

SEAPARC Winter 2026 Pool Public Drop In Schedule

Effective January 4 - March 14, 2026



Modified facility hours on Family Day, Monday, February 16, hours are 7-4pm

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 7:00am - 9:00am AquaFit 8:00am - 9:00am				
Lesson, Lane & Leisure 9:00am - 11:30am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - <i>No lanes</i> AquaFit Main Pool 9-9:55am 10:05-11am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - <i>No lanes</i> AquaFit Main Pool 9-9:55am 10:05-11am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - <i>No lanes</i> AquaFit Main Pool 9-9:55am 10:05-11am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - <i>No lanes</i> AquaFit Main Pool 9-9:55am 10:05-11am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - <i>No lanes</i> AquaFit Main Pool 9-9:55am 10:05-11am	Lesson, Lane & Leisure 9:00am - 12:00pm
Everyone Welcome 11:30am - 4:00pm WIBIT Inflatable Jan 18 & Feb 15 (1:30-3:30pm)	Lane & Leisure 11:00am - 1:00pm Shared space w/ lessons	Leisure Pool / Swim Fit 11am - 12:05pm - <i>No lanes</i>	Lane & Leisure 11:00am - 1:00pm Shared space with lessons	Leisure Pool / Swim Fit 11am - 12:05pm - <i>No lanes</i>	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 <i>Lessons only no Public Swim</i>	Everyone Welcome 1:00pm - 2:30pm	Everyone Welcome 1:00pm - 2:30pm	Everyone Welcome 1:00pm - 5:00pm	Everyone Welcome 1:00pm - 4:00pm WIBIT Inflatable Jan 31 & Mar 7 (1:30-3:30pm)
	Quiet Swim 2:30pm - 4:00pm	Quiet Swim 2:00pm - 4:00pm	Quiet Swim 2:30pm - 4:00pm	Quiet Swim 2:30pm - 4:00pm	2\$ Youth Swim 2:15 - 5:00pm	
	Lane & Leisure 4:00pm - 6:00pm	Hot Tub & Sauna Only 4:00pm - 7:00pm <i>Lessons only</i> <i>No Public Swim</i>	Lesson, Lane & Leisure 4:00pm - 7:00pm	Lesson, Lane & Leisure 4:00pm - 7:00pm	Lesson, Lane & Leisure 4:00pm - 7:00pm	Lane & Leisure 5:00pm - 6:00pm
Everyone Welcome 6:00pm - 9:00pm	Everyone Welcome 7:00pm - 9:00pm AquaFit 7:05pm - 8:00pm	Everyone Welcome 7:00pm - 9:00pm	Everyone Welcome 7:00pm - 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



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 - Sun: Jan 18, Sat: Jan 31, Sun: Feb 15, Sat: Mar 7

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.