

SEAPARC Fall 2025 Pool Public Drop In Schedule

Effective September 1 - December 20, 2025



Pool closed September 1 for Labour day, September 30 for Truth and Reconciliation day, November 11 for Remembrance Day.

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 - 9:00am	Lane & Leisure 6:00am - 9:00am	Lane & Leisure 6:00am - 9:00am	Lane & Leisure 6:00am - 9:00am	Lane & Leisure 6:00am - 9:00am	Lane & Leisure 7:00am - 9:00am AquaFit 8:00am - 9:00am
Lesson, Lanes & Leisure 9am - 11:30am	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - No lanes AquaFit Main Pool 9-9:55 10:05-11	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - No lanes AquaFit Main Pool 9-9:55 10:05-11	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - No lanes AquaFit Main Pool 9-9:55 10:05-11	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - No lanes AquaFit Main Pool 9-9:55 10:05-11	Play & Splash Leisure 9:00am - 11:00am Hot Tub & Sauna open Main Pool - No lanes AquaFit Main Pool 9-9:55 10:05-11	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 11:00am - 1:00pm Shared space with lessons	Leisure Pool / Swim Fit 11am - 12:05pm - No lanes	Lane & Leisure 11:00am - 1:00pm Shared space w/ lessons	Lanes & Leisure 12pm - 1pm
	Everyone Welcome 1:00pm - 2:30pm	Hot Tub & Sauna only 12:45 - 2pm Lessons only no Public Swim	Everyone Welcome 1:00pm - 2:30pm	Everyone Welcome 1:00pm - 2:30pm	Everyone Welcome 1pm -5pm 2\$ Youth Swim 2:15 - 5pm	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		
	Hot Tub & Sauna only 4:00pm - 7:00pm Lessons only No Public Swim	Lesson, Lanes & Leisure 4:00pm - 7:00pm	Lesson, Lanes & Leisure 4:00pm - 7:00pm	Lesson, Lanes & 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 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 Lap Pool are for lesson or program participants only.

Lessons, Lane & Leisure

The Leisure Pool, Sauna, and Hot Tub are available. The Lap Pool has a minimum of one double Lane available. Space prioritized for Lessons

Lane & Leisure

The Lap pool is set up for Lengths and has a minimum of 1 double Lane. The Leisure Pool, Sauna, and Hot Tub are available. No diving board, rope swing, or big toys out during this time. Swim transition begins within 10 minutes of end of swim and may impact Lane space. Space may be shared with private lessons or other small programs.

Everyone Welcome

Both the Leisure Pool and Lap Pool are open for swimming activities. Diving board and rope swim can be open during this swim. A minimum of one swim Lane available. Sauna and Hot Tub is available. This can also be shared space with programs.

Quiet Time (available Mon, Wed, Thur 2:30-4:00pm)

All pools are available for use; no music played and no water features at this time. This session may be suitable for participants with sensitivity to noise or difficulty hearing.

AquaFit, Water Walking, & Swim Fit

Length swimming is unavailable during these sessions unless otherwise specified in the schedule. For a detailed description of these programs, see the Aquatic Fitness Drop-In Schedule.

Play & Splash – Leisure Pool

Leisure pool set up with toys focused on preschool aged kids. Drop-in swim time for young children to increase their comfort in water, also a chance for caregivers to meet other caregivers. This swim time is not lead by an instructor. Entire lap pool used solely for AquaFit. The Leisure Pool, Sauna, and Hot Tub are available.