

Swim Descriptions

Public Swim: Take the plunge! Public swims are available for all ages (note admission policy). Water features are available*, hot tub and saunas are also available for our adult crowd
Family Swim: A great activity for the whole family! Must include at least one caregiver, with a ratio of 1 caregiver per 3 children under the ages of 7. Some water features may be available*. Hot tub and saunas available for adults.
Teen Swim: A fun-filled night for teens ages 13-18! Teenagers can socialize with friends, listen to music while swimming and participate in water sports. Hot tub and water features are available. Sign in is required at the entrance.
Adult Open Swim: Feel like a kid again! Adult ages 19+ have access lane swimming, water games, waterslide*, hot tub and sauna. Some water features available.
Parent and Tot Swim: This swim is great way to help young children get comfortable in the water. It is also a fun playtime for children under 6 years old and their caregivers. Our leisure pool provides a safe environment with many different water features.
Adult Lane Swim: Lane swimming is a great way to get in shape and improve overall health. Lanes are available for all skill levels.
Aquafit: Getting healthier never felt so good! This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe, effective, and fun workout! It also allows a break from 'impact' on the body without pounding your joints, ligaments and tendons. Beginners welcome!
Parent and Tot: This weekday morning swim provides a time where parents and children 6 and under can enjoy the leisure pool, water toys, and some of the water features.
Elder Swim: An awesome time to get some lengths in or to socialize with others, this swim is available for those 60+.
Lunch Hour Swim: On a lunch break and need to have a quick pick me up for the rest of the day? Have a few rambunctious kids and need to get out of the house for a little? Then this is the swim for you! Lanes will be available for those hoping to swim a few laps as well as a designated area for swimmers who have just wish to grab a soak in the pool.
Female Only Swim: Guarded by only female staff, this swim is for females only (the hot tub and sauna will not be available to gym goers at this time).
Gentle Ability Swim: A slow paced, quiet swim time at the pool for those who wish to enjoy the pool in a more relaxing, less chaotic atmosphere. Ideal for those with sound-sensory issues, individuals working on rehabilitation or for those who need assistance or support in the pool. Lanes are available.