



FALL 1 AQUATICS SCHEDULE

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 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 (Reduced Lanes in AM & PM due to lessons)	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM (Reduced Lanes in PM due to lessons)	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
AQUAFIT & ADULT SWIM *		Masters Swim 6:30 AM - 7:30 AM Masters Swim 5:30 PM - 6:30 PM	AquaFit Deep Water Fitness 10:50 AM - 11:35 AM	Masters Swim 5:30 PM - 6:30 PM			
PRIVATE LESSONS *		4:00 PM - 4:30PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM 6:15 PM - 6:45 PM 6:15 PM - 6:45 PM *Adult 6:20 PM - 6:50 PM				9:00 AM - 9:30 AM 9:35 AM - 10:05 AM 11:15 AM - 11:45 AM *Adult 11:45 AM - 12:15 PM 11:50 AM - 12:20 PM 11:50 AM - 12:20 PM	6:35 - 7:05 PM
YOUTH PROGRAMS * (Incl. Baby & Toddler)		Preschool 1/2/3 4:00 PM - 4:30 PM Preschool 4/5 4:15 PM - 4:45 PM Swimmer 1/2 4:35 PM - 5:05 PM Swimmer 3/4 4:50 PM - 5:35 PM Preschool 4/5 5:10 PM - 5:40 PM Swimmer 5/6 5:10 PM - 6:10 PM Swimmer 1/2 5:40 PM - 6:10 PM				Parent & Tot 1/2 9:00 AM - 9:30 AM Preschool 1/2/3 9:15 AM - 9:45 AM Swimmer 1/2 9:35 AM - 10:05 AM Swimmer 3/4 9:50 AM - 10:35 AM Preschool 4/5 10:10 AM - 10:40 AM Swimmer 5/6 10:40 AM - 11:40 AM Swim Patrol 10:45 AM - 11:45 AM	Preschool 1/2/3 4:00-4:30 PM Preschool 4/5 4:35-5:05 PM Swimmer 1/2 5:10-5:40 PM Swimmer 3/4 5:45-6:30 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. Register through the **Member Portal** or at the front desk.

Note: Reduced lap lanes are available Tuesday mornings and evenings, and Thursday evenings due to swim lessons. During registered swim program times, children enrolled in lessons may access the hot tub.

For more details:

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