

# 2026 SPRING POOL DAY SCHEDULE

## MONDAY

8:30am-9:45am

Lane Swim ✓

10:00am-11:00am

Drop-In Aquafit ✓

11:15am-12:15pm

Senior Swim ✓

12:30pm-1:30pm

Lane Swim ✓

1:45pm-2:30pm

SHIFT Swim ★

## TUESDAY

8:00am-9:00am

Lane Swim ✓

9:15am-10:00am

Parent and Tot ✓

10:15am-11:30am

FREE Public Swim 😊

11:45am-12:45pm

Lane Swim ✓

1:00pm-2:00pm

Home School Swim ✓

## WEDNESDAY

8:45am-9:45am

Lane Swim ✓

10:00am-11:00am

Drop-In Aquafit ✓

11:15am-12:00pm

Senior Swim ✓

## THURSDAY

8:00am-9:00am

Lane Swim ✓

9:15am-10:00am

Senior Swim ✓

10:15am-11:30am

FREE Public Swim 😊

11:45am-12:30pm

Core Inclusive

Swim ★

1:00pm-2:00pm

Home School Swim ✓

## FRIDAY

9:00am-9:45am

Lane Swim ✓

10:00am-11:00am

Drop-In Aquafit ✓

11:15am-12:00pm

Parent and Tot ✓

12:15pm-1:00pm

Senior Swim ✓

1:15pm-2:00pm

Sensory Swim ✓

## SATURDAY/ SUNDAY

Saturday.

9:00am-2:00pm

Swim Lessons ★

2:30pm-4:00pm

Public Swim ✓

Sunday.

9:00am-2:00pm

Swim Lessons ★

2:30pm-4:00pm

Public Swim ✓

✓ **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)



# 2026 SPRING POOL EVENING SCHEDULE

## MONDAY

Marlins Swim  
Team ★

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## TUESDAY

4:30pm-5:15pm  
Senior Swim ✓

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5:30pm-6:15pm  
Aquafit Classic ★

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6:30pm-7:15pm  
Aquafit Interval ★

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7:15pm-8:00pm  
Lane Swim ✓

## WEDNESDAY

5:30pm-7:00pm  
Public Swim ✓

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7:00pm-8:30pm  
Bronze  
Medallion  
Program ★

## THURSDAY

4:30pm-5:15pm  
Senior Swim ✓

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5:30pm-6:15pm  
Aquafit Classic ★

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6:30pm-7:15pm  
Aquafit  
Resistance ★

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7:15pm-8:00pm  
Lane Swim ✓

## FRIDAY

4:00pm-8:00pm  
Swim Lessons ★

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6:00pm-8:00pm  
Patrol Team  
Training ★

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## SUNDAY/ SUNDAY

Saturday.  
4:00pm-8:00pm  
Private  
Rentals ★

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Sunday.  
4:30pm-7:00pm  
Sensory Swim  
Lessons ★

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7:15pm-8:15pm  
Adult Swim  
Lessons ★

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

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