

# 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-12:15pm  
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  
Adult 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](http://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> 4:00pm-8:00pm Private Rentals ★</p> <p>-----</p> <p><u>Sunday</u> 4:30pm-7:00pm Sensory Swim Lessons ★</p> <p>-----</p> <p>7:15pm-8:15pm Adult Swim Lessons ★</p>

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

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