

# Niagara Falls Pool Schedule

The Cares Foundation of  
Niagara Fallsview Casino Resort  
and Casino Niagara Leisure Pool

• 25 Metre Lane Pool •

Water Slide

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														
6:15	Lane Swim	Open Swim	Swim Team	Open Swim	Lane Swim	Open Swim	Swim Team	Open Swim	Lane Swim	Open Swim				
6:30	6:00 - 9:25	6:00 - 12:55	6:00 - 7:00	6:00 - 12:55	6:00 - 9:25	6:00 - 12:55	6:00 - 7:00	6:00 - 12:55	6:00 - 9:25	6:00 - 12:55				
6:45														
7:00			Lane Swim				Lane Swim							
7:15			7:00 - 9:25				7:00 - 9:25							
7:30											Lane Swim	Open Swim	Lane Swim	Open Swim
7:45											7:30 - 8:55	7:30 - 8:55	7:30 - 9:25	7:30 - 9:25
8:00														
8:15														
8:30														
8:45														
9:00														
9:15	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down				Lane Take Down	
9:30	Aquafit		Aquafit		Aquafit		Aquafit		Aquafit					
9:45	9:30 - 10:15		9:30 - 10:15		9:30 - 10:15		9:30 - 10:15		9:30 - 10:15					
10:00	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up					
10:15														
10:30	Lane Swim		Aquafit in Moderation		Lane Swim		Aquafit in Moderation		Lane Swim					
10:45	10:30 - 12:55		10:30 - 11:15		10:30 - 12:55		10:30 - 11:15		10:30 - 12:55					
11:00														
11:15														
11:30														
11:45														
12:00			Lane Swim				Lane Swim							
12:15			11:20 - 12:55				11:20 - 12:55							
12:30														
12:45	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down					
1:00														
1:15	School Rentals		Rentals		School Rentals		Rentals		School Rentals					
1:30	1:00 - 2:25		1:00 - 2:25		1:00 - 2:25		1:00 - 2:25		1:00 - 2:25					
1:45														
2:00														
2:15														
2:30	Aquafit in Moderation	Open Swim	Lane Swim	Open Swim	Aquafit in Moderation	Open Swim	Lane Swim	Open Swim	Aquafit in Moderation	Open Swim				
2:45	2:30 - 3:15	2:30 - 4:25	2:30 - 4:25	2:30 - 4:25	2:30 - 3:15	2:30 - 4:25	2:30 - 4:25	2:30 - 4:25	2:30 - 3:15	2:30 - 4:25				
3:00	Lane Set Up				Lane Set Up				Lane Set Up					
3:15														
3:30	Lane Swim				Lane Swim				Lane Swim					
3:45	3:20 - 4:25				3:20 - 4:25				3:20 - 4:25					
4:00														
4:15	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down					
4:30														
4:45	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons					
5:00	4:30 - 7:00		4:30 - 7:00		4:30 - 7:00		4:30 - 7:45		4:30 - 6:00					
5:15														
5:30														
5:45														
6:00														
6:15														
6:30														
6:45														
7:00	Open Swim		Adult/Teen Lessons		Open Swim									
7:15	7:05 - 7:40		7:00 - 7:30		7:05 - 7:40									
7:30														
7:45	Aquafit	Open Swim	Aquafit	Open Swim	Aquafit	Open Swim	Aquafit	Open Swim						
8:00	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	7:05 - 8:30	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30						
8:15	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up							
8:30														
8:45														
9:00	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim						
9:15	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30	8:35 - 10:30						
9:30														
9:45														
10:00														
10:15														

☐ Indicates Lane Swim  
☐ Indicates Lane Take Down / Set-up

## Holiday Pool Schedule

7:30 - 10:00	Lane Swim
10:00 - 12:00	Open Swim
12:00 - 1:00	Lane Swim
1:00 - 2:00	Family Swim
2:00 - 4:00	Open Swim
4:00 - 5:00	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.

**Water Slide** is open during family and open swims. Sliders must be 48" tall & able to swim 25m unassisted.