

# 2025 FALL POOL DAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/ SATURDAY	SUNDAY
<p>8:45am-9:45am Parent and Tot Play Time ✓</p> <p>-----</p> <p>10:00am-10:45am Drop-In Aquafit ✓</p> <p>-----</p> <p>11:00am-12:00pm Senior Swim ✓</p> <p>-----</p> <p>12:15pm-1:15pm Lane Swim ✓</p> <p>-----</p>	<p>8:00am-9:00am Lane Swim ✓</p> <p>-----</p> <p>9:15am-10:00am Parent and Tot Semi-Instructed ✓</p> <p>-----</p> <p>10:15am-11:30am FREE Public Swim ☺</p> <p>-----</p> <p>11:45am-12:45pm Lane Swim ✓</p> <p>-----</p> <p>1:15pm-2:00pm Senior Swim Skills ✓</p> <p>-----</p>	<p>8:45am-9:45am Parent and Tot Play Time ✓</p> <p>-----</p> <p>10:00am-10:45am Drop-In Aquafit ✓</p> <p>-----</p> <p>11:00am-12:00pm SHIFT Swim ★</p> <p>-----</p> <p>12:15pm-1:15pm Lane Swim ✓</p> <p>-----</p>	<p>8:00am-9:00am Lane Swim ✓</p> <p>-----</p> <p>9:15am-10:00am Parent and Tot Semi-Instructed ✓</p> <p>-----</p> <p>10:15am-11:30am FREE Public Swim ☺</p> <p>-----</p> <p>11:45am-12:30pm Adult Public Swim ✓</p> <p>-----</p> <p>1:00pm-2:00pm Home School Swim ✓</p> <p>-----</p>	<p><u>Friday.</u></p> <p>Evening Sessions Only</p> <p><u>Saturday.</u></p> <p>9:00am-2:00pm Swim Lessons ★</p> <p>-----</p>	<p>9:00am-2:00pm Swim Lessons ★</p> <p>-----</p> <p>4:00pm-5:15pm Public Swim ✓</p> <p>-----</p>

✓ DROP IN SESSIONS: Cost is \$5 per person or \$15 per family.

★ REGISTRATION REQUIRED: To register for an aquatic program visit [www.countyofkings.ca/registration](http://www.countyofkings.ca/registration)

# 2025 FALL POOL EVENING SCHEDULE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>4:30pm-5:15pm Senior Swim ✓</p> <p>-----</p> <p>5:30pm-6:15pm Aquafit Classic ★</p> <p>-----</p> <p>6:30pm-7:15pm Aquafit Interval ★</p> <p>-----</p> <p>7:00pm-8:15pm Bronze Cross Training ★</p>	<p>5:30pm-7:00pm Public Swim ✓</p> <p>-----</p> <p>7:15pm-8:00pm Lane Swim ✓</p>	<p>4:30pm-5:15pm Senior Swim ✓</p> <p>-----</p> <p>5:30pm-6:15pm Aquafit Classic ★</p> <p>-----</p> <p>6:30pm-7:15pm Aquafit Resistance ★</p> <p>-----</p> <p>7:30pm-8:15pm Aquafit Aqua Restore ★</p>	<p>4:00pm-8:00pm Swim Lessons ★</p> <p>-----</p> <p>6:00pm-8:00pm Patrol Team and Bronze Training ★</p> <p>-----</p>	<p>4:00pm-8:00pm Private Rentals ★</p> <p>-----</p>	<p>4:00pm-5:15pm Public Swim ✓</p> <p>-----</p> <p>5:30pm-7:00pm Sensory Swim Lessons ★</p> <p>-----</p> <p>7:15pm-8:15pm Adult Swim Lessons ★</p>

✓ DROP IN SESSIONS: Cost is \$5 per person or \$15 per family.

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