

# 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 All Ages</b>	7:00-7:55pm		7:00-7:55pm		7:00-7:55pm	2:00-3:55pm	2:00-3:55pm	Free with CAC!  \$3.50 (11 & under) \$6.00 (12+)  Military ID does not qualify for CAC.
<b>Leisure Swim (Bricks &amp; Treading Permitted)</b>	9:00-9:55am 9:00-9:55pm		9:00-9:55pm		9:00-9:55am 9:00-9:55pm		4:00-4:55pm	
<b>Lane Swim (No water fitness, treading or bricks permitted)</b>	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	4:00-4:55pm		
<b>Parent &amp; Tot Children Ages 6 and under</b>	10:00-10:55am		10:00-10:55am		10:00-10:55am			
<b>Family Swim Wading Pool Only Children Ages 8 and under</b>		7:00-7:55pm		7:00-7:55pm		4:00-4:55pm	4:00-4:55pm	
<b>Aquafit Ages 10+</b>		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.