# **Sunday, June 22, 2025**

# Lane & Leisure

Date and Time: Sunday, June 22 8:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Sunday, June 22 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Sunday, June 22 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Sunday, June 22 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Sunday, June 22 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Sunday, June 22 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Tuesday, June 24, 2025**

# Lane & Leisure

Date and Time: Tuesday, June 24 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

# **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Tuesday, June 24 9:00 am - 11:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

# **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Tuesday, June 24 12:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Tuesday, June 24 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Shallow End Only - Everyone Welcome Swim**

Date and Time: Tuesday, June 24 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

# **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodati ons are required at the time of check in or call ahead. \* Please note only the shallow end of the pool is availa ble due to a rental

# **Shallow End Only - Everyone Welcome Swim**

Date and Time: Tuesday, June 24 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

# **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodati ons are required at the time of check in or call ahead. \* Please note only the shallow end of the pool is availa ble due to a rental

# Wednesday, June 25, 2025

# Lane & Leisure

Date and Time: Wednesday, June 25 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Wednesday, June 25 9:00 am - 11:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

### Lane & Leisure

Date and Time: Wednesday, June 25 12:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan

ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Wednesday, June 25 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Wednesday, June 25 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# Thursday, June 26, 2025

## Lane & Leisure

Date and Time: Thursday, June 26 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Thursday, June 26 9:00 am - 11:50 am

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Thursday, June 26 12:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Thursday, June 26 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16

+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Shallow End Only - Everyone Welcome Swim**

Date and Time: Thursday, June 26 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

# **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodati ons are required at the time of check in or call ahead. \* Please note only the shallow end of the pool is availa ble due to a rental

# **Shallow End Only - Everyone Welcome Swim**

Date and Time: Thursday, June 26 7:00 pm - 7:50 pm

Address: 40 Mundy Pond Road

# **Shallow End Only - Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodati ons are required at the time of check in or call ahead. \* Please note only the shallow end of the pool is availa ble due to a rental

# **Friday, June 27, 2025**

### Lane & Leisure

Date and Time: Friday, June 27 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir

ed at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Friday, June 27 9:00 am - 11:50 am

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Friday, June 27 12:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

### Lane & Leisure

Date and Time: Friday, June 27 3:50 pm - 4:50 pm

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead.

#### Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

## Lane & Leisure

Date and Time: Friday, June 27 5:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are requir ed at the time of check in or call ahead.

# Saturday, June 28, 2025

### Lane & Leisure

Date and Time: Saturday, June 28 8:00 am - 9:50 am

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Saturday, June 28 10:00 am - 11:50 am

Address: 40 Mundy Pond Road

#### **Lane Swim**

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

#### **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# Lane & Leisure

Date and Time: Saturday, June 28 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age an d older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if acc ommodations are required at the time of check in or call ahead. Please note that all lanes may not be available d ue to rentals.

# **Leisure Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Saturday, June 28 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Saturday, June 28 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

## **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Saturday, June 28 5:00 pm - 5:50 pm

Address: 40 Mundy Pond Road

### **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

# **Everyone Welcome Swim**

Date and Time: Saturday, June 28 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

# **Everyone Welcome Swim**

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible chan ge rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

https://calendar.stjohns.ca