RECREATION

Aquatic Centre Pool Schedule

MAY 4 2026 - JUNE 7 2026

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Lane Swim Ages 12+ 6:30 - 8:00		Lane Swim Ages 12+ 6:30 - 8:00		Lane Swim Ages 12+ 6:30 - 8:00		
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM						Swimming Lessons 9:15 - 12:30	
9:30 AM	Parent & Tot Swim 9:30 - 10:30	Adult Lane Swim 9:30 - 10:30	Parent & Tot Swim 9:30 - 10:30	Adult Lane Swim 9:30 - 10:30	Parent & Tot Swim 9:30 - 10:30		
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							Parent & Tot Swim 10:30 - 11:30
10:45 AM	Sensory Friendly Swim 10:45 - 11:45 (Leisure Pool)	Parent & Tot Swim 10:45 - 11:45	Elders Swim 10:45 - 11:45	Gentle Ability & Rehabilitation Swim 10:45 - 11:45 (Leisure Pool)			
11:00 AM							
11:15 AM							
11:30 AM					Adult Lane Swim 11:30 - 2:30		
11:45 AM							Aquafit 11:45 - 12:30
12:00 PM	Adult Lane Swim 12:00 - 1:30	Adult Lane Swim 12:00 - 1:30	Adult Lane Swim 12:00 - 1:30	Adult Lane Swim 12:00 - 1:30			
12:15 PM							
12:30 PM						Family Swim 12:30 - 1:30	
12:45 PM							
1:00 PM							Family Swim 1:00 - 2:00
1:15 PM							
1:30 PM							
1:45 PM			Parent & Tot Swim 1:45 - 2:45	Parent & Tot Swim 1:45 - 2:45			
2:00 PM						Public Swim 2:00 - 3:00	
2:15 PM							
2:30 PM							Adult Lane Swim 2:30 - 3:30
2:45 PM							
3:00 PM							
3:15 PM						Women-Only Swim 3:15 - 4:15	
3:30 PM							
3:45 PM	Youth Sports Swim 3:45 - 4:45	Public Swim 3:45 - 5:15	Public Swim 3:45 - 4:45	Public Swim 3:45 - 5:15	Family Swim 3:45 - 6:00 Public Swim 3:45 - 6:00		
4:00 PM							
4:15 PM							
4:30 PM						Adult Lane Swim 4:30 - 5:30	
4:45 PM							
5:00 PM	Family Swim 5:00 - 6:00		Family Swim 5:00 - 6:00				
5:15 PM							
5:30 PM							
5:45 PM		Family Swim 5:45 - 7:15		Family Swim 5:45 - 6:45			
6:00 PM		Aquafit 6:00 - 6:45		Aquafit 6:00 - 6:45			
6:15 PM	Public Swim 6:15 - 7:15		Public Swim 6:15 - 7:15		Adult Lane Swim 6:15 - 7:15		
6:30 PM							
6:45 PM		Lane Swim Ages 12+ 6:45 - 8:30					
7:00 PM				Lane Swim Ages 12+ 7:00 - 8:30			
7:15 PM							
7:30 PM	Adult Lane Swim 7:30 - 8:30		Adult Lane Swim 7:30 - 8:30				
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM							

Sauna Hours

Weekdays: *9:30AM - 1:30PM*

Evenings and Weekends: *Regular Swim Hours*

Hot Tub Hours

Open only during swims held in the lap pool

Schedule is subject to change

Lane Swim 6:30 - 8:30 cancelled May 11, 13, 15.

For more information, please contact Guest Services at 867-975-8545 or email i.guestservicesdesk@iqaluit.ca