

GINO & LIZ MARCUS SPRING POOL SCHEDULE

Effective Monday March 4, 2024 to Monday May 27, 2024

Exceptions - The pool is closed the following dates:

- Friday March 29, 2024 (Good Friday)
- Sunday March 31, 2024 (Easter Sunday)
- Monday May 20 (Victoria Day)

LENGTHS & AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Aquafit		9:15am-10:00am 10:45am-11:30am	10:45am-11:30am	9:15am-10:00am 10:45am-11:30am *7:45pm-8:30pm	10:45am-11:30am	9:15am-10:00am 10:45am-11:30am *7:45pm-8:30pm	
Shallow Aqua Stretch			9:15am-10:00am		9:15am-10:00am		
Lengths		11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	11:30am-1:00pm 2:30pm-4:00pm	
Water Walking		10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	10:00am-10:45am	

***Evening Shallow Aquafit runs on Wednesdays and Fridays starting March 27 ending May 24**

FEES

Lengths and Aquafitness	
Drop In	\$6.00
One Month	\$38.50
Three Months	\$109.75
Six Months	\$197.25
Annual	\$346.50



WFCU CENTRE POOL SCHEDULE

Monday, March 11, 2024 to Sunday, June 30, 2024



Exceptions:

- Closed: Friday, March 29 (Good Friday); Sunday, March 31 (Easter Sunday); Monday, May 20 (Victoria Day)

FIT LANES AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit Lanes	7:00-9:00am	6:00-8:00am 11:45-1:00pm 2:00-4:00 pm (2 lane) 8:00-9:00pm (4 lane)	6:00-8:00am 1:00-2:00pm 2:00 – 3:00pm (3 lane) 3:00-4:30pm	6:00-8:00am 11:45-1:00pm 2:00-4:00pm 8:00-9:00pm (4 lane)	6:00-8:00am 1:00-2:00pm 2:00 – 3:00pm (3 lanes)	6:00-8:00am 11:45-1:00pm 2:00-4:30pm 8:00-9:00pm	7:00-9:00am
Shallow Aquafit		8:30-9:15am 9:30-10:15am 2:00-2:45pm 8:00-8:45 pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm 8:00-8:45 pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	8:30-9:15am 9:30-10:15am 2:00-2:45pm	
Deep Aquafit		10:30-11:15am	10:45-11:30am	10:30-11:15am	10:45-11:30am	10:30-11:15am	
Water Walking		10:30-11:15am		10:30-11:15am		10:30-11:15am	

RECREATION SWIMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim							1:30-3:30pm
Preschool Swim			11:00-12:30pm		11:00-12:30pm		

FEES

Adults Lengths and Aqua fitness	
Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

Family Swim	
2 and younger	FREE
Age 3-18	\$3.00
Age 19+	\$4.00
Family (*Min 1 adult, max 2 adults, 6 people total)	\$12.00

Preschool Swim	
All Ages	\$2.25
Preschool Swim is for participants age 5 or younger and their parents or caregivers to accompany them in the therapy pool.	



Adventure Bay Drop-in Schedule

WINTER 2024



AquaFit, River Resistance and Water Walking

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
River Resistance Water Walking		9:45 am – 10:30 am <i>*Begins Jan. 8</i>		9:45 am – 10:30 am		9:45 am – 10:30 am	
Shallow Aqua Fitness		8:45 am – 9:30 am 10:45 am – 11:30 am <i>*Begins Jan. 8</i>		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am	
Flow Rider Drop in				5 pm – 8 pm <i>*Begins Jan. 10</i>			9 am – 12 pm

Pricing

Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

*To purchase a membership, please visit www.activewindsor.ca or call (519) 255-1161



Natatorium Pool Schedule

WINTER 2024



FIT LANES AND AQUAFITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit Lanes (25m)		5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 8:45 pm	5:30 am – 7:30 pm		
Fit Lanes (50m)	7:00 am - 2:30 pm					5:30 am – 8:45 pm	6:00 am – 4:45 pm
Open Adult		6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm	6:00 am – 11:30 am 2:30 pm – 5:00 pm		
River Resistance Water Walking (Lazy River) - Begins Sept 18.		9:45 am – 10:30 am		9:45 am – 10:30 am		9:45 am – 10:30 am	
Shallow Aqua Fitness (Wave Pool) - Begins Sept 18.		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am		8:45 am – 9:30 am 10:45 am – 11:30 am	

*At least 2 lanes will be available during the above hours of operation. Please follow proper lane etiquette and practice circle swimming wherever applicable.

