

## Sunday, August 24, 2025

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### 6 Lane & Leisure

Date and Time: Sunday, August 24 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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 are required at the time of check in or call ahead.

### 3 Lane & Leisure

Date and Time: Sunday, August 24 9:00 am - 10:20 am

Address: 35 Carrick Drive

#### 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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### 3 Lane & Leisure

Date and Time: Sunday, August 24 10:30 am - 11:20 am

Address: 35 Carrick Drive

#### Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and

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### **Leisure Swim**

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## **Everyone Welcome Swim**

Date and Time: Sunday, August 24 11:30 am - 12:30 pm

Address: 35 Carrick Drive

### **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 24 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **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 24 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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## **3 Lane & Leisure**

Date and Time: Sunday, August 24 6:30 pm - 7:20 pm

Address: 35 Carrick Drive

### **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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## **Monday, August 25, 2025**

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### **6 Lane & Leisure**

Date and Time: Monday, August 25 7:00 am - 8:50 am

Address: 35 Carrick Drive

### **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**

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### **Aquatic Fitness**

Date and Time: Monday, August 25 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

### **Pop in Tot**

Date and Time: Monday, August 25 9:00 am - 9:50 am

Address: 35 Carrick Drive

## **Pop in Tot**

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

## **3 Lane & Leisure**

Date and Time: Monday, August 25 10:00 am - 11:50 am

Address: 35 Carrick Drive

### **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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## **6 Lane & Leisure**

Date and Time: Monday, August 25 12:00 pm - 1:20 pm

Address: 35 Carrick Drive

### **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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## **Everyone Welcome Swim**

Date and Time: Monday, August 25 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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+ 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: Monday, August 25 4:00 pm - 5:30 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## Everyone Welcome Swim

Date and Time: Monday, August 25 6:00 pm - 6:50 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## 3 Lane & Leisure

Date and Time: Monday, August 25 7:00 pm - 7:50 pm

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### Lane Swim

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## Tuesday, August 26, 2025

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## 6 Lane & Leisure

Date and Time: Tuesday, August 26 7:00 am - 8:50 am

Address: 35 Carrick Drive

### 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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## Aquatic Fitness

Date and Time: Tuesday, August 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

## Leisure Swim

Date and Time: Tuesday, August 26 9:00 am - 9:50 am

Address: 35 Carrick Drive

### 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 are required at the time of check in or call ahead.

## 3 Lane & Leisure

Date and Time: Tuesday, August 26 10:00 am - 11:50 am

Address: 35 Carrick Drive

### Lane Swim

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## **6 Lane & Leisure**

Date and Time: Tuesday, August 26 12:00 pm - 1:20 pm

Address: 35 Carrick Drive

### **Lane Swim**

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## **Therapeutic Adult Swim**

Date and Time: Tuesday, August 26 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Therapeutic Adult Swim**

A reduced capacity swim at the Paul Reynolds Community Centre for adults age 18+ with physical and/or developmental disabilities, caregivers/support workers and family. This facility is equipped with a gender-neutral accessible change room with ceiling lift and adult sized change table. Additional accessible, larger sized change stalls are also available. The lane pool is accessible by Poolpod lift. The leisure pool is accessible by PALII lift and a zero depth, gradual beach entry. Water wheelchairs and a shower commode are available for use. Lifeguards will be onsite to supervise but are not able to transfer, lift or reposition individuals. Individuals who need this level of support must bring a caregiver/support person who may attend for free of charge with an [attendant pass](#). Standard swim admissions apply.

## **Everyone Welcome Swim**

Date and Time: Tuesday, August 26 4:00 pm - 5:30 pm

Address: 35 Carrick Drive

### **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

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## Everyone Welcome Swim

Date and Time: Tuesday, August 26 6:00 pm - 6:50 pm

Address: 35 Carrick Drive

### Everyone Welcome Swim

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## 3 Lane & Leisure

Date and Time: Tuesday, August 26 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

### 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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## Wednesday, August 27, 2025

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## 6 Lane & Leisure

Date and Time: Wednesday, August 27 7:00 am - 8:50 am

Address: 35 Carrick Drive

### Lane Swim

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## Pop in Tot

Date and Time: Wednesday, August 27 9:00 am - 9:50 am

Address: 35 Carrick Drive

### Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

## Aquatic Fitness

Date and Time: Wednesday, August 27 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

## 3 Lane & Leisure

Date and Time: Wednesday, August 27 10:00 am - 11:50 am

Address: 35 Carrick Drive

### 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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## 3 Lane & Leisure

Date and Time: Wednesday, August 27 12:00 pm - 1:20 pm

Address: 35 Carrick Drive

### **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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## **Everyone Welcome Swim**

Date and Time: Wednesday, August 27 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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## **Everyone Welcome Swim**

Date and Time: Wednesday, August 27 4:00 pm - 5:30 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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## **Everyone Welcome Swim**

Date and Time: Wednesday, August 27 6:00 pm - 6:50 pm

Address: 35 Carrick Drive

### **Everyone Welcome Swim**

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## **3 Lane & Leisure**

Date and Time: Wednesday, August 27 7:00 pm - 7:50 pm

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## **Thursday, August 28, 2025**

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### **6 Lane & Leisure**

Date and Time: Thursday, August 28 7:00 am - 8:50 am

Address: 35 Carrick Drive

### **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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### **Aquatic Fitness**

Date and Time: Thursday, August 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

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.

### **Leisure Swim**

Date and Time: Thursday, August 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

### **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 are required at the time of check in or call ahead.

## **3 Lane & Leisure**

Date and Time: Thursday, August 28 10:00 am - 11:50 am

Address: 35 Carrick Drive

### **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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## **6 Lane & Leisure**

Date and Time: Thursday, August 28 12:00 pm - 1:20 pm

Address: 35 Carrick Drive

### **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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## **Everyone Welcome Swim**

Date and Time: Thursday, August 28 4:00 pm - 5:30 pm

Address: 35 Carrick Drive

### **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: Thursday, August 28 6:00 pm - 6:50 pm

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### Everyone Welcome Swim

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## 3 Lane & Leisure

Date and Time: Thursday, August 28 7:00 pm - 7:50 pm

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## Friday, August 29, 2025

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## 6 Lane & Leisure

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Date and Time: Friday, August 29 2:30 pm - 3:30 pm

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#### 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 are required at the time of check in or call ahead.

## Saturday, August 30, 2025

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### 6 Lane & Leisure

Date and Time: Saturday, August 30 7:00 am - 8:50 am

Address: 35 Carrick Drive

#### 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 are required at the time of check in or call ahead.

### 3 Lane & Leisure

Date and Time: Saturday, August 30 9:00 am - 10:20 am

Address: 35 Carrick Drive

#### 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 are required at the time of check in or call ahead.

## **3 Lane & Leisure**

Date and Time: Saturday, August 30 10:30 am - 11:20 am

Address: 35 Carrick Drive

### **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 are required at the time of check in or call ahead.

## **Everyone Welcome Swim**

Date and Time: Saturday, August 30 11:30 am - 12:30 pm

Address: 35 Carrick Drive

### **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: Saturday, August 30 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

### **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: Saturday, August 30 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

### **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.

## **3 Lane & Leisure**

Date and Time: Saturday, August 30 6:30 pm - 7:20 pm

Address: 35 Carrick Drive

### **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 are required at the time of check in or call ahead.

<https://calendar.stjohns.ca>