

Dundonald Hall Pool Schedules January - June 2020

Community Recreation Pool Schedule								
Pool Hotline: (613) 687-5511 xSWIM (7946)					Aquatics Coordinator: (613) 687-5511 x5305			
Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Fees
Open Swim All Ages	7:00-7:55pm		7:00-7:55pm		7:00-7:55pm	3:30-4:55pm	3:30-4:55pm	Free with CAC! \$3.50 (11 & under) \$6.00 (12+) Military ID does not qualify for CAC
Leisure Swim (Bricks & Treading Permitted)	9:00-9:55am 9:00-9:55pm		9:00-9:55pm		9:00-9:55am 9:00-9:55pm		5:00-5:55pm	
Lane Swim (No water fitness, treading or bricks permitted)	10:00-10:55am 8:00-8:55pm	9:00-9:55pm	10:00-10:55am 8:00-8:55pm	9:00-9:55pm	10:00-10:55am 8:00-8:55pm	5:00-5:55pm		
Parent & Tot Children Ages 6 and under	10:00-10:55am		10:00-10:55am		10:00-10:55am			
Family Swim Wading Pool Only Children Ages 8 and under		7:00-7:55pm		7:00-7:55pm		5:00-5:55pm	5:00-5:55pm	
Aquafit Ages 10+		9:00-9:55am 8:00-8:55pm	9:00-9:55am	9:00-9:55am 8:00-8:55pm				Free with CAC \$10/drop in
High Intensity Aquafit Ages 10+ <small>Trial Until end of February</small>		10:00-10:55am		10:00-10:55am				
The hot tub and sauna are open during Open Swim, Leisure Swim, Lane Swim, Family Swim and Aqua fit. The sauna is also available during swim lessons Monday-Friday from 4-7pm and Saturday and Sunday 930am-330pm.								

Military ONLY Pool Schedule

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Military Lane Swim	0615 – 0700	0615 – 0700	0615 – 0700	0615-0700	0615 – 0700
	1200 - 1300	1200 - 1300	1200 - 1300	1200 - 1300	1200 - 1300
Military Unit Bookings/Lessons	0700 – 0800	0700 – 0800	0700 – 0800	0700 – 0800	0700 – 0800
	0800 – 0900	0800 – 0900	0800 – 0900	0800 – 0900	0800 – 0900
	1100 - 1200	1100 – 1200	1100 - 1200	1100 – 1200	1100 - 1200
	1300 - 1600	1300 - 1600	1400 - 1600	1300 - 1600	1300 - 1600
Reconditioning/ Pre-Natal			1300 - 1400		

PLEASE NOTE: Any units requiring swim tests or group PT, please request it through your Ops & Trg who will contact the Mil Fitness Coordinator at x7129 or [EMAIL](mailto:fitness@dundonaldhall.ca).

All schedules are subject to change.