

Program Details

Lane Swim: Lap Pool Only, All participants must meet the Swim Admission Policy. Lanes will be set up for fast, medium, slow and leisure swimmers. Please choose a lane based on your swimming ability. Please be aware that you may be asked to switch lanes based on the swimmers participating during the swim.

Family Swim: Leisure Pool Only, All participants must meet the Swim Admission Policy. Children (under 18) MUST be accompanied into the water by a parent or guardian. **Capacity: 100**

Open Swim: Both Pools open, 2 Lanes available for lengths. Leisure pool capacity is 100. All participants must meet the Swim Admission Policy

Adult/Senior Swim (18+): Leisure Pool Only, all participants must be 18yrs or older

Easy Does It Aquafit: Participants will perform mild to moderate exercises in the warm water pool. Focus will be on muscle and stretching. **Capacity: 25**

Deep Aquafit: Participants will perform suspended movements in the deep water. Classes consist of a warmup, muscular endurance, cardio & a cool down. Participants must wear a water belt for the duration of the class

Shallow Aquafit: Participants will perform stationary movements in the shallow water. Classes consist of a warmup, muscular endurance, cardio & a cool down. **Capacity: 25**

Combo Aquafit: In this 1hr class participants will spend 30min in the shallow end before moving to the deep end for the last 30mins. Please note some instructors may begin the class in the deep end first. Participants must wear a water belt for the deep water portion.

Capacity: 25



Pricing

All Sales Final

Pay-as-you-go:

Infant (under 1 yrs.).....	Free
Youth (1 to 17 yrs.).....	\$4.25
Adult (18 to 54 yrs.).....	\$6.75
Senior (55+).....	\$5.75
Family (2 adults & 2 youth or 1 adult & 3 youth).....	\$17.50
Additional Youth.....	\$2.10
**Weekday Family/Adult Swim (2yrs +).....	\$2.75

Passes:

Youth 10 Pass.....	\$38.24
Youth 50 Pass.....	\$148.71
Youth 100 Pass.....	\$254.93
Adult 10 Pass.....	\$60.71
Adult 50 Pass.....	\$236.11
Adult 100 Pass.....	\$404.77
Senior 10 Pass.....	\$51.77
Senior 50 Pass.....	\$201.31
Senior 100 Pass.....	\$345.10
Weekday AM Family Swim 10 Pass.....	\$27.04

Admission Policy

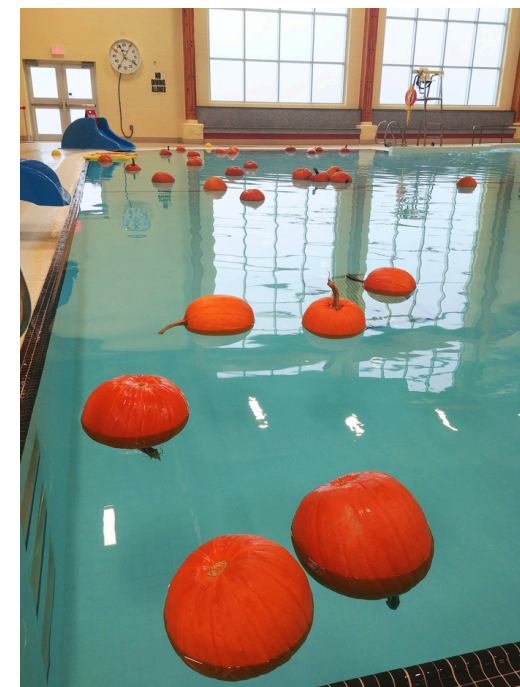
Children Under 7 must always be accompanied by a responsible caregiver 13 years of age or older. Caregivers must be in the water and always remain within arm's reach. Children wearing personal flotation devices (water wings, lifejackets etc.) must be directly supervised at all times. A Maximum of 2 children for each caregiver.

