



AQUATICS SCHEDULE

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 6:30 AM - 9:00 PM	SUNDAY 6:30 AM - 9:00 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 PM - 9:00 PM	6:30 AM - 9:00 PM Lap swim reduced to 2 lanes during Wibit 1:00 PM - 5:00 PM	6:30 AM - 9:00 PM Lap swim reduced to 2 lanes during Wibit 1:00 PM - 5:00 PM
ADULT SWIM *	Masters Swim 6:00 AM - 7:00 AM	Masters Swim 5:00 PM - 6:00 PM					
AQUAFIT **			Adult Aquafit 11:00 AM - 12:00 PM				
PRIVATE LESSONS * (All Ages)		4:00 PM - 4:30 PM 4:15 PM - 4:45 PM 5:25 PM - 5:55 PM 6:35 PM - 7:05 PM 7:05 PM - 7:35 PM				9:35 AM - 10:05 AM 9:50 AM - 10:20 AM 10:45 AM - 11:15 AM 11:10 AM - 11:40 AM	
YOUTH PROGRAMS * (Incl. Baby & Toddler)		Preschool 1/2/3 4:35 PM - 5:05 PM Preschool 4/5 4:50 PM - 5:20 PM Swimmer 3/4 5:10 PM - 5:55 PM Swimmer 1/2 6:00 PM - 6:30 PM Swimmer 5/6 6:00 PM - 7:00 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 Swimmer 5/6 10:05 AM - 11:05 AM Preschool 4/5 10:10 AM - 10:40 AM Swimmer 1/2 10:25 AM - 10:55 AM Swim Patrol 11:00 AM - 12:00 PM Swimmer 3/4 11:20 AM - 12:05 PM Preschool 1/2/3 11:45 AM - 12:25 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, Private Lessons, and Youth Programs. Register through the **Member Portal** or at the front desk.

** Aquafit is also a registered program. A limited number of weekly drop-in spots are released 6 days in advance.

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

For more details:

[[View program descriptions](#)] or Emily Stow, *Aquatics Manager*, [aquatics@ecathleticclub.ca].