

MARCH 24 - JUNE 1, 2025

Schedules may change. Check the online calendar before heading o	Schedules may	/ change.	Check the	online of	calendar	before	heading o	ut.
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Aquafitness	Preschool Swim	Adult Lessons
Laps / Leisure Swim	Swim Lessons	

MOI	NDAY	TUESDAY		WEDN	IESDAY	THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30		Adult Advanc 6:30 - 7:30	ed	Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30					
Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15					
Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Adult	Lap Swim		
Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Multi-Level 8:30 - 9:30	(2) 8:30 - 9:30		
Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	DW Body Blas 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	LSS Swim Le 9:30 - 1:00	LSS Swim Lessons 9:30 - 1:00		
Self Guided 10:30 - 11:15	Hydro- 5 Rider 10:30 - 11:15	Aquafit 10:30 - 11:15		Self Guided 10:30 - 11:15	Hydro- Rider 10:30 - 11:15	Aquafit 10:30 - 11:15	j	Leisure Swim 10:30 - 11:1	5				
Joint Effort Joint Effort 11:15 - 12:00 11:15 - 12:00		Joint Effort 11:15 - 12:00	Hydro-Rider 11:15 - 12:00		Self Guided 11:15 - 12:00	Joint Effort 11:15 - 12:00				Aqua Zumba 11:00 - 11:45			
Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:30	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00				
LSS Swim Lessons 1:00 - 2:30	Preschool Swim 1:45 - 2:30	Adult Multi-Level 1:00 - 2:00								Lap Swim 1:00 - 1:45	Preschool Swim 1:00 - 1:45	Lap Swim 1:00 - 1:45	Preschool Swim 1:00 - 1:45
1.00 2.00	1.43 - 2.30	Lap Swim 2:00 - 2:45	Hydro- Rider 2:00 - 2:45							Lap Swim 1:45 - 2:30	Preschool Swim	Lap Swim 1:45 - 2:30	Preschool Swim
		AquaRecovery 2:45 -3:30	1							Leisure Swim 2:30 - 3:30	1:45 - 2:30	Leisure Swim 2:30 - 3:30	1:45 - 2:30
LSS Swim Les 3:45 - 7:00	ssons	LSS Swim Lessons 4:00 - 7:00				Boot Camp				Family Rental 3:30 - 4:30		Bronze Cross 3:30 - 5:30	Bronze Medallion
Adult Beginner		Lap (3) and Leisure Swim 7:00 - 7:45		6:30 - 7:30				3.00 1.00			3:30 - 5:30		
				Adult Beginner		Adult Learn to Swim 7:30 - 8:15							
Adult Interme 8:00 - 9:00	ediate			7:45 - 8:45		Adult Advanced 8:15 - 9:15							

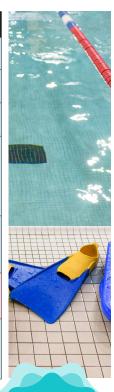




JUNE 2 - 13, 2025

Schedules may change. Check online schedule before heading out.

MON	DAY	TUES	SDAY	WEDNESDAY		THURSDAY		FRIDAY	
Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30		Lap Swim 1 6:30 - 7:30	
Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15		Lap Swim 2 7:30 - 8:15	•		Lap Swim 2 7:30 - 8:15		
Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00		Lap Swim 3 8:15 - 9:00	
Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim	Body Blast 9:00 - 9:45	Preschool Swim
Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00	Jog and Spin 9:45 - 10:30	9:15 - 10:00
Self Guided 10:30 - 11:15	Hydro- Rider 10:30 - 11:15	Aquafit 10:30 - 11:15		Self Guided Hydro- 10:30 - 11:15 Rider 10:30 - 11:15		Aquafit 10:30 - 11:15	Leisure Swim 10:30 - 11:15		
Joint Effort 11:15 - 12:00		Joint Effort 11:15 - 12:00		Joint Effort 11:15 - 12:00		,		Joint Effort 11:15 - 12:00	
Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Preschool Swim 12:00 - 1:00



IMPORTANT NOTICE

Pool Change Room Full Closures: June 1 - September, 2025

The Centennial Pool will remain open, and programs will continue as scheduled however all pool change rooms will be completely closed for renovations. The project is a complete renovation of the Family, Men's, Women's, and Accessible pool change rooms.

The project will include:

- Installation of Auto-Operator System for 2 change rooms including Doors, Frames and Hardware, this will complete all 8 pool change room doors will have auto-operator systems
- Upgrade washroom accessories
- Painting

- Install Emergency Call system in accessible change room
- Install Altro Sheet Flooring in 4 change rooms and replace porcelain tile floor
- in the men's and women's shower areas
- All accessibility upgrades to ensure up to date compliance with building code





AQUAFITNESS & LAP SWIM



