



## Olive-Urquhart Sports Centre - POOL March 9 - June 8 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am				Lap Swim 9 - 11 a.m.			
9:30am							
10am		Lap Swim 10 - 11:25 a.m.					
10:30am							
11am	Lap Swim 10:45 - 11:55 a.m.	AQUAFIT CLASS 11 h30 -12 h25		AQUAFIT CLASS 11 h15 -12 h10			AQUAFIT CLASS 10:55 a.m.-11:50 a.m.
11:30am							
12pm	Fun Time Swim 12 - 3: 55 p.m.			Lap Swim 12:15 - 1:05 p.m.			Lap Swim 11:55 a.m.- 1 p.m.
12:30pm							
1pm							Fun Time Swim 1 - 3:55 p.m.
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm							
5pm							
5:30pm							
6pm							
6:30pm							
7pm				AQUAFIT CLASS 18 h30-19 h25			
7:30pm							
8pm				Lap Swim 7:30 - 9:00 p.m.			
8:30pm							
9pm							