

2026 WINTER POOL DAY SCHEDULE

MONDAY

8:30am-9:30am
Lane Swim 

9:45am-10:45am
Drop-In Aquafit 

11:00am-12:00pm
Senior Swim 

12:15pm-1:15pm
Lane Swim 

1:30pm-2:15pm
SHIFT Swim 

TUESDAY

8:00am-9:00am
Lane Swim 

9:15am-10:00am
Parent and Tot
Semi-Instructed 

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

Friday

8:00am-9:00am
Lane Swim 

9:15am-10:15am
Aquafit 

10:30am-11:30am
Drop-In Aquafit 

11:45am-12:45pm
Senior Swim 

1:00pm-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

2026 WINTER POOL EVENING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY/ SUNDAY
<p>Marlins Swim Team ★</p> <p>-----</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 Interval ★</p> <p>-----</p> <p>7:15pm-8:00pm Lane Swim ✓</p>	<p>5:30pm-7:00pm Public Swim ✓</p> <p>-----</p> <p>7:00pm-8:15pm Bronze Training ★</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>7:15pm-8:00pm Lane Swim ✓</p>	<p>4:00pm-8:00pm Swim Lessons ★</p> <p>-----</p> <p>6:00pm-8:00pm Patrol Team Training ★</p> <p>-----</p>	<p><u>Saturday</u></p> <p>4:00pm-8:00pm Private Rentals</p> <p>-----★</p> <p><u>Sunday</u></p> <p>4:30pm-7:00pm Sensory Swim Lessons ★</p> <p>-----★</p> <p>7:15pm-8:15pm Adult Swim Lessons ★</p>

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