Studio Open 6am - 5:15pm	Open 6am - 9pm	Cycle Studio Open 6am- 5:15pm	Open 6am-9pm	Open 8am-8:45am
					9am Ride and Shine (Frances 55min)
10am Cycle Strong Frances (55min)			Cycle Studio Open 10am - 4pm		
Cycle Studio Open 11am - 9pm	5:30pm Pedal Power (Frances 55min)				
	Cycle Studio Open 6:30pm - 9pm	Cycle Studio Open 6:30pm - 9pm			

Cycle Studio/ Pool Schedule

Fall 2026



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info@pefac.ca

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.