

SEAPARC Winter 2024 Pool Schedule



Effective January 7 – March 15

Modified schedule on Pro-D day (Feb 16) and modified hours on Family Day (Feb 19), for the most up to date schedule, please visit our website www.seaparc.ca.

SUNDAY	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Lengths & Leisure Pool 7:00-9:00am	Lengths 6:00-8:50am		Lengths 6:00-8:50am	Leisure Pool 6:00-9:00am	Lengths 6:00-8:50am	Lengths 6:00-8:50am	Leisure Pool 6:00-9:00am	Lengths & Leisure Pool 7:00-8:00am	
Programs & Swim Club 9:00-11:30am Leisure Pool, Hot Tub & Sauna 1 lane	AquaFit 9:00-9:55am No lanes		AquaFit 9:00-9:55am No lanes		AquaFit 9:00-9:55am No lanes	AquaFit 9:00-9:55am No lanes		AquaFit 8:00-8:55am 2 lanes	
Everyone Welcome 11:30am-1:00pm Shared space with advanced aquatic courses	AquaFit 10:05-11:00am No lanes	Leisure Pool 6:00-1:00pm	AquaFit: Water Walking 10:05-11:00am No lanes	NEW! Play and Splash Swim 9:00-11:00am	AquaFit 10:05-11:00am No lanes	Leisure Pool 6:00-1:00pm	AquaFit: Water Walking 10:05-11:00am No lanes	NEW! Play and Splash Swim 9:00-11:00am	Swim Lessons 9:00-12:00pm Leisure Pool, Hot Tub & Sauna 2 lanes
	Lengths 11:00-1:00pm		Swim Fit 11:05-12:05pm		Leisure Pool 11:00-1:00pm		Lengths 11:00-1:00pm		
Fun Swim 1:00-3:00pm Shared space with advanced aquatic courses Inflatable Slide No lanes on: Jan 28, Feb 25	Everyone Welcome 1:00-2:45pm Shared Space		School Swim Lessons 16+ Hot tub & sauna only 12:45-2:00pm	Everyone Welcome 1:00-2:45pm Shared Space	Everyone Welcome 1:00-2:45pm Shared Space		Everyone Welcome 1:00-7:00pm \$2 Youth Rate from 2:15-5:00pm	Fun Swim 1:00-3:00pm Inflatable Slide No lanes on: Feb 10, March 9	
	NEW! Everyone Welcome Quiet Swim 2:45-4:00pm Shared Space		NEW! Everyone Welcome Quiet Swim 2 – 4:00pm Shared Space	NEW! Everyone Welcome Quiet Swim 2:45-4:00pm Shared Space	NEW! Everyone Welcome Quiet Swim 2:45-4:00pm Shared Space		Inflatable Slide No lanes on: Jan 19, Feb 16, March 15 from 3 – 4:30pm		
Swim Lessons 3:30-5:30pm Leisure Pool, Hot Tub & Sauna 2 lanes	Swim Lessons 4:00-7:00pm Leisure Pool, Hot Tub & Sauna 2 lanes		Programs & Swim Club 4:00-7:00pm Leisure Pool, Hot Tub & Sauna 1 lane	Swim Lessons & Swim Club 4:00-7:00pm Leisure Pool, Hot Tub & Sauna No lanes	Programs & Swim Club 4:00-7:00pm Leisure Pool, Hot Tub & Sauna 4pm – 5pm: 3 lanes 5 – 5:30pm: No lanes 5:30pm – 7pm: 1 lane			Everyone Welcome 3:00-9:00pm	
Everyone Welcome 5:30-9:00pm *shared with lessons until 7pm	AquaFit 7:05-8:00pm 2 lanes	Everyone Welcome 7:00-9:00pm	Everyone Welcome 7:00-9:00pm Shared space	Everyone Welcome 7:00-9:00pm	AquaFit 7:05-8:00pm 2 lanes	Everyone Welcome 7:00-9:00pm	Fun Swim 7:00-9:00pm		



Swim Descriptions

Hot Tub & Sauna

Hot tub and sauna are open throughout all swims unless otherwise specified in the schedule.

Everyone Welcome Swim

Both the leisure pool and 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.

FUN Swim

Water features will come on, the music will be pumping, and the diving board and rope swing will be open. Fun for all ages! Minimum of one swim lane unless the Big Inflatable Slide is out.

Leisure Pool

Indicates open access to the leisure pool.

Lengths Swim

The lap pool is set up all for length swimming unless otherwise specified. No diving board. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability.

AquaFit

This combined AquaFit class is designed for both shallow and deep water AquaFit participants and will provide you with a fun and challenging workout with little to no impact on your joints! Lap pool may be closed to length swimming during this time unless otherwise specified.

AquaFit – 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. Lap pool may be closed to length swimming during this time unless otherwise specified.

NEW! Everyone Welcome Quiet Swim

This is a great time to swim if you prefer a quiet relaxed environment. There is no music during this swim. Both the leisure and lap pool (minimum 2 lanes) are open for use, or just sit back and relax in the hot tub & sauna.

NEW! Play and Splash Swim

Join us for this fun and active preschool swim! The "little pool" (leisure 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.

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.