



Natatorium Pool Schedule



FALL 2023

FIT LANES AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit Lanes (25m)		5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 7:30 pm		
Fit Lanes (50m)	7:00 am - 2:30 pm					5:30 am – 8:45 pm	6:00 am – 4:45 pm
Open Adult		6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm		
River Resistance Water Walking (Lazy River) - Begins Sept 18.		9:45 am – 10:30 am		9:45 am – 10:30 am		9:45 am – 10:30 am	
Shallow Aqua Fitness (Wave Pool) - Begins Sept 18.		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am	

*At least 2 lanes will be available during the above hours of operation. Please follow proper lane etiquette and practice circle swimming wherever applicable.

*All fit lane times require swimmers to be proficient in fitness swimming techniques.

*Participants must be able to swim 25m-50m continuously without stopping in the middle of the lane for rest.

Fitness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am – 4:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	7:00 am – 4:00 pm

Exceptions:

All times noted above are subject to change based on high performance events. Please refer to the monthly Event Schedule for all service disruptions

Pricing

Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

*To purchase a membership, please visit www.activewindsor.ca or call (519) 255-1161