

Dundonald Hall Pool Schedules

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	Closed for summer	Closed for summer	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	Closed for summer	Closed for summer	
Lane Swim (No water fitness, treading or bricks permitted)	10:00-10:55am 8:00-8:55pm	10:00-10:55am 9:00-9:55pm	10:00-10:55am 8:00-8:55pm	10:00-10:55am 9:00-9:55pm	10:00-10:55am 8:00-8:55pm	Closed for summer	Closed for summer	
Parent & Tot Children Ages 6 and under	10:00-10:55am		10:00-10:55am		10:00-10:55am	Closed for summer	Closed for summer	
Family Swim Wading Pool Only Children Ages 8 and under		7:00-7:55pm		7:00-7:55pm		Closed for summer	Closed for summer	
Aquafit Ages 10+		9:00-9:55am 8:00-8:55 pm	9:00-9:55am	9:00-9:55am 8:00-8:55pm		Closed for summer	Closed for summer	

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 1200 - 1300	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615-0700 1200 - 1300	0615 – 0700 1200 - 1300
Military Unit Bookings/Lessons	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 – 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 - 1200 1400 - 1600	0700 – 0800 0800 – 0900 1100 – 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 - 1200 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](#).

All schedules are subject to change.