


Summer 2026 Swim Schedule #1

Tuesday June 23 - Saturday July 5

SWIM INFORMATION	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27	Sunday June 28
<p>Aquabics:</p> <p>Aquabics is a low impact, drop-in aqua fitness class for all ages! Classes are led by our trained instructors; however, participants may exercise at their own pace.</p> <p>Parent and Child Swim:</p> <p>Parents and children can play in our Beachfront and Lap Pools. If the child is not potty trained, they must wear a swim diaper.</p> <p>Lane Swim:</p> <p>Swimmers should swim in loop style in the proper lane (Slow, Medium, or Fast) to maximize the use of each lane. There are no reserved lanes.</p> <p>Lane Swim Legend:</p> <p>*W = Widths only in the deep end ** = 2 lanes</p> <p>Public Swim:</p> <p>Diving Board and Tarzan Rope are open for use!</p> <p>Questions?</p> <p>Call 705-759-5419 or email johnrhodespool@cityssm.on.ca</p>	<p>Please Refer to the Spring 2026 Swim Schedule</p>	<p>Lane Swim 6:00 to 7:30 am (5 lanes)</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Aquabics/ Parent & Child Swim 2:15 to 3:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>	<p>Lane Swim 6:00 to 9:45 am (Widths 8:30-9:30am)</p> <p>Parent Child Swim 8:00 to 9:45 am</p> <p>Aquabics 8:30 to 9:30 am</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Public Swim 6:30 to 8:30 pm</p>	<p>Lane Swim 6:00 to 7:30 pm (5 lanes)</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Aquabics/ Parent & Child Swim 2:15 to 3:30 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>	<p>Lane Swim 6:00 to 9:45 am (Widths 8:30-9:30am)</p> <p>Parent Child Swim 8:00 to 9:45 am</p> <p>Aquabics 8:30 to 9:30 am</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm 6:00 to 7:15 pm</p> <p>Sensitive Swim 7:30 to 9:00 pm</p>	<p>Lane/Parent Child Swim 10:00 to 1:00 pm</p> <p>Public Swim 1:15 to 4:00 pm</p>	<p>Lane/Parent Child Swim 10:00 to 1:00 pm</p> <p>Public Swim 1:15 to 3:00 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>
		Monday June 29	Tuesday June 30	Wednesday July 1	Thursday July 2	Friday July 3	Saturday July 4
	<p>Lane Swim 6:00 to 9:45 am (Widths 8:30-9:30am)</p> <p>Parent Child Swim 8:00 to 9:45 am</p> <p>Aquabics 8:30 to 9:30 am</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p>	<p>Lane Swim 6:00 to 7:30 am (5 lanes)</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Aquabics/ Parent & Child Swim 1:15 to 2:30 pm</p> <p>Public Swim 2:30 to 4:00 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>	<p>CANADA DAY</p>  <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Public Swim 1:15 to 4:00 pm</p>	<p>Lane/Parent Child Swim 11:15 to 1:00 pm</p> <p>Aquabics/ Parent & Child Swim 1:15 to 2:30 pm</p> <p>Public Swim 2:30 to 4:00 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>	<p>Lane Swim 6:00 to 9:45 am (Widths 8:30-9:30am)</p> <p>Parent Child Swim 8:00 to 9:45 am</p> <p>Aquabics 8:30 to 9:30 am</p> <p>Lane/Parent Child Swim 11:15 to 1:00 pm</p>	<p>Lane/Parent Child Swim 10:00 to 1:00 pm</p> <p>Public Swim 1:15 to 3:00 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>	<p>Lane/Parent Child Swim 10:00 to 1:00 pm</p> <p>Public Swim 1:15 to 3:00 pm</p> <p>Lane/Parent Child Swim 6:00 to 7:30 pm</p> <p>Aquabics 7:45 to 8:45 pm**</p>