

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



MUNICIPALITY *of the*
COUNTY *of* KINGS

2026 WINTER POOL EVENING SCHEDULE

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

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