

# Pool Schedule

**September 27 – December 5, 2025**

**Cancellations:** Can occur due to private bookings and holidays. Facility closed October 13. Please visit [Huntsville.ca](https://huntsville.ca) for full cancellation details (scan QR code below).

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**SCHEDULES  
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|                              |   |  |
|------------------------------|---|--|
| <b>Body Blast</b>            | Monday, Tuesday, Wednesday, Thursday & Friday | 9:00am – 9:45am  |
| <b>Jog &amp; Spin</b>        | Monday, Tuesday, Wednesday & Friday           | 9:45am – 10:30am                                       |
| <b>AquaFit</b>               | Tuesday                                       | 10:30am – 11:15am                                      |
|                              | Thursday                                      | 10:30am – 11:15am<br>6:30pm – 7:30pm                   |
|                              | Friday  | 11:15am – Noon   |
| <b>Hydro Rider</b>           | Monday & Wednesday                            | 10:30am – 11:15am                                      |
|                              | Tuesday                                       | 2:00pm – 2:45pm  |
|                              | Thursday                                      | 11:15am – Noon   |
| <b>Joint Effort</b>          | Monday, Tuesday & Wednesday                   | 11:15am – Noon   |
| <b>Self-Guided</b>           | Monday & Wednesday                            | 10:30am – 11:15am                                      |
|                              | Thursday                                      | 11:15am – Noon   |
| <b>Deep Water Body Blast</b> | Thursday                                      | 9:45am – 10:30am                                       |
| <b>Leisure Swim</b>          | Wednesday                                     | 7:00pm – 7:45pm  |
|                              | Friday  | 10:30am – 11:15am                                      |
|                              | Saturday & Sunday                             | 2:30pm – 3:30pm  |
| <b>Preschool Swim</b>        | Monday, Tuesday, Thursday & Friday            | 9:15am – 10:00am<br>Noon – 1:00pm                      |
|                              | Wednesday                                     | 9:15am – 10:00am<br>Noon – 12:45pm<br>12:45pm – 1:30pm |
|                              | Saturday & Sunday                             | 1:00pm – 1:45pm<br>1:45pm – 2:30pm                     |

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9/8/25

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|                 |                 |   |
|-----------------|-----------------|---|
| <b>Lap Swim</b> | Monday & Friday | 6:30am – 7:30am<br>7:30am – 8:15am<br>8:15am – 9:00am<br>Noon – 1:00pm                                |
|                 | Tuesday         | 6:30am – 7:30am<br>7:30am – 8:15am<br>8:15am – 9:00am<br>Noon – 1:00pm<br>2:00pm – 2:45pm (3 Lanes)   |
|                 | Wednesday       | 7:30am – 8:15am<br>8:15am – 9:00am<br>Noon – 12:45pm<br>12:45pm – 1:30pm<br>7:00pm – 7:45pm (3 Lanes) |
|                 | Thursday        | 6:30am – 7:30am<br>7:30am – 8:15am<br>8:15am – 9:00am<br>Noon – 1:00pm<br>6:30pm – 7:30pm (3 Lanes)   |
|                 | Saturday        | 8:30am – 9:30am (3 Lanes)<br>1:00pm – 1:45pm<br>1:45pm – 2:30pm                                       |
|                 | Sunday          | 1:00pm – 1:45pm<br>1:45pm – 2:30pm  |

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