

# Winter 2026

## Drop-in Leisure Pool Schedule

Activity	Times	Day of Week
Family Swim	6:30 to 7:30p.m. 11:00 to 12:00p.m.	Monday to Friday Sunday
Parent n Tot	10:45 to 11:45a.m. 10:00 to 11:00a.m.	Monday, Wednesday, Friday Tuesday, Thursday
Baby Fit	9:15 to 10:00a.m.	Tuesday
Gentle Fit	10:00 to 10:45a.m.	Monday, Wednesday, Friday
Aqua Stretch	9:15 to 10:00a.m.	Thursday
Adult and Senior	7:30 to 8:30a.m. 11:45 to 12:45p.m. 3:00 to 4:00p.m. 12:00 to 1:00p.m.	Monday to Friday Monday to Friday Tuesday, Thursday Saturday, Sunday
Fun Swim	1:00 to 2:00p.m. 7:30 to 8:30p.m.	Saturday, Sunday Friday

**\*Schedule subject to change**

### Pool Admission Policies:

We encourage all our swimmers to swim with a buddy.

### Admittance Requirements for Children:

Children 6 years of age and younger: must be accompanied in the water by a parent, or guardian who is at least 16 years of age and is responsible for their direct supervision.

Children 7 to 9 years of age: must pass a facility swim test or be accompanied in the water by a parent or guardian who is at least 16 years of age and is responsible for their direct supervision.

**Direct supervision:** defined by being within arm's reach at all times. When directly supervising children there is a maximum of two children under the age of 9 years old per guardian.

**Swim test:** The swim test includes swimming minimum 30m of a recognizable stroke. Swimmer must swim consistently without stopping, exhale underwater and demonstrate confidence when breathing.

**Flip Over for Program Descriptions**





# Program Descriptions and Admission Guidelines

**Gentle Fit:** Enjoy a lower intensity option compared to our traditional AquaFit program. This low impact workout uses the water as resistance. Remember to go at your own pace; instructors will incorporate strength work and gentle movements.

**Aqua Stretch:** Unwind your week with Aqua Stretch. Utilize the properties the water has to offer, see yourself stretch and gain mobility easier than on land. Aqua stretch will work your body through it's full range of motion while also incorporating some mindfulness practices.

**Baby Fit:** Enjoy a full body workout and some fun with your 6-20 month old baby in the pool in our Parent & Baby Aquafit class. Meet other parents, babies and enjoy the in-water exercise. Classes are 45 minutes in length and have a mixture of cardio, core and muscular endurance, all while incorporating your baby.

**Parent and Tot Swim:** Parents and caregivers can swim with their children in the leisure pool. It is a 2 children to 1 adult ratio and children must be within arms reach at all times. Depending on other programming pool features may not be on during this swim.

**Adult and Senior Swim:** This is an open swim time for adult and seniors to swim in the Leisure pool. You must be 18 years of age or older.

**Family Swim:** Leisure Pool will be open to families to come for a swim. There must be an adult 18 years of age or older present and in the water with young swimmers in the water. Pool admission policies apply.

**Fun Swim:** Shallow and Deep areas are available as well as fun pool activities. Pool admission policies apply. Please review before arrival.

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**Direct Supervision:** Defined by being within arm's reach at all times. When directly supervising children there is a maximum of two children under the age of 9 years old per guardian.

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