

Summer 2026 Swim Schedule #3

Tuesday Sept. 1 – Monday Sept. 7

Weekdays	Aquabics	Lane Swim		Parent & Child Swim	Public Swim	SWIM INFORMATION
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		<u>Aquabics:</u> 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. <u>Lane Swim:</u> 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 <u>Lane Swim Legend:</u> *W = Widths only in the deep end ** = 2 lanes <u>Parent and Child Swim:</u> Parents and children can play in our Beachfront and Lap Pools. If the child is not potty trained, they must wear a swim diaper. <u>Public Swim Info:</u> Diving board and Tarzan Rope are open for use during our public swims! <u>Questions?</u> Call 705-759-5419 or email johnrhodespool@cityssm.on.ca <u>Pool Closure:</u> Tuesday Sept. 8 - Sunday Sept. 20 Tentative re-opening date of Monday Sept. 21
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 AQUA DANCE 8:00 to 9:00 pm	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 6:00 to 7:30 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	