

# AQUATICS SCHEDULE

WINTER 2025/2026

Feature	MONDAY 5:30 AM - 9:00 PM	TUESDAY 5:30 AM - 9:00 PM	WEDNESDAY 5:30 AM - 9:00 PM	THURSDAY 5:30 AM - 9:00 PM	FRIDAY 5:30 AM - 9:00 PM	SATURDAY 5:30 AM - 9:30 PM	SUNDAY 5:30 AM - 9:30 PM
Lap Swim/Open Swim Drop-In	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM *Lap swim reduced to 3 lanes during Rope Swing 5:00 - 9:00 PM	5:30 AM - 9:30 PM *Lap swim reduced to 2 lanes during Wibit 1:00 - 5:00 PM	5:30 AM - 9:30 PM *Lap swim reduced to 2 lanes during Wibit 1:00 - 5:00 PM
Adult Swim*	Masters Swim 6:00 AM - 7:00 AM	Masters Swim 5:00 PM - 6:00 PM				Adult Swimmers 2/3 11:20 AM - 12:05 PM	
AquaFit*	Waterfit Deep Water Fitness 8:00 AM - 8:45 AM  Waterfit Shallow Water Fitness 9:00 AM - 9:45 AM		Waterfit Deep Water Fitness 8:00 AM - 8:45 AM  Waterfit Shallow Water Fitness 9:00 AM - 9:45 AM				
Private Lessons* (All Ages)		4:15 PM - 4:45 PM 4:50 PM - 5:20 PM 5:25 PM - 5:55 PM 6:15 PM - 6:45 PM 6:35 PM - 7:05 PM				9:15 AM - 9:45 AM 9:50 AM - 10:20 AM 10:10 AM - 10:40 AM 10:40 AM - 11:10 AM 10:45 AM - 11:15 PM 11:30 AM - 12:00 PM  Semi-Private Lessons 10:40 AM - 11:10 AM	
Youth Programs* (Incl. Baby & Toddler)		Preschool 1/2/3 4:15 PM - 4:45 PM Preschool 4/5 4:50 PM - 5:20 PM Swimmer 3/4 4:50 PM - 5:35 PM Swimmer 5/6 5:25 PM - 6:25 PM Preschool 1/2/3 5:40 PM - 6:10 PM Swimmer 1/2 6:00 PM - 6:30 PM Swimmer 3/4 6:30 PM - 7:15 PM				Parent & Tot 1/2 9:00 AM - 9:30 AM Preschool 1/2/3 9:15 AM - 9:45 AM Swimmer 3/4 9:15 AM - 10:00 AM Preschool 4/5 9:35 AM - 10:05 AM Swimmer 5/6 9:50 AM - 10:50 AM Swimmer 1/2 10:05 AM - 10:35 AM Preschool 1/2/3 10:25 AM - 10:55 AM Swimmer 1/2 10:55 AM - 11:25 AM Preschool 1/2/3 11:00 AM - 11:30 AM Swim Patrol 11:15 AM - 12:15 PM Swimmer 3/4 11:20 AM - 12:05 PM	
Aquatic Play					Rope Swing 5:00 PM - 9:00 PM	Wibit 1:00 PM - 5:00 PM	Wibit 1:00 PM - 5:00 PM

\*Registration is required for Adult Swim, Youth Programs, and Private Lessons.

\*\*AquaFit is a registered program, with weekly drop-in spots released 6 days in advance.

Note: During swim program times, children enrolled in registered classes will have access to the hot tub.

[Click Here](#) for Detailed Class Descriptions

**Questions?** Reach out to Emily Stow, *Aquatics Manager*, [aquatics@ecathleticclub.ca](mailto:aquatics@ecathleticclub.ca)

