



Niagara Centre Pool Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool
6:00	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim				
6:15	6:00 - 9:00	6:00 - 10:30	6:00 - 9:00	6:00 - 10:30	6:00 - 9:00	6:00 - 10:30	6:00 - 9:00	6:00 - 10:30	6:00 - 9:00	6:00 - 10:30				
6:30														
6:45														
7:00														
7:15														
7:30											Lane Swim	Open Swim	Lane Swim	Open Swim
7:45											7:30 - 9:00	7:30 - 9:00	7:30 - 9:00	7:30 - 1:00
8:00														
8:15														
8:30														
8:45														
9:00	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down	
9:15	AquaFit		AquaFit		AquaFit		AquaFit		AquaFit		Swim Lessons	Dipper 1	AquaFit	
9:30	9:15 - 10:00		9:15 - 10:00		9:15 - 10:00		9:15 - 10:00		9:15 - 10:00		9:30 - 11:30	9:00 - 9:30	9:15 - 10:00	
9:45												Swim Lessons	Swim Lessons	
10:00												9:30 - 11:30	9:30 - 11:30	
10:15	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				Open Swim	
10:30	10:00 - 11:15		10:00 - 11:15		10:00 - 11:15		10:00 - 11:15		10:00 - 11:15				10:00 - 11:30	
10:45		Swim Lessons & Open	Adult Learn to Swim	Dipper I		Swim Lessons & Open		Dipper I		Swim Lessons & Open				
11:00		10:30 - 12:00	11:00 - 11:30	10:30 - 11:00		10:30 - 12:00		10:30 - 11:00		10:30 - 12:00		Adult Learn to Swim		
11:15	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up				AquaFit for Kids	
11:30														
11:45														
12:00	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Lane Swim
12:15	11:30 - 1:00	12:00 - 4:30	11:30 - 1:00	12:00 - 1:00	11:30 - 1:00	12:00 - 4:30	11:30 - 1:00	12:00 - 1:00	11:30 - 1:00	12:00 - 4:30	11:30 - 1:00	12:00 - 2:30	11:30 - 1:00	11:30 - 1:00
12:30														
12:45														
1:00	Open Swim		School Program		Open Swim		School Program		Open Swim		Open Swim		Family Swim	
1:15	1:00 - 2:00		1:00 - 2:00		1:00 - 2:00		1:00 - 2:00		1:00 - 2:00		1:00 - 2:30		1:00 - 2:00	1:00 - 2:00
1:30														
1:45														
2:00	AquaFit		AquaFit	Open Swim	AquaFit		AquaFit	Open Swim	AquaFit				Open Swim	
2:15	in Moderation		in Moderation	2:00 - 4:30	in Moderation		in Moderation	2:00 - 4:30	in Moderation				2:00 - 2:45	
2:30	2:00 - 2:45		2:00 - 2:45		2:00 - 2:45		2:00 - 2:45		2:00 - 2:45					
2:45	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up					
3:00														
3:15	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim				Lane Set Up	Open Swim
3:30	3:00 - 4:15		3:00 - 4:15		3:00 - 4:15		3:00 - 4:15		3:00 - 4:15				3:00 - 4:15	2:45 - 5:30
3:45														
4:00	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down				Lane Take Down	
4:15														
4:30	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons					
4:45	4:30 - 5:30		4:30 - 5:30		4:30 - 5:30		4:30 - 5:30		4:30 - 5:30					
5:00														
5:15														
5:30	Open Swim		Open Swim		Open Swim		Open Swim		Open Member					
5:45	5:30 - 6:00		5:30 - 6:00		5:30 - 6:00		5:30 - 6:00		5:30 - 6:00					
6:00	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons					
6:15	6:00 - 7:00		6:00 - 7:00		6:00 - 7:00		6:00 - 7:00		6:00 - 7:00					
6:30														
6:45														
7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lane Swim	Open Swim		
7:15	7:00 - 7:30	7:00 - 10:00	7:00 - 7:30	7:00 - 10:00	7:00 - 7:30	7:00 - 10:00	7:00 - 7:30	7:00 - 10:00	7:00 - 8:45	7:00 - 10:00	6:30 - 7:30	6:30 - 7:30		
7:30														
7:45	AquaFit		AquaFit		AquaFit		AquaFit		AquaFit					
8:00	7:30 - 8:15		7:30 - 8:15		7:30 - 8:15		7:30 - 8:15		7:30 - 8:15					
8:15	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up					
8:30														
8:45	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Set Up					
9:00	8:30 - 10:00		8:30 - 10:00		8:30 - 10:00		8:30 - 10:00							
9:15														
9:30														
9:45														
10:00														
10:15														

 Indicates Lane Swim
 Indicates Lane Take Down / Set-up

Holiday Pool Schedule

7:30 - 9:30am	Lane Swim
9:15 - 11:30am	Open Swim
11:30 - 1:00pm	Lane Swim
1:00 - 2:30pm	Family Swim
2:30 - 4:30pm	Open Swim
4:30 - 5:30pm	Lane Swim

Lane Swim: 13 years and older.
Family Swim: All swimmers under age 16 must be accompanied by a parent/guardian 16+ years. Under 6 years, maximum 2 children/guardian. Non-swimmers 6-9 years, maximum 4 children/guardian.
Open Swim: Children under 6 years must be accompanied by a parent/guardian 13+ years – maximum 2 children per guardian. Children 6-9 years who are non-swimmers should be accompanied by a parent/guardian at least 13 years – maximum 4 children per guardian.