

# Swimming Calendar - City of Kitchener



Generated December 18,  
2025

## October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1:05 pm Lane Swim 2:00 pm Lane Swim 2:45 pm Adult Swim 3:00 pm Public Swim 3:45 pm Family Swim 4:00 pm Public Swim
2 1:05 pm Lane Swim 2:00 pm Lane Swim 2:45 pm AquaStrength 3:00 pm Public Swim 3:45 pm Family Swim 4:00 pm Public Swim	3 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Lane Swim 9:00 am Aquafit: Shallow Water 11:30 am Family Swim: Warm Water Pool 11:35 am Lane Swim 1:00 pm Aquafit: Warm Water Aqua Strength 1:30 pm Lane Swim 2:30 pm Lane Swim 4:00 pm Lane Swim 5:00 pm Lane Swim 6:00 pm Lane Swim	4 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Lane Swim 9:00 am Aquafit: Shallow Water 11:30 am Adult Swim: Warm Water Pool 11:35 am Lane Swim 1:00 pm Aquafit: Warm Water Aqua Strength 1:30 pm Lane Swim 2:30 pm Lane Swim 4:00 pm Lane Swim 5:00 pm Lane Swim 6:00 pm Lane Swim	5 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Aquafit: Shallow Water 9:00 am Lane Swim 11:30 am Family Swim: Warm Water Pool 11:35 am Lane Swim 1:00 pm Aquafit: Warm Water Aqua Strength 1:30 pm Lane Swim 2:30 pm Lane Swim 4:00 pm Lane Swim 5:00 pm Lane Swim 6:00 pm Lane Swim	6 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Aquafit: Shallow Water 9:00 am Lane Swim 11:30 am Adult Swim: Warm Water Pool 11:35 am Lane Swim 1:00 pm Aquafit: Warm Water Aqua Strength 1:30 pm Lane Swim 2:30 pm Lane Swim 4:00 pm Lane Swim 5:00 pm Lane Swim 6:00 pm Lane Swim	7 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Aquafit: Shallow Water 9:00 am Lane Swim 11:30 am Family Swim: Warm Water Pool 11:35 am Lane Swim 1:00 pm Aquafit: Warm Water Aqua Strength 1:30 pm Lane Swim 2:30 pm Lane Swim 4:00 pm Lane Swim 5:00 pm Lane Swim 6:00 pm Lane Swim	8 2:00 pm Public Swim 4:30 pm Lane Swim 4:30 pm Family Swim: Warm Water Pool 6:00 pm Family Swim: Warm Water Pool 6:00 pm Lane Swim

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16 1:05 pm Lane Swim 2:00 pm Lane Swim 2:00 pm Public Swim 2:45 pm AquaStrength 3:00 pm Public Swim 3:45 pm Family Swim	17 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Aquafit: Shallow Water	18 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:00 am Lane Swim 8:00 am Adult Swim 8:30 am Aquafit: Warm Water Aqua Strength	19 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:00 am AquaCardio 8:30 am Aquafit: Warm Water Aqua Strength 9:00 am Lane Swim	20 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:00 am Lane Swim 8:15 am AquaStrength 8:30 am Aquafit: Warm Water Aqua	21 7:00 am Aquafit: Deep Water 7:30 am Lane Swim 7:45 am Aquafit: Shallow Water 8:00 am Adult Swim 8:15 am AquaStrength 8:30 am Aquafit: Warm Water Aqua	22 1:05 pm Lane Swim 2:00 pm Public Swim 2:00 pm Lane Swim 2:45 pm Adult Swim 3:00 pm Public Swim

