

# Fall 2026 Drop-In Swim Schedule

## October 4 - December 19, 2026



| Program Type                      | Sunday                                           | Monday                                                   | Tuesday                       | Wednesday                                 | Thursday                       | Friday                                     | Saturday    |
|-----------------------------------|--------------------------------------------------|----------------------------------------------------------|-------------------------------|-------------------------------------------|--------------------------------|--------------------------------------------|-------------|
| Lane Swims                        | 4:00-4:55PM<br>(4 lanes)<br>5:00-5:55PM          | 6:00-7:55AM<br>(4 lanes)<br>10:00-11:55AM<br>8:00-8:55PM | 7:30-8:55AM<br>12:00-12:55PM  | 6:00-7:55AM<br>(4 lanes)<br>10:00-11:55AM | 7:30-8:55AM                    | 6:00-7:55AM<br>9:00-10:55AM<br>7:00-7:55PM | 4:00-4:55PM |
| Older Adult Lane Swim             |                                                  | 9:00-9:55AM                                              | 11:00-11:55AM                 | 9:00-9:55AM                               | 11:00-11:55AM                  | 11:00-11:55AM                              |             |
| Older Adult Leisure Swim          |                                                  | 11:00-12:55PM                                            | 11:00-11:55AM                 | 11:00-12:55PM                             | 11:00-11:55AM                  | 11:00-12:55PM                              |             |
| Leisure Swim                      |                                                  | 7:00 - 8:55PM                                            | 12:00 - 12:55PM               |                                           |                                |                                            |             |
| Public Swims                      | 1:00-1:55PM -<br>Sensory Friendly<br>2:00-3:55PM |                                                          | 8:00- 8:55PM<br>(toonie swim) |                                           | 8:00- 8:55PM<br>(Women's Only) | 8:00- 8:55PM<br>(toonie swim)              | 1:00-2:55PM |
| Parent & Tot Swims                |                                                  |                                                          | 8:00-9:55AM                   |                                           | 8:00-9:55AM                    |                                            |             |
| Swim Stroke Refinement for Adults |                                                  |                                                          | 11:00 - 11:55AM               |                                           | 11:00 - 11:55AM                |                                            |             |

# Drop-In Swim Descriptions & Information



|                                          |                                                                                                                                                                                                                                                               |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lane Swims</b>                        | Lap swimming only. Please follow lane swim etiquette. Slow, medium and fast lanes available.<br>Lane swims are guaranteed 6 lanes per swim.                                                                                                                   |
| <b>Older Adult Lane Swims</b>            | This swim is 55+. Lap swimming only. Please follow lane swim etiquette. Slow, medium and fast lanes available.<br>Lane swims are guaranteed 6 lanes per swim.                                                                                                 |
| <b>Public Swims</b>                      | Recreational swim open to all ages. A swim test is required for all swimmers 9 and under to swim in the deep end of the lap pool. Swim fins, swim flippers and inflatables are not allowed.                                                                   |
| <b>Sensory Friendly Public Swims</b>     | This public swim is open to people with physical or developmental disabilities along with a caregiver. Caregivers and support workers who attend a swim to assist individuals with special needs will be permitted entry at no charge.                        |
| <b>Parent &amp; Tot Swims</b>            | This swim is ideal for preschool children aged six and under. Children must be accompanied by a caregiver who is 16 or older. Parent & Tot swims are limited to the Savage Family Leisure Pool                                                                |
| <b>Leisure Swims</b>                     | Leisure swims run in the leisure pool only. All ages are welcome. Children 9 and under must be accompanied by a person 12 years or older.                                                                                                                     |
| <b>Older Adult Leisure Swims</b>         | Older adult leisure swims run in the Savage Family Leisure Pool only. This swim is 55+.                                                                                                                                                                       |
| <b>Swim Stroke Refinement for Adults</b> | Take your swimming to the next level. This adult program focuses on refining your strokes, improving efficiency, and building confidence through personalized instructor feedback and targeted drills.<br>Must be 18+<br>Must be able to swim minimum of 25 m |

## Please note:

The Fall session runs: October 4 - December 19, 2026

The facility will be closed on Thanksgiving (October 12, 2026)

Schedule may change without notice. For the most up to date schedule please visit – [www.loyalist.ca/recreation](http://www.loyalist.ca/recreation)