

2025 SPRING POOL DAY SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY/ FRIDAY

SATURDAY

SUNDAY

1:45pm-2:30pm
Parent and Tot



2:45pm-3:45pm
Senior Swim



4:00pm-5:30pm
FREE Public
Swim



Evening Only
Session

9:00am-10:00am
Parent and Tot



10:15am-11:15am
Rehab Swim

11:30am-12:30pm
Senior Swim



12:45pm-1:30pm
Lane Swim



Thursday

*Evening Only
Session*

Friday

1:00pm-1:45pm
Lane Swim



2:00pm-2:45pm
Public Swim



3:00pm-3:45pm
Sensory Swim



9:00am-2:00pm
Swim Lessons

9:00am-2:00pm
Swim Lessons

4:00pm-5:15pm
Public Swim



★ Indicates a "Drop In" program. Cost is \$5 per person or \$15 per family.

All other programs require registration. To register for an aquatic program visit www.countyofkings.ca/registration



2025 SPRING POOL EVENING SCHEDULE

TUESDAY

4:30pm-5:15pm
Senior Swim ★

5:15pm-6:00pm
Aquafit Classic

6:15pm-7:00pm
Aquafit Interval

7:15pm-8:00pm
Lane Swim ★

WEDNESDAY

4:30pm-5:15pm
Parent & Tot ★

5:30pm-7:00pm
Public Swim ★

7:15pm-8:00pm
Lane Swim ★

THURSDAY

4:30pm-5:15pm
Senior Swim ★

5:15pm-6:00pm
Aquafit Classic

6:15pm-7:00pm
Aquafit
Resistance

7:15pm-8:00pm
Lane Swim ★

FRIDAY

4:00pm-8:00pm
Swim Lessons

6:00pm-8:00pm
Bronze Club
and Patrol
Team Training

SATURDAY

9:00am-2:00pm
Swim Lessons

4:00pm-8:00pm
Private Rentals

SUNDAY

9:00am-2:00pm
Swim Lessons

4:00pm-5:15pm
Public Swim ★

5:30pm-7:00pm
Sensory Swim
Lessons

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

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