

**Iqaluit Aquatic Centre - Pool Schedule**  
January 12 - January 31 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30 am	Lane Swim Ages 12+ 6:30 - 7:30		Lane Swim Ages 12+ 6:30 - 7:30		Lane Swim Ages 12+ 6:30 - 7:30		<u>Sauna Hours</u> Weekdays: 9:30a - 1:30p  Evenings & Weekends: Regular Swim Hours  <u>Hot Tub:</u> Open only during swims held in the lap pool	6:30 am
7:00 am								7:00 am
7:30 am								7:30 am
8:00 am								8:00 am
8:30 am								8:30 am
9:00 am								9:00 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		<b>Aquafit</b> 10:30 - 11:15	9:30 am
10:00 am								10:00 am
10:30 am	Sensory Friendly Swim 10:45 - 11:45	Parent & Tot Swim 10:45 - 11:45	Elders Swim 10:45 - 11:45	Gentle Ability 10:45 - 11:45    Rehabilitation Swim 10:45 - 11:45				10:30 am
11:00 am	(Leisure Pool)			(Leisure Pool)				11:00 am
11:30 am							Parent & Tot 11:30 - 12:30	11:30 am
12:00 pm						Adult Lane Swim 11:30 - 1:00		12:00 pm
12:30 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 11:30 - 2:30		Public Swim 12:45 - 1:45	12:30 pm
1:00 pm								1:00 pm
1:30 pm						Parent & Tot Swim 1:15 - 2:15		1:30 pm
2:00 pm	Parent & Tot Swim 1:45 - 2:45		Parent & Tot Swim 1:45 - 2:45				Family Swim 2:00 - 3:00	2:00 pm
2:30 pm						Public swim 2:30 - 3:30		2:30 pm
3:00 pm							Adult Lane Swim 3:15 - 4:15	3:00 pm
3:30 pm								3:30 pm
4:00 pm	Youth Sports Swim Ages 13-18 3:45 - 4:45	Public Swim 3:45-5:15	Youth Sports Swim Ages 13-18 3:45-4:45	Public Swim 3:45-5:15	Public swim 3:45 - 4:45	Family Swim 3:45 - 4:45		4:00 pm
4:30 pm								4:30 pm
5:00 pm	Family Swim 5:00 - 6:00		Family Swim 5:00 - 6:00		Family Swim 5:00 - 6:00	Women-Only Swim 5:00 - 6:00		5:00 pm
5:30 pm								5:30 pm
6:00 pm		Aquafit 6:00 - 6:45	Family Swim 5:45 - 7:15					6:00 pm
6:30 pm	Public Swim 6:15 - 7:15		Public Swim 6:15 - 7:15		Adult Lane Swim 6:15 - 7:15			6:30 pm
7:00 pm								7:00 pm
7:30 pm	Adult Lane Swim 7:30 - 8:30	Lane Swim Ages 12+ 7:30 - 8:30	Adult Lane Swim 7:30 - 8:30	Lane Swim Ages 12+ 7:30 - 8:30				7:30 pm
8:00 pm								8:00 pm
8:30 pm								8:30 pm
9:00 pm								9:00 pm
9:30 pm								9:30 pm



*Schedule subject to change*

For more information, please contact Guest Services:  
975-8545 or [aquaticcentre@iqaluit.ca](mailto:aquaticcentre@iqaluit.ca)