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RECREATION

Aquatic Centre Pool Schedule

JUNE 29 2026 - JULY 26 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			Elders Swim 10:45 - 11:45				
11:00 AM							
11:15 AM							
11:30 AM							
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	Adult Lane Swim 12:00 - 1:30	Lane Swim Ages 12+ 12:00 - 1:00	
12:15 PM							
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							
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	Public Swim 3:45 - 4:45		
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		Family Swim 5:00 - 6:00		
5:15 PM						Female-Only Swim 5:15 - 6:15	
5:30 PM							
5:45 PM		Family Swim 5:45 - 6:45		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							
7:00 PM		Lane Swim Ages 12+ 7:00 - 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 6:30 - 8:30 cancelled July 20, 22, 24.

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