

Summer 2026 Swim Schedule #3

Tuesday Sept. 1 – Monday Sept. 7

Weekdays	Aquabics	Lane Swim	Parent & Child Swim	Public Swim
Monday	8:30 to 9:30 am	6:00 to 9:45 am*W 11:15 to 1:00 pm 6:00 to 9:00 pm	8:00 to 9:45 am 11:15 to 1:00 pm 6:00 to 9:00 pm	
Tuesday	1:15 to 2:15 pm 7:45 to 8:45 pm	11:15 to 1:00 pm 6:00 to 7:30 pm 7:45 to 8:45 pm**	11:15 to 1:00 pm 1:15 to 2:30 pm 6:00 to 7:30 pm	2:30 to 4:00 pm
Wednesday	8:30 to 9:30 am	6:00 to 9:45 am *W 11:15 to 1:00 pm	8:00 to 9:45 am 11:15 to 1:00 pm	6:30 to 8:30 pm
Thursday	1:15 to 2:15 pm 7:45 to 8:45 pm	11:15 to 1:00 pm 6:00 to 7:30 pm 7:45 to 8:45 pm**	11:15 to 1:00 pm 1:15 to 2:30 pm 6:00 to 7:30 pm	2:30 to 4:00 pm
Friday	8:30 to 9:30 am	6:00 to 9:45 am *W 11:15 to 1:00 pm 6:00 to 7:30 pm	8:00 to 9:45 am 11:15 to 1:00 pm	
Saturday		10:00 to 1:00 pm	10:00 to 1:00 pm	1:15 to 3:00 pm
Sunday	7:45 to 8:45 pm	10:00 to 1:00 pm 7:45 to 8:45 pm**	10:00 to 1:00 pm	1:15 to 3:00 pm
HOLIDAY HOURS: Labour Day Monday September 7, 2026		11:15 to 1:00 pm	11:15 to 1:00 pm	1:15 to 4:00 pm

SWIM INFORMATION

Aquabics:
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.

Lane Swim:
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

Lane Swim Legend:
*W = Widths only in the deep end
** = 2 lanes

Parent and Child Swim:
Parents and children can play in our Beachfront and Lap Pools. If the child is not potty trained, they must wear a swim diaper.

Public Swim Info:
Diving board and Tarzan Rope are open for use during our public swims!

Questions?
Call 705-759-5419 or email johnrhodespool@cityssm.on.ca

Pool Closure:

Tuesday Sept. 8 -
Sunday Sept. 20

Tentative re-opening
date of Monday Sept. 21