

SEAPARC Winter Pool Schedule

Effective January 2 – March 17, 2023

For the most up to date schedule, please visit our website www.seaparc.ca.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Length Swim 7:00-9:00am	Leisure Swim 7:00-9:00am	Length Swim 6:00-8:50am		Length Swim 6:00-8:50am		Length Swim 6:00-8:50am		Length Swim 6:00-8:50am		Length Swim 6:00-8:50am		Length Swim 7:00-9:00am	Leisure Swim 7:00-9:00am
Everyone Welcome Swim 9:00-11:00am	PCS Swim Club 2 lanes 9:00-11:00am	Aqua Fit 9:00-9:55am	Leisure Swim 6:00-1:00 pm	Aqua Fit 9:00-9:55am	Leisure Swim 6:00-1:00pm	Aqua Fit 9:00-9:55am	Leisure Swim 6:00-1:00pm	Aqua Fit 9:00-9:55am	Leisure Swim 6:00-1:00pm	Aqua Fit 9:00-9:55am	Leisure Swim 6:00-1:00pm	Registered Swim Lessons 16+ Hot tub and Sauna access 9:00 – 12:15pm	
		Aqua Fit 10:05-11:00am		Aqua Fit: Water Walking 10:05-11:00am	Swim lessons 9:15-10:15am	Aqua Fit 10:05-11:00am		Aqua Fit: Water Walking 10:05-11:00am	*Water Playland 9:15 – 10:15am	Aqua Fit 10:05-11:00am			
		16+ Length Swim 11:15-1:00pm		Swim Fit 11:05-12:05pm	Adult Drop-in Lessons 11:15-12:15pm	Swim Fit 11:05-12:05pm		16+ Length Swim 12:05-12:45pm	16+ Length Swim 12:05-1:00pm	16+ Length Swim 11:15-1:00pm			
Everyone Welcome Swim 11:00am-5:00pm Shared space		Everyone Welcome Swim 1:00 – 3:45pm Shared space		Everyone Welcome Swim 1:00-3:45pm Shared space		Everyone Welcome Swim 1:00-3:45pm Shared space		Everyone Welcome Swim 1:00-4:30pm Shared space		Everyone Welcome Swim 1:00-5:00pm Shared space		Everyone Welcome Swim 12:15 - 5:00pm	
Length Swim 5:00-6:00pm	Leisure Swim 5:00-6:00pm	Registered Swim Lessons 16+ Hot tub and Sauna access 3:45-7:00pm		Sharks 3:45 – 4:45pm	Leisure Swim 3:45-7:00pm	PCS Swim Club 3 lanes 5:00 – 7:00pm	Registered Swim Lessons 16+ Hot tub and Sauna access 3:45-7:00pm	PCS Swim Club 3 lanes 5:00 – 7:00pm	Synchro 4:00 - 5:30pm	Leisure Swim 4:00-7:00pm	PCS Swim Club 3 lanes 5:00 – 7:00pm	Length Swim 5:00-6:00pm	Leisure Swim 5:00-6:00pm
			Limited Length Swim 4:45-7:00pm						Limited Length Swim 5:30-7:00pm				
Everyone Welcome Swim 6:00-8:00pm	Aqua Fit 7:05-8:00pm	Everyone Welcome Swim 7:00-9:00pm	Everyone Welcome Swim 7:00-9:00pm		Everyone Welcome Swim 7:00-9:00pm		Everyone Welcome Swim 7:00-9:00pm		Aqua Fit 7:05-8:00pm	Everyone Welcome Swim 7:00 – 9:00pm	Everyone Welcome Swim 6:00-9:00pm Shared space some weeks due to programs		Everyone Welcome Swim 6:00-8:00pm

* Registered Program drop-in available if space permits, \$10/class

SEAPARC Pool Schedule

Schedules are subject to change. For the most up to date schedule, please visit our website www.seaparc.ca.



Swim Descriptions

Everyone Welcome Swim

Join us for a swim. Both the Leisure Pool and Main/Lap Pool are open for swimming activities. Diving board and rope swing can be open during this swim. A minimum of one swim lane available. Hot Tub and Sauna are available.

Length Swim

The Main/Lap Pool is set up for Lengths. The Leisure Pool, Hot Tub and Sauna are available. No Diving Board. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability.

16+ Length Swim

The Main/Lap Pool is set up for Lengths. The Leisure Pool, Hot Tub and Sauna are available. No Diving Board. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability.

Leisure Swim

Access will be limited to the Leisure Pool, Hot Tub and Sauna. No Main/Lap pool access.

Swim Fit

Join this one hour swim workout. These sessions are coached by Neil Harvey and Tara Neifer and they focus on stroke correction, endurance building and skill development.

Adult Drop-in Lessons

This class is for adults wishing to learn the basics of swimming and strokes. No experience needed. Register or drop-in.

Aqua Fit

This combined Aqua Fit class is designed for both shallow and deep water aqua fit participants and will provide you with a fun and challenging workout with little to no impact on your joints!

Aqua Fit – Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

Water Playland (6 Months – 4 Years)*

Come in and enjoy some playtime in the water. The class will be divided into structure play, activities and discovery time. This is not Red Cross lessons. A great way to meet other parents and grandparents in the community. Parent participation required. One parent per child.

- *Registered Program drop-in available if space permits. \$10/class*

Important information to know before you attend the facility:

- Please access the pool via the change rooms. All lockers are available and take quarters.