

## 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
<b>Open Swim</b> All Ages	7:00-7:55pm		7:00-7:55pm		7:00-7:55pm			Free with CAC!  \$3.50 (11 & under) \$6.00 (12+)  <b>Military ID does not qualify for CAC.</b>
<b>Leisure Swim</b> (Bricks & Treading Permitted)	9:00-9:55am 9:00-9:55pm		9:00-9:55pm		9:00-9:55am 9:00-9:55pm			
<b>Lane Swim</b> (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			
<b>Parent &amp; Tot</b> Children Ages 6 and under	10:00-10:55am		10:00-10:55am		10:00-10:55am			
<b>Family Swim</b> Wading Pool Only Children Ages 8 and under		7:00-7:55pm		7:00-7:55pm				
<b>Aquafit</b> Ages 10+		9:00-9:55am 8:00-8:55 pm	9:00-9:55am	9:00-9:55am 8:00-8:55pm				Free with CAC \$10/drop in

The hot tub and sauna are open during Open Swim, Lane Swim, Parent & Tot Swim and Aquafit.  
The sauna is also available during swim lessons Monday-Friday from 4-7pm and Saturday and Sunday 930am-1230pm.

### Military ONLY Pool Schedule

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Military Lane Swim</b>	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615 – 0700 1200 - 1300	0615-0700 1200 - 1300	0615 – 0700 1200 - 1300
<b>Military Unit Bookings/Lessons</b>	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 – 1200 1430 - 1600	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600	0700 – 0800 0800 – 0900 1100 – 1200 1430 - 1600	0700 – 0800 0800 – 0900 1100 - 1200 1300 - 1600
<b>Physio/Return To Work</b>		1300 - 1400		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.