

| Monday - 16 | Tuesday - 17 | Wednesday - 18 | Thursday - 19 | Friday - 20 | Saturday - 21 | Sunday - 22 |
|---|---|---|--|---|---|--------------------------------------|
| Early Bird Lane Swim 5:45 - 9:00 am | | | | | Lane Swim (2 Lanes)/ Sharks 7:00 - 9:00 am | |
| Aquasize 9:00 - 10:00 am | Schools Lessons 9:00 am - 12:00 pm | Aquasize 9:00 - 10:00 am | Schools Lessons 9:00 am - 12:00 pm | Aquasize 9:00 - 10:00 am | Lane Swim (2 Lanes)/ Group Lessons 9:00 am - 12:00 pm | |
| School Lessons 10:00am - 10:40am | | School Lessons 10:00am - 12:00pm | | Aqua Motion 10:00 am - 12:00 pm | | |
| Lane Swim 10:45 am-12:00 pm | | | | | | |
| KP Tuesday and Wednesday | | Noon Hour Lane Swim 12:00 - 1:00 pm | | KP Thursday, Friday, Saturday and Sunday | | |
| School Lessons 1:00 - 1:45 pm | School Lessons 1:00 - 3:00 pm | School Lessons 1:00 - 3:00 pm | School Lessons 1:00 - 3:00 pm | Public Swim 1:00 - 4:30 pm | Public Swim 1:00 - 4:00 pm | Public Swim 1:00 - 4:00 pm |
| Public Swim / Lane Swim (3 Lanes) 1:45 - 4:30 pm | | | | | | |
| Silver Sharks Try It Night 4:30 - 7:00 pm | Private & Group Lessons/Sharks (2 lanes) 3:45 - 6:00 pm | Silver Sharks Try It Night 4:30 - 7:00 pm | Private & Group Lessons 3:45 - 6:00 pm | Silver Sharks 4:30 - 6:30 pm | | |
| | Polominos Water Polo 6:00 - 7:00 pm | | Polominos Water Polo 6:00 - 7:00 pm | | | |
| Lane Swim/ Silver Sharks (2 Lanes) 7:00 - 8:00 pm | Lane Swim 7:00 - 8:00 pm | Lane Swim/ Silver Sharks (2 Lanes) 7:00 - 8:00 pm | Deep Water Aquasize/Running 7:00 - 8:00 pm | Public Swim 6:30 - 8:00 pm | | |

If you have questions or concerns please call the facility at 403-934-3325.

Hot Tub Hours

Monday

6:00 - 10:00 am
10:45 am - 1:00 pm
1:45 - 8:00 pm

Tuesday

6:00 - 9:00 am
12:00 - 1:00 pm
3:00 - 8:00 pm

Wednesday

6:00 - 10:00 am
12:00 - 1:00 pm
4:30 - 8:00 pm

Thursday

6:00 - 9:00 am
12:00 - 1:00 pm
3:45 - 8:00 pm

Friday

12:00 - 8:00 pm

Saturday

7:00 am - 4:00 pm

Sunday

12:00 - 4:00 pm

Kiddy Pool Only Hours

Tuesday

12:00 - 1:00 pm

Wednesday

12:00 - 1:00 pm

Thursday

12:00 - 1:00 pm

Friday

12:00 - 1:00 pm

Saturday

12:00 - 1:00 pm

Sunday

12:00 - 1:00 pm

Hours for the kiddy pool are advertised on the front page. If you see **KP** next to a swim, this indicates that the kiddy pool is open at the same time. The Kiddy Pool will also be open any time there is public swim.

Certification Courses

National Lifeguard
coming Summer of 2022

Summer Lesson Registration will be
May 28th @ 9:00 am

Summer Day Camps run out of
Strathmore Motor Products Sports
Centre registration is May 30th. Call
the Sports Centre for more details.