

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.	3 Lane and Leisure 7-8:50 a.m.
8:00 a.m.							
9:00 a.m.	Sensory Swim 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	
10:00 a.m.		3 Lane and Leisure 10 a.m.-1:50 p.m.	3 Lane and Leisure 10 a.m.-1:50 p.m.	3 Lane and Leisure 10 a.m.-1:50 p.m.	3 Lane and Leisure 10 a.m.-1:20 p.m.	3 Lane and Leisure 10 a.m.-1:50 p.m.	
11:00 a.m.	3 Lane and Leisure 11-11:50 a.m.						
12:00 p.m.	Everyone Welcome Swim 12-12:50 p.m.						
1:00 p.m.							
2:00 p.m.	Everyone Welcome Swim 2-2:50 p.m.	Therapeutic Adult Swim 2-2:50 p.m.	6 Lane Swim 2-2:50 p.m. Pop in Tot 2-2:50 p.m.	Therapeutic Adult Swim 2-2:50 p.m.		6 Lane Swim 2-2:50 p.m. Pop in Tot 2-2:50 p.m.	Everyone Welcome Swim 2-2:50 p.m.
3:00 p.m.	3 Lane and Leisure 3-3:50 p.m.						3 Lane and Leisure 3-3:50 p.m.
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.	3 Lane and Leisure 7-8:20 p.m.	6 Lane Swim 7-7:50 p.m.	Everyone Welcome Swim 7-7:50 p.m.	Aquatic Fitness 7-7:50 p.m.	Everyone Welcome Swim 7-7:50 p.m.	Everyone Welcome Swim 7-7:50 p.m.	3 Lane and Leisure 6:30-7:50 p.m.
7:30 p.m.							
8:00 p.m.							

Please note: the pool will be closed for holidays on September 30, October 12 and November 11

Schedules are subject to change. For the latest swim schedules, visit [StJohns.ca/Swimming](https://stjohns.ca/swimming). Closures will be posted on our website and social media.