SEAPARC Fall 2026 Pool Schedule

Effective September 6 to December 19

Hours modified to 7:00-4:00 pm on Wednesday September 30, Monday October 12, Wednesday November 11. Facility is closed Labour day Monday September 7
Schedule changes due to programs, school pro-d days, and more. The most accurate schedule is the live schedule in Xplore Rec – see seaparc.ca or the QR code on the back.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane & Leisure 7:00am - 9:00am	**Lane & Leisure** 6:00am - 8:50am	**Lane & Leisure** 6:00am - 8:50am	**Lane & Leisure** 6:00am - 8:50am	**Lane & Leisure** 6:00am - 8:50am	**Lane & Leisure** 6:00am - 8:50am	**Lane & Leisure** 7:00am - 9:00am
Lesson, Lane & Leisure 9:00am - 11:30am	**Play & Splash Leisure** 9:00am - 11:00am *Hot Tub & Sauna open* *Main Pool - No lanes* **AquaFit** Main Pool 9-9:55am | 10:05-11am	**Play & Splash Leisure** 9:00am - 11:00am *Hot Tub & Sauna open* *Main Pool - No lanes* **AquaFit** Main Pool 9-9:55am | 10:05-11am	**Play & Splash Leisure** 9:00am - 11:00am *Hot Tub & Sauna open* *Main Pool - No lanes* **AquaFit** Main Pool 9-9:55am | 10:05-11am	**Play & Splash Leisure** 9:00am - 11:00am *Hot Tub & Sauna open* *Main Pool - No lanes* **AquaFit** Main Pool 9-9:55am | 10:05-11am	**Play & Splash Leisure** 9:00am - 11:00am *Hot Tub & Sauna open* *Main Pool - No lanes* **AquaFit** Main Pool 9-9:55am | 10:05-11am	**Hot Tub & Sauna Only** 9:00am - 12:00pm Lessons only No Public Swim
Everyone Welcome 11:30am - 4:00pm	**Lane & Leisure** 11:00am - 1:00pm *Shared space w/ lessons*	**Leisure Pool / Swim Fit** 11am - 12:05pm - *No lanes* **Lane & Leisure** 12:05 - 12:45pm	**Lane & Leisure** 11:00am - 1:00pm *Shared space with lessons*	**Leisure Pool / Swim Fit** 11am - 12:05pm - *No lanes* **Lane & Leisure** 12:05 - 1:00pm	**Lane & Leisure** 11:00am - 1:00pm *Shared space w/ lessons*	**Lane & Leisure** 12:00pm - 1:00pm
	Everyone Welcome 1:00pm - 2:30pm	**Hot Tub & Sauna Only** 12:45 - 2:00pm Lessons only no Public Swim	**Everyone Welcome** 1:00pm - 2:30pm	**Everyone Welcome** 1:00pm - 2:30pm	**Everyone Welcome** 1:00pm - 5:00pm **2$ Youth Swim** 2:30pm - 5:00pm	**Everyone Welcome** 1:00pm - 4:00pm
	Quiet Swim 2:30pm - 4:00pm	**Quiet Swim** 2:00pm - 4:00pm	**Quiet Swim** 2:30pm - 4:00pm	**Quiet Swim** 2:30pm - 4:00pm		
Lane & Leisure 4:00pm - 6:00pm	**Hot Tub & Sauna Only** 4:00pm - 6:30pm Lessons only No Public Swim	**Lesson, Lane & Leisure** 4:00pm - 7:00pm	**Lesson, Lane & Leisure** 4:00pm - 6:30pm	**Lesson, Lane & Leisure** 4:00pm - 7:00pm	**Lane & Leisure** 5:00pm - 6:00pm	**Lane & Leisure** 4:00pm - 6:00pm
Everyone Welcome 6:00pm - 9:00pm	**Everyone Welcome** 6:30pm - 9:00pm **AquaFit** 7:05pm - 8:00pm	**Everyone Welcome** 7:00pm - 9:00pm	**Everyone Welcome** 6:30pm - 9:00pm **AquaFit** 7:05pm - 8:00pm **Swim Fit** 8:05pm - 9:00pm	**Everyone Welcome** 7:00pm - 9:00pm	**Everyone Welcome** 6:00pm - 9:00pm	**Everyone Welcome** 6:00pm - 9:00pm

Swim Descriptions

SCAN TO VIEW LIVE SCHEDULE

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SEAPARC

Children under the age of 7 must be directly supervised, within arm's reach, by an adult 16+ at all times. Maximum ratio of three children under 7 to one adult.

Hot Tub & Sauna Only

Hot tub and sauna are available. The leisure pool and main pool are for swim lessons and program participants only, no drop-in swimming available in those pools.

Lessons, Lane & Leisure

Part of the leisure pool, plus the sauna and hot tub are available. Space is prioritized for swim lessons. The main pool has a minimum of one double lane available for length or leisure swimming.

Lane & Leisure

The main pool is set for length swim with a minimum of one double lane. The diving board, rope swing, and big toys are not available. The leisure pool, sauna, and hot tub are available. Transition to the next swim and lane rope changes begin in the last 10 minutes and may affect lane availability. Space may be shared with private lessons or other small programs.

Everyone Welcome

Leisure pool and main pool are open for drop-in swimming. The diving board, rope swing, and big toys are available. A minimum of one single lane available for length swimming. Sauna and hot tub is available. Space may be shared with programs.

Quiet Time (available Mon, Wed, Thu 2:30 – 4:00pm)

All pools are available for use; no music is played and all water features are off for this swim. The session may be suitable for participants with sensitivity to noise or difficulty hearing. A minimum of one single lane available for length swimming.

AquaFit, Water Walking, & Swim Fit

The main pool is not available for length swimming during the Mon-Fri morning classes. The main pool has shared use during evening and weekend classes. For a detailed description of these programs, see the Aquatic Fitness Drop-In schedule.

Play & Splash – Leisure Pool

Come play and meet other families during our drop-in swim pre-school swim. The leisure pool is set with toys to explore. Regular swimming with a caregiver increases children's comfort with water. The main pool is only open to AquaFit participants. The leisure pool, sauna, and hot tub are available.

WIBIT Swim

Inflatable open 1:30 - 3:30pm in main pool (set up 1 - 1:30, take down 3:30 - 4pm). Main pool set with inflatable + a double lane space for leisure swimming, diving board & rope swing closed. No lanes for lap swimming. Leisure pool, hot tub, and sauna are available. Inflatable users must be 1.10 meters/42" tall and 6+ years old. 6 year old users must have a PFD & an adult 16 years+ on the inflatable with them.