

DROP-IN SWIM SCHEDULE

May 2nd – June 26th 2026

*Limited main pool space between 6:30a-8:00a & 3:30p-7:30p Monday & Wednesday

*The main pool has limited space due to the Bouncy Run on Friday's from 6:00-8:00pm.



	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PUBLIC SWIM	1:00p-5:00p	12:00p-5:00p	6:30a-1:00p 3:30p-9:00p	6:30a-1:00p 3:30p-9:00p	6:30a-1:00p 3:30p-9:00p	6:30a-1:00p 3:30p-9:00p	9:00a-1:00p 3:30p-9:00p
FAMILY SWIM	11:00a-1:00p						
WATERSLIDE	11:15a-1:00p 1:30p-4:30p	12:30p-4:30p	4:30p-8:30p	4:30p-8:30p	4:30p-8:30p	4:30p-8:30p	4:30p-8:30p
DIVING BOARDS			Closed 3:30p-7:15p	Closed 3:30p-5:30p 7:00p-8:00p	Closed 3:30p-7:15p	Closed 3:30p-5:30p 7:00p-8:00p	
BOUNCY RUN							6:00p-8:00p
WATER FITNESS			9:00a-9:50a Shallow 10:00a-10:50a Deep	6:00p-6:50p Shallow 7:00p-7:50p Deep	9:00a-9:50a Shallow 10:00a-10:50a Deep	6:00p-6:50p Shallow 7:00p-7:50p Deep	9:00a-9:50a Shallow 10:00a-10:50a Deep
SWIMMING LESSONS	11:00a-1:00p		3:30p-5:30p	3:30p-5:30p	3:30p-5:30p	3:30p-5:30p	
USER GROUPS			4:00p-6:00p (6 Lanes) 6:00p-7:00p (3 Lanes)	4:00p-6:00p (6 Lanes)	4:00p-6:00p (6 Lanes) 6:00p-7:00p (3 Lanes)	4:00p-6:00p (6 Lanes)	

SPECIAL TIMES:

- Sponsored Free Swims (Birchcliff Energy Ltd)
 - May 10 & June 21: 12:00p-5:00p
- May 18 (Victoria Day – Stat Holiday): CLOSED
- June 1: NID OPEN all day (6:30a-9:00p)
- June 26: NID OPEN all day (9:00a-9:00p)
- June 1 & 26: Bouncy Run OPEN 1:00p-3:00p
- June 5: OPEN 6:30a-7:00p ONLY (Closed early)
- June 6 & 7: CLOSED to public – Swim Meet.

BOUNCY RUN RULES:

- All users, including adults, must wear a lifejacket on the inflatable
- Water shoes are not permitted on the inflatable
- Max 2 people allowed on the inflatable at once
- No pausing at the top of the slide
- Feet first down the slide

LESSONS:

- Set 1: April 7 – May 7
- Set 2: May 11 – June 11
- Saturday: April 11 – June 20

Registration for Summer 2026: Saturday June 20 @ 11:00a

SWIM MEET EVENTS:

- May 17: 8:00a-1:00p – Navy and Gold Swim Meet
 - Main Lap Pool will be closed to public from 12:00p-1:00p. Remainder of the pools and facility will be open during 12:00-1:00pm portion.
- June 6 – 7: Seals Invitation Swim Meet
 - Full facility closure Saturday June 6th & Sunday June 7th.