



Natatorium Swimming Schedule 2022

	Open Adult	Fit Lanes (25m)*	Fit Lanes (50m)
Monday	7:15am – 2:30pm	5:30am – 8:45pm	
Tuesday	7:15am – 2:30pm	5:30am – 8:45pm	
Wednesday	7:15am – 2:30pm	5:30am – 8:45pm	
Thursday	7:15am – 2:30pm	5:30am – 8:45pm	
Friday	7:15am – 2:30pm	5:30am – 7:30pm	
Saturday			6am – 7am 1:15pm – 4:45pm
Sunday			7:15am – 9:45am 12:15pm–2:30pm

**Fit Lanes (25m) lane availability reduced between 5:30am-7am & 4pm – 7:30pm Mon. – Fri.*

Aqua Fitness Schedule 2022

	River Resistance Water Walking*	Shallow Aqua Fitness (Activity Pool)	Shallow Aqua Fitness (Wave Pool)
Tuesday	9am – 9:45am		
Wednesday		10am - 10:45am	11am – 11:45am
Thursday	9am – 9:45am		
Friday			

**River Resistance Water Walking begins Tuesday May 3rd*

Fitness Centre Schedule 2022

Monday – Friday	6:00am – 8:00pm
Saturday	7:00am – 5:00pm
Sunday	7:00am – 2:00pm

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

Membership pricing information:

1 month: \$38.50	1 year: \$346.50
3 months: \$109.75	One time drop in fee: \$6.00
6 months: \$197.25	

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