

Stronach Aurora Recreation Complex (S.A.R.C.)

1400 Wellington Street East | 905-726-4770

Canadian Tire Aquatic Centre Pool – Swim Schedule

Monday, March 16 to Friday, April 3, 2026

Note – AFLC Pool Closed (Annual Maintenance)

DATE	AQUAFIT	LANE SWIM & THERAPY POOL	LEISURE SWIM
Monday March 16	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	1:15 p.m. to 2:45 p.m. – Leisure Swim
Tuesday March 17	9:05 a.m. to 9:50 a.m. – Aqua Zumba 9:55 a.m. to 10:40 a.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	1:15 p.m. to 2:45 p.m. – Leisure Swim
Wednesday March 18	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	1:15 p.m. to 2:45 p.m. – Leisure Swim
Thursday March 19	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	1:15 p.m. to 2:45 p.m. – Leisure Swim
Friday March 20	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool	1:15 p.m. to 2:45 p.m. – Leisure Swim
Saturday March 21	9:35 a.m. to 10:20 a.m. – Aquafitness	12:30 p.m. to 2 p.m. – Lane Swim & Therapy Pool	2:15 p.m. to 3:45 p.m. – Leisure Swim
Sunday March 22		12:30 p.m. to 2 p.m. – Lane Swim & Therapy Pool	2:15 p.m. to 3:45 p.m. – Leisure Swim
Monday March 23	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Tuesday March 24	9:05 a.m. to 9:50 a.m. – Aqua Zumba 9:55 a.m. to 10:40 a.m. – Aquafitness 1 p.m. to 1:45 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Wednesday March 25	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Thursday March 26	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 1 p.m. to 1:45 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Friday March 27	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool	
Saturday March 28		12:30 p.m. to 2 p.m. – Lane Swim & Therapy Pool	2:15 p.m. to 3:45 p.m. – Leisure Swim
Sunday March 29		12:30 p.m. to 2 p.m. – Lane Swim & Therapy Pool	2:15 p.m. to 3:45 p.m. – Leisure Swim
Monday March 30	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Tuesday March 31	9:05 a.m. to 9:50 a.m. – Aqua Zumba 9:55 a.m. to 10:40 a.m. – Aquafitness 1 p.m. to 1:45 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Wednesday April 1	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Thursday April 2	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 1 p.m. to 1:45 p.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool 9 p.m. to 10:30 p.m. – Lane Swim & Therapy Pool	
Friday April 3	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness	7:30 a.m. to 9 a.m. – Lane Swim & Therapy Pool 11 a.m. to 1 p.m. – Lane Swim & Therapy Pool	

Note – We reserve the right to cancel, amend or change programs and activities. Updated 03/25/2026
For the most up-to-date schedules, please visit our website at www.aurora.ca/aquatics.