



WINTER 2023 Natatorium Swimming Schedule

	Open Adult	Fit Lanes (25m)	Fit Lanes (50m)
Monday	6am – 11:30am 2:30pm – 5pm	5:30am – 8:45pm	
Tuesday	6am – 11:30am 2:30pm – 5pm	5:30am – 8:45pm	
Wednesday	6am – 11:30am 2:30pm – 5pm	5:30am – 8:45pm	
Thursday	6am – 11:30am 2:30pm – 5pm	5:30am – 8:45pm	
Friday		5:30am – 8:45pm	
Saturday			6am – 4:45pm
Sunday			7am – 2:30pm

*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.

Aqua Fitness Schedule 2023

	Shallow Aqua Fitness (Wave Pool)	River Resistance Water Walking (Lazy River)
Monday/Wednesday/Friday	8:45am – 9:30am 10:45am – 11:30am	9:45am – 10:30am
Tuesday	7:45pm – 8:30pm	

Fitness Centre Schedule 2023

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

Membership pricing information:

1 month: \$38.30	1 year: \$346.50
3 months: \$109.75	One time drop in fee: \$6.00
6 months: \$197.20	

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

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