

# Fountain Park Recreation Centre - Swim Schedule

January 6, 2025 - March 23, 2025

Schedules are subject to change without notice

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LANE SWIM</b>	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	6:00am-8:00pm	7:00am-8:00pm
<b>PUBLIC SWIM</b>	6:00am-4:00pm 8:00pm-10:00pm	6:00am-4:00pm 8:00pm-10:00pm	6:00am-4:00pm 8:00pm-10:00pm	6:00am-4:00pm 8:00pm-10:00pm	6:00am-4:00pm 8:00pm-10:00pm	6:00am-8:00am 1:00pm-8:00pm	7:00am-9:00am 1:00pm-8:00pm
<b>SWIM LESSONS</b> (registered)	4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm	9:00am-1:00pm	9:00am-1:00pm
<b>AQUAFIT</b> Shallow Water	7:00am-8:00am 8:00am-9:00am 11:00am-11:55am 12:00pm-12:55pm 8:00pm-9:00pm	7:00am-8:00am 8:00am-9:00am 11:00am-11:55am 12:00pm-12:55pm	7:00am-8:00am 8:00am-9:00am 11:00am-11:55am 12:00pm-12:55pm 8:00pm-9:00pm	7:00am-8:00am 8:00am-9:00am 11:00am-11:55am 12:00pm-12:55pm	7:00am-8:00am 8:00am-9:00am 11:00am-11:55am 12:00pm-12:55pm	8:00am-9:00am	
<b>AQUAFIT</b> Deep Water	9:30am-10:30am	8:00pm-9:00pm	9:30am-10:30am	8:00pm-9:00pm			

## Lane Swim is available 7 days a week

The number of lanes available will vary depending on other scheduled programs

## Public Swim

Select areas of the pool may not be available to the public when other activities are scheduled

**Aquafit - Shallow Water:** Experience a fun, safe, and well-rounded aerobic workout set to music. Ideal for participants aged 12 and up, including non-swimmers and those who are pre- or post-natal

**Aquafit - Deep Water:** Combine deep water strength and conditioning in this invigorating class. Suitable for participants aged 12 and up who are comfortable in deep water and equipped with an Aqua Belt.

\*\* No classes on public holidays, February 17

*Children under the age of 8 must have a responsible persons 13 yrs + in the water, within arms reach of them at all times*

**Holiday Hours 11am-7pm - Public Swim**

# Landrex Water Play Centre - Servus Place

## Swim Schedule



January 6, 2025 - March 23, 2025

Schedules are subject to change without notice

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LANE SWIM ONLY</b>	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am		
<b>PUBLIC SWIM</b>	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm
<b>AQUA HIIT</b>	8:00am-8:45am		8:00am-8:45am		8:00am-8:45am		
<b>AQUAFIT</b>	9:00am-10:00am	8:00am-9:00am 9:00am-10:00am	9:00am-10:00am	8:00am-9:00am 9:00am-10:00am	9:00am-10:00am		
<b>MOM &amp; BABY AQUAFIT</b> (registered)	10:15am-11:00am	10:15am-11:00am		10:15am-11:00am	10:15am-11:00am		
<b>SWIM LESSONS</b> (registered)		4:00pm-7:00pm (Jan 7 - Mar 11)	4:00pm-7:00pm (Jan 8 - Mar 12)			8:00am-10:30am (Jan 11 - Mar 22)	

**Public Swim is available 7 days a week from 7am-9pm, including holidays!**

Select areas of the pool may not be available to the public when other activities are scheduled

**Check [here](#) to view swim schedule updates for all facilities or scan this QR code**



*Children under the age of 8 must have a responsible persons 13 yrs + in the water, within arms reach of them at all times*