

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	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.
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		4:00-4:55pm	
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	4:00-4:55pm		
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		4:00-4:55pm	4:00-4:55pm	
Aquafit 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, 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.