



Olive-Urquhart Sports Centre - POOL  
August 17 - September 6, 2026

| Time    | Sunday                              | Monday                           | Tuesday | Wednesday                    | Thursday | Friday                           | Saturday |
|---------|-------------------------------------|----------------------------------|---------|------------------------------|----------|----------------------------------|----------|
| 8am     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 8:30am  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 9am     |                                     |                                  |         | Lap Swim<br>9 a.m. - 1 p.m.  |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 9:30am  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 10am    |                                     | Lap Swim<br>10 a.m. - 12:15 p.m. |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 10:30am |                                     |                                  |         |                              |          |                                  |          |
|         | Lap Swim<br>11 - 11:55 a.m.         |                                  |         |                              |          |                                  |          |
| 11am    |                                     |                                  |         |                              |          | Lap Swim<br>11 a.m. - 12:55 p.m. |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 11:30am |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 12pm    | Fun Time Swim<br>12:00 - 3: 55 p.m. |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 12:30pm |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 1pm     |                                     |                                  |         |                              |          | Fun Time Swim<br>1 - 3:55 p.m.   |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 1:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 2pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 2:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 3pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 3:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 4pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 4:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 5pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 5:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 6pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 6:30pm  |                                     |                                  |         | Lap Swim<br>6:30 - 9:00 p.m. |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 7pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 7:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 8pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 8:30pm  |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |
| 9pm     |                                     |                                  |         |                              |          |                                  |          |
|         |                                     |                                  |         |                              |          |                                  |          |