

*Bracketed numbers next to the class show how many spots are left in that class. When a class is full a strike through line will be drawn through the class, please do NOT book any more students in and tell them to email Gabrielle for waitlist

Adult classes are 45 mins. All other classes are 30 mins. Private lessons are 1-on-1 with an instructor, all other slot are group classes with 4 swimmers per instructor.

*Timeslots are not guaranteed and may be moved, cancelled, or merged based on registration numbers.

WINTER 2026 Schedule*

Runs 9 weeks: 1 class per week from the week of January 19, 2026 onward, with one make up week at the end only if a class is missed.

		Monday	Tuesday	Wednesday	Thursday	Friday
5:00 PM		AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	
5:45 PM						
6:00 PM	Instructor 1 Instructor 2 Instructor 3	Preschool Level 1 Preschool Level 2	Parent & Tot Level 1 Preschool Level 1/2		Preschool Level 1/2 Preschool Level 3/4	
6:30 PM	Instructor 1 Instructor 2 Instructor 3	Preschool Level 3 Preschool Level 4/5	Swimmer Level 1 Swimmer Level 2		Swimmer Level 3/4 Swimmer Level 5/6	
7:00 PM	Instructor 1 Instructor 2 Instructor 3	 Swimmer Level 1/2 Swimmer Level 3	Swimmer Level 3/4 Swimmer Level 5/6		Swimmer Level 3 Swimmer Level 5	
7:30 PM	Instructor 1 Instructor 2 Instructor 3	Adult Level 1 Adult Level 2/3	Adult Level 1 Adult Level 2 Swim for Fitness		Adult Level 1 Swim for Fitness	

8:15 PM

Unsure what level? Our staff can help! Give us a call at 519-914-5280, press 2 to speak with the south club.

		Saturday	Sunday
10:00 AM	Instructor 1 Instructor 2 Instructor 3	Preschool Level 1 Parent & Tot Level 2/3	Parent & Tot Level 1/2 Preschool Level 1
10:30 AM	Instructor 1 Instructor 2 Instructor 3	Preschool Level 2/3 Swimmer Level 1	Preschool Level 4/5 Swimmer Level 1
11:00 AM	Instructor 1 Instructor 2 Instructor 3	 Swimmer Level 2 Swimmer Level 3	 Swimmer Level 3 Swimmer Level 5
11:30 AM	Instructor 1 Instructor 2 Instructor 3	Swimmer Level 4/5 Adult Level 1	Swimmer Level 6 Adult Level 2
12:15 PM	Instructor 1 Instructor 2 Instructor 3	 Adult Level 1 Adult Level 2/3	 Adult Level 1 Adult Level 2/3

1:00 PM