*All fit lane times require swimmers to be proficient in fitness swimming techniques.

*Participants must be able to swim 25m-50m continuously without stopping in the middle of the lane for rest.

Fitness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am – 4:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	6:00 am – 8:00 pm	7:00 am – 4:00 pm

Exceptions:

All times noted above are subject to change based on high performance events. Please refer to the monthly Event Schedule for all service disruptions

Pricing

Drop In	\$6.00
One Month	\$38.30
Three Months	\$109.75
Six Months	\$197.20
Annual	\$346.50

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April 2024 Events and Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EASTER MONDAY Spring 2024 Daily Schedule	2 Spring 2024 Daily Schedule	3 Spring 2024 Daily Schedule	4 Spring 2024 Daily Schedule	5 WAC Spring Invitational Long Course – 12pm-9pm Daily Schedule 5:30am to 11:30am (Deep Tank)	6 WAC Spring Invitational Long Course - 8am-8pm <u>Natatorium closed to the public</u>
7 WAC Spring Invitational Long Course - 8am-8pm <u>Natatorium closed to the public</u>	8 Spring 2024 Daily Schedule	9 Spring 2024 Daily Schedule	10 Spring 2024 Daily Schedule	11 Spring 2024 Daily Schedule	12 Spring 2024 Daily Schedule Fit Lanes in Deep tank 4:00pm-6:00p	13 Spring 2024 Daily Schedule
14 Spring 2024 Daily Schedule	15 Spring 2024 Daily Schedule	16 Spring 2024 Daily Schedule	17 Spring 2024 Daily Schedule	18 Spring 2024 Daily Schedule	19 Spring 2024 Daily Schedule Fit Lanes in Deep tank 4:00pm-6:00p	20 Spring 2024 Daily Schedule
21 Fins Up #5 – Short Course 8:30am-1:30pm Spring 2024 Daily Schedule (Deep Tank)	22 Spring 2024 Daily Schedule	23 Spring 2024 Daily Schedule	24 Spring 2024 Daily Schedule	25 Spring 2024 Daily Schedule	26 Spring 2024 Daily Schedule Fit Lanes in Deep tank 4:00pm-6:00p	27 Spring 2024 Daily Schedule
28 Spring 2024 Daily Schedule	29 Spring 2024 Daily Schedule	30 Spring 2024 Daily Schedule				



May 2024 Events and Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Amanda Reason Meet Daily Schedule 5:30am to 9:00am (Deep Tank)	4 Amanda Reason Meet <u>Natatorium closed to the public</u>
5 Amanda Reason Meet <u>Natatorium closed to the public</u>	6 Spring 2024 Daily Schedule	7 Spring 2024 Daily Schedule	8 Spring 2024 Daily Schedule	9 Spring 2024 Daily Schedule	10 Dive Ontario Provincials Spring 2024 Daily Schedule	11 Dive Ontario Provincials Spring 2024 Daily Schedule
12 Dive Ontario Provincials Spring 2024 Daily Schedule	13 Spring 2024 Daily Schedule	14 Spring 2024 Daily Schedule	15 Spring 2024 Daily Schedule	16 Spring 2024 Daily Schedule	17 Dive Canada Event <u>Natatorium closed to the public</u>	18 Dive Canada Event <u>Natatorium closed to the public</u>
19 Dive Canada Event <u>Natatorium closed to the public</u>	20 VICTORIA DAY <u>Natatorium closed to the public</u>	21 Spring 2024 Daily Schedule	22 Spring 2024 Daily Schedule	23 Spring 2024 Daily Schedule	24 2024 Speedo Masters Swimming Championships <u>Natatorium closed to the public</u>	25 2024 Speedo Masters Swimming Championships <u>Natatorium closed to the public</u>
26 2024 Speedo Masters Swimming Championships <u>Natatorium closed to the public</u>	27 Spring 2024 Daily Schedule	28 Spring 2024 Daily Schedule	29 Spring 2024 Daily Schedule	30 Spring 2024 Daily Schedule	31 Western Regional Championship <u>Natatorium closed to the public</u>	