

Sunday, August 10, 2025

Lane & Leisure

Date and Time: Sunday, August 10 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 and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due 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 change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations

Lane & Leisure

Date and Time: Sunday, August 10 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 and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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Lane & Leisure

Date and Time: Sunday, August 10 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, August 10 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 change 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, August 10 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 change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Sunday, August 10 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, August 10 5:00 pm - 5:50 pm

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Lane & Leisure

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Monday, August 11, 2025

Lane & Leisure

Date and Time: Monday, August 11 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

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Aquatic Fitness

Date and Time: Monday, August 11 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

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Lane & Leisure

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Everyone Welcome Swim

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Tuesday, August 12, 2025

Lane & Leisure

Date and Time: Tuesday, August 12 7:00 am - 8:50 am

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Aquatic Fitness

Date and Time: Tuesday, August 12 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle to

ne. Participants in the deep-water section can use a floatation belt.

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Wednesday, August 13, 2025

Lane & Leisure

Date and Time: Wednesday, August 13 7:00 am - 8:50 am

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Date and Time: Wednesday, August 13 12:00 pm - 1:50 pm

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Lane & Leisure

Date and Time: Wednesday, August 13 6:00 pm - 6:50 pm

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Thursday, August 14, 2025

Lane & Leisure

Date and Time: Thursday, August 14 7:00 am - 8:50 am

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Friday, August 15, 2025

Lane & Leisure

Date and Time: Friday, August 15 7:00 am - 8:50 am

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Lane & Leisure

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Everyone Welcome Swim

Date and Time: Friday, August 15 4:00 pm - 4:50 pm

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Saturday, August 16, 2025

Lane & Leisure

Date and Time: Saturday, August 16 8:00 am - 9:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Lane & Leisure

Date and Time: Saturday, August 16 10:00 am - 11:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Lane & Leisure

Date and Time: Saturday, August 16 12:00 pm - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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Everyone Welcome Swim

Date and Time: Saturday, August 16 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

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Everyone Welcome Swim

Date and Time: Saturday, August 16 3:00 pm - 3:50 pm

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Lane & Leisure

Date and Time: Saturday, August 16 4:00 pm - 5:20 pm

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Everyone Welcome Swim

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<https://calendar.stjohns.ca>