Children aged 7 to 10 years of age who are weak or non-swimmers must always be accompanied by a responsible caregiver 13 years of age or older. Caregivers must be in the water and remain within arm's reach at all times. Caregiver ratio of 1: 3 without lifejackets and 1 : 6 with all swimmer in a MTO approved lifejacket. If a swimmer removes their lifejacket the ratio then becomes 1: 3

Children aged 7 to 10 years of age who strong swimmers may be admitted into the pool without direct in-water supervision provided they can demonstrate the ability to pass the Aquatic Swim Test



WILMOT RECREATION COMPLEX



Pool Schedule

Fall 2026

Sept 7th, 2026 - Jan 3rd, 2027

****All swim times are subject to change without notice****

519-634-9225 ext 0

1291 Nafziger Rd
Baden, ON, N3A 3G9
RECREATION@WILMOT.CA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 6:00am - 7:30am <i>Shared Pool - 4 Lanes</i>	Lane Swim 6:30am - 7:45am <i>Shared Pool - 6 Lanes</i>	Easy Does It Aquafit 8:45am - 9:30am	Lane Swim 6:30am - 7:45am	Easy Does It Aquafit 8:45am - 9:30am	Combo Aquafit 10:15am - 11:15am <i>*No class December 19th**</i>
Easy Does It Aquafit 8:45am - 9:30am	Easy Does It Aquafit 8:45am - 9:30am	Deep Aquafit 9:00am - 9:45am	Easy Does It Aquafit 8:45am - 9:30am	Shallow Aquafit 9:00am - 9:45am	Lane Swim 12:45pm - 1:45pm
Shallow Aquafit 9:00am - 9:45am	Combo Aquafit 9:30am - 10:30am	Shallow Aquafit 9:45am - 10:30am	Combo Aquafit 9:30am - 10:30am	Deep Aquafit 9:45am - 10:30am	Open Swim 2:00pm - 4:00pm <i>Both Pools Open Leisure Pool Capacity: 100</i>
Deep Aquafit 9:45am - 10:30am	Lane Swim 9:30am - 10:30am <i>Shared Pool 4 Lanes</i>	Lane Swim 9:00am - 10:30am <i>Shared Pool 4 Lanes</i>	Lane Swim 9:30am - 10:30am	Lane Swim 9:00am - 10:30am <i>Shared Pool 4 Lanes</i>	Sunday
Family Swim 10:30am - 11:15am <i>Leisure Pool Only - Capacity: 100</i>	Lane Swim 11:30am - 1:00pm	Family Swim 10:30am - 11:15am <i>Leisure Pool Only - Capacity: 100</i>	Lane Swim 11:30am - 1:00pm <i>Shared Pool - 6 Lanes</i>	Family Swim 10:30am - 11:15am <i>Leisure Pool Only - Capacity: 100</i>	Family Swim 12:30pm - 2:00pm <i>Leisure Pool Only - Capacity: 100</i>
Lane Swim 11:30am - 1:00pm	Easy Does It Aquafit 7:30pm - 8:30pm	Lane Swim 11:30am - 1:00pm	Easy Does It Aquafit 7:30pm - 8:30pm	Lane Swim 11:30am - 1:00pm	Lane Swim 12:30pm - 2:00pm
Adult/Senior Swim 12:45pm - 1:30pm <i>Leisure Pool Only</i>	Deep Aquafit 7:30pm - 8:15pm	Adult/Senior Swim 12:45pm - 1:30pm <i>Leisure Pool Only</i>	Shallow Aquafit 7:30pm - 8:15pm	Adult/Senior Swim 12:45pm - 1:30pm <i>Leisure Pool Only</i>	Open Swim 2:15pm - 3:45pm <i>Both Pools Open Leisure Pool Capacity: 100</i>
Lane Swim 11:30am - 1:00pm	Lane Swim 7:30pm - 9:30pm <i>Shared Pool 4 Lanes (7:30pm - 8:30pm) 8 Lanes (8:30pm - 9:30pm)</i>	Easy Does It Aquafit 7:30pm - 8:30pm	Lane Swim 7:30pm - 9:30pm <i>Shared Pool 4 Lanes (7:30pm - 8:30pm) 8 Lanes (8:30pm - 9:30pm)</i>	Open Swim 7:30pm - 9:00pm <i>Both Pools Open Leisure Pool Capacity: 100</i>	
Easy Does It Aquafit 7:30pm - 8:30pm		Combo Aquafit 7:30pm - 8:30pm			
Combo Aquafit 7:30pm - 8:30pm		Lane Swim 7:30pm - 9:30pm <i>4 Lanes (7:30pm - 8:30pm) 8 Lanes (8:30pm - 9:30pm)</i>			
Lane Swim 7:30pm - 9:30pm <i>Shared Pool 4 Lanes (7:30pm - 8:30pm) 8 Lanes (8:30pm - 9:30pm)</i>					