



	Monday		Tuesday		Wednesday		Thursday		Friday			Saturday		Sunday	
7:00 am															
7:30 am															
8:00 am	SLS		SLS		SLS		SLS		SLS			SLS			
8:30 am															
9:00 am	7:00-10:55		AF		FPS		AF		FPS			7:00-3:55		7:00-12:55	
9:30 am															
10:00 am	AF		FPS		FPS		AF		AF						
10:30 am	TPL				TPL		AF								
11:00 am															
11:30 am	10:00		LS		LS		LS		LS			TPG		FPS	
12:00 noon	12:55				10:30-12:55		11:30-1:25		11:00-1:25			11:00-1:55		11:00-12:55	
12:30 pm															
1:00 pm														LS	
1:30 pm					AF		SLS								
2:00 pm									TPG			FPS			
2:30 pm	FPS		TPL		SLS				SLS			TPG		TPL	
3:00 pm	2:30-3:55		2:30-3:55		2:30-3:55		1:30-3:55		1:30-3:55			2:00-3:55		2:00-4:25	
3:30 pm															
4:00 pm	SLS											LS			
4:30 pm															
5:00 pm															
5:30 pm	2:30-8:00		SLS		TPG		SLS								
6:00 pm															
6:30 pm															
7:00 pm															
7:30 pm															
8:00 pm	AF		TPG		SLS				TPG			FPS		SLS	
8:30 pm			8:00-10:25		8:30-9:25		6:00-7:45		8:00-9:25			TPL		LS	
9:00 pm			TPG		8:30-10:25				9:25-9:25						
9:30 pm			8:00-10:25		8:30-10:25				8:30-10:25			TPL		LS	
10:00 pm															

AF- Aquafit FPS- Family Public Swim LS- Lane Swim SLS- Single Lane Swim TPG- Therapy Pool General Use TPL- Therapy Pool Lane Swim
(For more info on our swim schedule, please see reverse page)
Grey area designates time allotted for clubs, teams, and lessons



Drop in Swim Fees

Family.....\$8
Student/Senior.....\$3
Adult (over 18).....\$4
Child (under 2 years)...free

NOTE: All sessions and times are open and free for members; Non-members may pay drop in fees.

Aquafit (AF)

- Group Fitness Class conducted in the pool (12 week program)
- Free for members; \$75 non-members (registration required)
- Note: all classes last 45 min.

Family Public Swim (FPS)

- Recreational swimming including the diving board and tarzan rope (usually available)
- Open to everyone

Lane Swim (LS)

- The pool has multiple lanes available for swimming at a variety of speeds
- Open to members and Trent students

Single Lane Swim (SLS)

- One lane open for lengths
- Open to members and Trent students

Therapy Pool General Use (TPG)

- Open to members on a first-come, first-served basis
- Current not available
- Max 10 swimmers

Therapy Pool Lane Swim (TPL)

- Current available for 20 minute bookings (one swimmer only)
- Sign up at the Member Services Desk

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