

2026 FALL POOL DAY SCHEDULE

September 21st-October 15th

MONDAY

8:30am-9:45am

Lane Swim ✓

10:00am-11:00am

Parent and Tot ✓

11:15am-12:15pm

Senior Swim ✓

12:30pm-1:30pm

Lane Swim ✓

TUESDAY

8:00am-9:00am

Lane Swim ✓

9:15am-10:00am

Senior Swim ✓

10:15am-11:30am

FREE Public Swim 😊

11:45am-12:45pm

Lane Swim ✓

WEDNESDAY

8:45am-9:45am

Lane Swim ✓

10:00am-10:45am

Drop-In Aquafit ✓

11:00am-12:00pm

Senior Swim ✓

12:30pm-1:30pm

Lane Swim ✓

THURSDAY

8:00am-9:00am

Lane Swim ✓

9:15am-10:00am

Parent and Tot ✓

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-10:45am

Drop-In Aquafit ✓

11:00am-11:45am

Senior Swim ✓

12:00pm-12:45pm

Lane Swim ✓

1:00pm-2:00pm

SHIFT Swim ★

SATURDAY/ SUNDAY

Saturday.

10:00am-2:00pm

Private Rentals ★

2:30pm-4:00pm

Public Swim ✓

Sunday.

Pool Closed for
Training

✓ **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 FALL POOL EVENING SCHEDULE

September 21st- October 15th

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 and Equipment ★ 7:30pm-8:15pm Aquafit Classic ★	5:30pm-7:00pm Public Swim ✓ 7:15pm-8:00pm Lane Swim ✓	4:30pm-5:15pm Senior Swim ✓ 5:30pm-6:15pm Aquafit Classic ★ 6:30pm-7:15pm Aquafit Interval and Equipment ★ 7:30pm-8:15pm Lane Swim ✓	4:00pm-8:00pm Private Rentals ★	<u>Saturday</u> Pool Closed for Training ★ <u>Sunday</u> Pool Closed for Training ★

✓ 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