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RECREATION

Aquatic Centre Pool Schedule

JUNE 1 2026 - JUNE 28 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							
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		Lane Swim Ages 12+ 12:00 - 1:00	
12:15 AM							
12:30 PM							
12:45 PM							
1:00 PM							Family Swim 1:00 - 2:00
1:15 PM						Parent & Tot Swim 1:15 - 2:15	
1:30 PM							
1:45 PM			Parent & Tot Swim 1:45 - 2:45	Parent & Tot Swim 1:45 - 2:45			
2:00 PM							
2:15 PM							
2:30 PM						Public Swim 2:30 - 3:30	Adult Lane Swim 2:30 - 3:30
2:45 PM							
3:00 PM							
3:15 PM							
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						Family Swim 4:00 - 5:00	
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM	Family Swim 5:00 - 6:00		Family Swim 5:00 - 6:00				
5:15 PM						Female-Only Swim 5:15 - 6:15	
5:30 PM							
5:45 PM							
6:00 PM		Aquafit 6:00 - 6:45 / Family Swim 5:45 - 7:15		Aquafit 6:00 - 6:45 / Family Swim 5:45 - 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							
7:00 PM		Lane Swim Ages 12+ 6:45 - 8:30		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 Cancelled June 13th

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