

Swimming Drop-In Activities



Centennial Community Centre: Spring (March 23 to May 25, 2020)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (Ages: 6 years and older)	6:00 to 9:00 AM 11:30 AM to 1:00 PM 8:00 to 9:30 PM	6:00 to 9:00 AM 11:30 AM to 1:00 PM 8:30 to 10:00 PM	6:00 to 9:00 AM 11:30 AM to 1:00 PM 8:00 to 9:30 PM	6:00 to 9:00 AM 11:30 AM to 1:00 PM 8:30 to 10:00 PM	6:00 to 9:00 AM 11:30 AM to 1:00 PM	Noon to 1:30 PM	7:00 to 9:00 AM Noon to 1:30 PM
Parent and Tot (Tot Ages: 7 years and younger)	4:00 to 6:00 PM	4:00 to 6:00 PM	4:00 to 6:00 PM	4:00 to 6:00 PM	4:00 to 6:00 PM	Noon to 1:30 PM	Noon to 1:30 PM
AquaFit: Older Adult (Ages: 55 years and older)	10:15 to 11:00 AM	9:00 to 9:45 AM	10:15 to 11:00 AM	9:00 to 9:45 AM	10:15 to 11:00 AM		
AquaFit (Ages: 16 years and older)	9:15 to 10:00 AM (Deep)		9:15 to 10:00 AM (Deep)		9:15 to 10:00 AM (Shallow/Deep)	8:00 to 8:45 PM (Deep)	

Cancellations: Friday, April 10, 2020. Monday, April 13, 2020. Monday, May 18, 2020

Notes: Diving well is not available for use during the evening lane swims. Three lanes only during the Tuesday and Thursday evening lane swims as pool is shared with another program.

(Updated: 2/23/2020)