



FALL 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 the evening due to Swimming Lessons)	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM (Reduced lanes in the evening due to Masters Swim)	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 PROGRAMS & LESSONS *		Masters Swim 6:30 AM - 7:30 AM 5:30 PM - 6:30 PM Private Swim Lesson 6:15 PM - 6:45 PM	Water Fitness Class 10:50 AM - 11:35 AM	Masters Swim 5:30 PM - 6:30 PM		Learn to Swim 10:10 AM - 11:10 AM Private Swim Lesson 11:15 AM - 11:45 AM	
YOUTH PRIVATE LESSONS *		4:00 PM - 4:30PM 5:45 PM - 6:15 PM 6:15 PM - 6:45 PM 6:20 PM - 6:50 PM				9:00 AM - 9:30 AM 9:35 AM - 10:05 AM 11:45 AM - 12:15 PM 11:50 AM - 12:20 PM 11:50 AM - 12:20 PM	6:35 PM - 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 Parent & Tot 4:35-5:05PM 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 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 PM - 4:30 PM Preschool 4/5 4:35 PM - 5:05 PM Swimmer 1/2 5:10 PM - 5:40 PM Swimmer 3/4 5:45 PM - 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 for Adult Swim, Private Lessons, and Youth Programs. Register through the [Member Portal](#) or at the front desk.

** Aquafit/Water Fitness Class 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].