

DROP-IN POOL SCHEDULE

APR 5 TO JUN 27

Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

POOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LANES (2) 6:30am-9:00am					CLOSED 6:30am-9:00am	
LANES (2) & PARENT AND TOT 9:00am-10:30am					LANES (2) & PARENT AND TOT 9:00am-10:30am	LANES (2) & FAMILY SWIM 9:00am-11:30am
LANES (2) & LEISURE SWIM 10:30am-2:00pm					LANES (2) & LEISURE SWIM 10:30am-1:00pm	Birthday Parties 11:30am - 1:00pm LANES (2)
LEISURE SWIM 2:00pm-5:00pm					FUN SWIM 1:00pm-3:30pm	
FAMILY SWIM (Leisure Pool only) 5:00pm-6:30pm					Closed for Birthday Parties 3:30pm-5:00pm	LANES (2) & FAMILY SWIM 3:30pm-6:30pm
FUN SWIM 6:30pm-8:00pm	LEISURE SWIM 6:30pm-8:00pm	FUN SWIM 6:30pm-8:00pm	LEISURE SWIM 6:30pm-8:00pm	FUN SWIM 6:30pm-8:00pm	CLOSED 6:30pm-8:00pm	
16+ SWIM, LANES (2) 8:00pm-9:00pm				CLOSED 8:00pm-9:00pm		

HOT TUB, STEAM ROOM & SAUNA

Weight Room is decommissioned for the REC-REATE Construction project.

	MON TO THURS	FRIDAY	SATURDAY	SUNDAY
HOT TUB	9am to 9pm	9am to 8pm	9am-3:30pm 5pm-6:30pm	9am-11:30am 1pm-6:30pm
STEAM ROOM & SAUNA	6:30am-9pm	6:30am-8pm	9am-3:30pm 5pm-6:30pm	9am-6:30pm

PARENT AND TOT: Caregivers in the water with children ages 0-6 only.

LEISURE SWIM: Leisure Pool only. All ages.

FAMILY SWIM: Leisure Pool only. Caregivers must be in the water with children ages 0-15. Main pool may be open if space allows.

FUN SWIM: A lively swim with both pools open, rope swing. All ages.

16+ SWIM: A quieter swim for ages 16 and up only.

Last-minute schedule changes will be communicated in the top red bar of our website.

Schedule Changes: APR 6 & MAY 18 - Stat Holiday hours. 1:30pm to 4:30pm Fun Swim.
APR 18 - Pool closes at 12pm for CRKW swim meet. APR 19 - Pool opens 11:30am.

Stay up to date during REC-REATE Construction:
strathconagardens.com/construction

AQUATIC FITNESS SCHEDULE

APRIL 7 TO JUNE 27

All classes require pre-registration. ● No classes on May 18

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRO FIT THE NEXT LEVEL (F)	6:30am - 7:15am		6:30am - 7:15am		6:30am - 7:15am
AQUA FIT (F)	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am
FLUID MOTION (F)		9:00am - 9:45am		9:00am - 9:45am	
MOM & ME AQUA FIT (R)	9:15am-10:00am		9:15am-10:00am		

Flexible (F) Pre-register before the class. Pick any day that works for you. **Registered (R)** Register for a series of classes.

HYDRO FIT THE NEXT LEVEL

Looking for the next level water fitness? Come prepared to sweat and get your heart rate to an all new level with our experienced instructors! Participants must be able to get in and out of the pool without an aide or the stairs. Class is in the main pool shallow end.

MOM & ME AQUA FIT

You will get the best shallow aquatic aerobic workout while your babe floats beside you! Great for any pre/post natal caregivers. Join the parent & tot session in the Leisure pool after your class for more fun with toys!

FLUID MOTION

An aquatic aerobic class in the shallow end of our main pool where you are constantly in contact with the pool floor. You will build cardiovascular conditioning/endurance, strength, and flexibility as the water forces generate resistance, ensuring a challenging workout.

AQUA FIT

This class in our main pool will give you a great cardio workout, and tone muscles, with no impact on your joints. Must be comfortable in deep water. Flotation belts are provided. The instructor may choose to facilitate a tethered class. This is where you are hooked to the lane rope to further develop your strength, stability, and endurance.

Looking for physician referred aquatic fitness programs?

Schedule information for our Aquatic Arthritis, Adaptive Shallow, Adaptive Deep and Ortho Management classes can be found on page 5 of our Spring 2026 Recreation Guide. Our reception staff are happy to print a copy for you on request.

PICKLEBALL

APR 22 TO JUL 29

PICKLEBALL COURT RESERVATIONS

Pickleball court reservations are available daily Monday to Friday on the Rod Brind 'Amour arena dry-floor from April 22 to July 29. Singles or doubles play welcome. **Please have one participant from each group book a court by visiting our website at strathconagardens.com/pickleball or by calling our front desk at 250-830-6777.** Courts will be available to book 14 days before each session.

- \$10/court
- Pickleballs will be provided.
- 2 to 5 players permitted on each court.

Court Reservation Times

() number of courts available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-10:00am (4)	8:30-10:00am (4)	8:30-10:00am (4)	8:30-10:00am (4)	8:30-10:00am (4)
10:30am-12pm (4)	10:30am-12pm (4)	10:30am-12pm (4)	10:30am-12pm (4)	10:30am-12pm (4)
12:30-2pm (4)	12:30-2pm (4)	12:30-2pm (4)	12:30-2pm (4)	12:30-2pm (4)
2:30-4pm (3)		2:30-4pm (3)		2:30-4pm (3)
		4:30-6pm (4)		
		6:30-8pm (4)		

Schedule Changes: No Pickleball May 18, Apr 30, May 1, Jun 22-26, Jul 1

SG DOUBLES INDOOR PICKLEBALL TOURNAMENT

This 2-day non-sanctioned tournament will feature Men's, Women's, and Mixed Doubles. Round robin play will establish a team ranking in each pool leading to a playoff crossover round (format to be determined based on registration numbers in each ranking). Snacks and refreshments will be provided throughout the day for tournament participants. For more information, please visit srd.ca/pickleball.

- \$70/team
- Registration opens March 31 at 9am.

Sat May 30: Women's Doubles 3.0/3.5 Men's Doubles 3.5/4.0

Sun May 31: Women's Doubles 4.0 Mixed Doubles 3.0/3.5/4.0