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4:00 pm Public Swim  4:30 pm Lane Swim  4:30 pm Family Swim: Warm Water Pool  6:00 pm Lane Swim  6:00 pm Family Swim: Warm Water Pool	9:00 am Lane Swim  11:30 am Family Swim: Warm Water Pool  11:35 am Lane Swim  1:00 pm Aquafit: Warm Water Aqua Strength  1:30 pm Lane Swim  2:30 pm Lane Swim  7:30 pm AquaStrength  8:00 pm Aquafit: Deep & Shallow Water Combined  8:00 pm Lane Swim  8:35 pm Lane Swim	9:00 am Adult Swim  9:00 am Aquafit: Shallow Water  9:00 am Lane Swim  9:00 am Adult Swim  10:00 am Adult Swim  10:00 am Adult Swim  11:00 am AquaStretch  11:00 am Lane Swim  11:30 am Adult Swim: Warm Water Pool  11:35 am Lane Swim  11:35 am Lane Swim  12:00 pm Adult Swim  12:00 pm Lane Swim  1:00 pm AquaCardio  1:30 pm Lane Swim  1:45 pm Adult Swim  2:30 pm Lane Swim  2:45 pm Family Swim  3:00 pm Lane Swim  3:00 pm Aquafit: Warm Water Aqua Strength  4:00 pm Lane Swim  8:00 pm Aquafit: Deep & Shallow Water Combined  8:00 pm Lane Swim  8:35 pm Lane Swim	Shallow Water  9:00 am Lane Swim  9:00 am AquaCardio  10:00 am Lane Swim  10:15 am Adult Swim  11:00 am Lane Swim  11:15 am AquaStretch  11:30 am Family Swim: Warm Water Pool  11:35 am Lane Swim  12:00 pm Lane Swim  12:15 pm Family Swim  1:00 pm Aquafit: Warm Water Aqua Strength  1:00 pm AquaCardio  1:30 pm Lane Swim  1:45 pm AquaStrength  2:00 pm Lane Swim  2:30 pm Lane Swim  2:45 pm Family Swim  3:00 pm Lane Swim  7:30 pm Adult Swim  8:00 pm Lane Swim  8:00 pm Aquafit: Deep & Shallow Water Combined  8:35 pm Lane Swim	Strength  9:00 am Aquafit: Shallow Water  9:00 am AquaCardio  9:00 am Lane Swim  10:00 am AquaCardio  10:15 am Adult Swim  11:00 am Lane Swim  11:15 am AquaStretch  11:30 am Adult Swim: Warm Water Pool  11:35 am Lane Swim  12:00 pm Lane Swim  12:15 pm Adult Swim  1:00 pm AquaCardio  1:30 pm Lane Swim  1:45 pm Adult Swim  2:30 pm Lane Swim  3:00 pm Aquafit: Warm Water Aqua Strength  4:00 pm Lane Swim  8:00 pm Aquafit: Deep & Shallow Water Combined  8:00 pm Lane Swim  8:35 pm Lane Swim	Strength  9:00 am Lane Swim  9:00 am Aquafit: Shallow Water  9:00 am Adult Swim  10:00 am Family Swim: Warm Water Pool  10:00 am Lane Swim  10:15 am Adult Swim  11:00 am Lane Swim  11:15 am AquaStretch  11:30 am Family Swim: Warm Water Pool  11:35 am Lane Swim  12:00 pm Lane Swim  12:15 pm Family Swim  1:00 pm Aquafit: Warm Water Aqua Strength  1:00 pm AquaCardio  1:30 pm Lane Swim  1:45 pm AquaStrength  2:00 pm Public Swim  2:30 pm Lane Swim  2:45 pm Family Swim  3:00 pm Lane Swim  8:00 pm Lane Swim  8:00 pm Aquafit: Deep & Shallow Water Combined  8:00 pm Lane Swim	3:45 pm Family Swim  4:00 pm Public Swim  4:30 pm Family Swim: Warm Water Pool  4:30 pm Lane Swim  6:00 pm Family Swim: Warm Water Pool  6:00 pm Lane Swim
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Swim: Warm Water Pool	9:00 am Lane Swim					
6:00 pm Family Swim: Warm Water Pool	9:30 am Shallow Water Cardio					
6:00 pm Lane Swim	11:00 am Swirl Swim					
	11:00 am Lane Swim					
	11:30 am Family Swim: Warm Water Pool					
	11:35 am Lane Swim					
	11:45 am Shallow Water Cardio					
	12:30 pm Shallow Water Cardio					
	1:00 pm Aquafit: Warm Water Aqua Strength					
	1:30 pm Lane Swim					
	2:00 pm Be U: Lane and Leisure Swim					
	2:30 pm Lane Swim					
	4:00 pm Public Swim					
	6:00 pm Public Swim					
	8:00 pm Swirl Swim					
	8:00 pm Lane Swim					
	8:00 pm Aquafit: Deep & Shallow Water Combined					
	8:00 pm Shallow Water Cardio					
	8:00 pm Lane Swim					