

SEAPARC Fall 2024 Pool Schedule



Effective Sep 3, 2024 – Jan 5, 2025, closed on statutory holidays on Dec 25, 26, Jan 1
 For the most up to date schedule, please visit our website www.seaparc.ca

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
AquaFit	No AquaFit offered on Sundays	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	8 – 8:55am <i>Shallow Focus</i>
		10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>	
			11:05 – 12:05pm <i>Swim Fit</i>		11:05 – 12:05pm <i>Swim Fit</i>		
		7:05 – 8pm <i>Shallow Focus</i>		7:05 – 8pm <i>Shallow Focus</i>			
Pool Space	Lanes & Leisure 7 – 9am	Lanes & Leisure 6 – 8:50am	Lanes & Leisure 6 – 8:50am	Lanes & Leisure 6 – 8:50am	Lanes & Leisure 6 – 8:50am	Lanes & Leisure 6 – 8:50am	Lanes & Leisure 7 – 8am <small>(limited lane pool space during AquaFit 7:05 – 8pm)</small>
	Swim Club, Lanes & Leisure 9 – 11:30am	<i>Play & Splash – Leisure Pool</i> 9 - 11am No lanes	<i>Play & Splash – Leisure Pool</i> 9 - 11am No lanes	<i>Play & Splash – Leisure Pool</i> 9 - 11am No lanes	<i>Play & Splash – Leisure Pool</i> 9 - 11am No lanes	<i>Play & Splash – Leisure Pool</i> 9 - 11am No lanes	Swim Lessons <i>Hot Tub & Sauna Only</i> 9am – 12pm No lanes
	Everyone Welcome 11:30am – 1:00pm	Lanes & Leisure 11am – 1pm	Leisure Pool - No lanes 11am – 12:05pm Lanes & Leisure 12:05 – 12:45pm	Lanes & Leisure 11am – 1pm	Leisure Pool - No lanes 11am – 12:05pm Lanes & Leisure 12:05 – 1pm	Lanes & Leisure 11am – 1pm <small>(11am – 12pm shared space Swimming Lesson, 3 lanes avail)</small>	Lanes & Leisure 12 – 1pm
	FUN Swim 1 – 3pm No lanes	Everyone Welcome 1 – 2:45pm Shared Space	School Swim Lessons No leisure pool or lanes 12:45 - 2pm	Everyone Welcome 1 – 2:45pm Shared Time with Schools	Everyone Welcome 1 – 2:45pm Shared Time with Schools	Everyone Welcome 1 – 7pm	FUN Swim 1 – 3pm No lanes
		Quiet Swim 2:45 – 4pm	Quiet Swim 2 – 4pm	Quiet Swim 2:45 – 4pm	Quiet Swim 2:45 – 4pm	<i>\$2 Youth Rate 2:15 – 5pm</i>	
	Everyone Welcome 3 – 9pm	Swim Lessons 4 - 7pm Limited Leisure Pool 1 lane avail	Swim Lessons 4 - 7pm Limited Leisure Pool 4 – 5pm 1 lane avail 5 – 7pm no lanes	Swim Lessons 4 - 7pm Limited Leisure Pool 4 – 5pm 1 lane avail 5 - 7pm no lanes	Swim Lessons 4 - 7pm Limited Leisure Pool 4 – 5pm 1 lane avail 5 – 7pm no lanes	Shared time with schools 1 – 2:45pm Shared lap pool with lesson 4 – 5pm	Everyone Welcome 3 – 9pm
		Everyone Welcome 7 – 9pm <small>(limited lane pool space during AquaFit 7:05 – 8pm)</small>	Everyone Welcome 7 – 9pm	Everyone Welcome 7 - 9pm <small>(limited lane pool space during AquaFit 7:05 – 8pm)</small>	Everyone Welcome 7 - 9pm	FUN Swim 7 - 9pm No lanes	

Swim Descriptions

SCAN TO VIEW
LIVE SCHEDULE



Children under the age of 7 must be directly supervised, within arms reach, by an adult 16+ at all times. Maximum ratio of three children under 7 to one adult.

Hot Tub and Sauna are open throughout all swims unless otherwise specified in the schedule.

Hot Tub & Sauna Only

Hot Tub and Sauna are available. The Leisure Pool and Lap Pool are for lesson participants only.

Lessons – Hot Tub & Sauna Available

The Sauna and Hot Tub are available. Limited access to the Leisure Pool and Lap Pool, varies based on number of swim lesson participants.

Leisure Swim

The Leisure Pool, Sauna and Hot Tub are available. No diving board, rope swing or big toys out during this time. The Lap Pool will have one double lane.

Programs, Lane & Leisure

The Leisure Pool, Sauna and Hot Tub are available. The Lap Pool will have a minimum of one double lane available.

Lane & Leisure

The Lap pool is set up for Lengths and will have a minimum of 2 double lanes. The Leisure Pool, Sauna and Hot Tub are available. No diving board, rope swing or big toys out during this time. Swim transition begins within 10 minutes of end of swim and may impact lane space. Space may be shared with private lessons or other small programs.

Everyone Welcome

Both the Leisure Pool and Lap Pool are open for swimming activities. Diving board and rope swim can be open during this swim. A minimum of one swim lane available. Sauna and Hot Tub is available. This can also be shared space with programs.

FUN Swim

Water features will come on, the music will be pumping, and the diving board and rope swing will be open interchangeably throughout. Fun for all ages!

Quiet Swim

All pools are available for use, no music will be playing, this session is suitable for participants with sensitivity to noise or difficulty hearing.

AquaFit, Water Walking & Swim Fit

Length swimming is unavailable during these sessions unless otherwise specified in the schedule. For a detailed description of these programs, see the Aqua Fitness Drop-In Schedule.

Play & Splash – Leisure Pool

Join us for this fun and active preschool swim! The "little pool" will be set up with toys and activities to play and explore with. This drop-in swim time is a great way to meet other parents and grandparents. A social time filled with lots of equipment to help get comfortable in the water and discover the joy that swimming can bring. This drop-in swim time is not lead by an instructor.

Lap pool in use by Aquafit, limited to no other access. The Leisure Pool, Sauna and Hot Tub are available.