NUTRIEN CIVIC CENTRE - WINTER 2026 POOL SCHEDULE

NCC Pool Schedule - Starting Monday - January 5th, 2026

Winter Pool Schedule 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY TO THURSDAY GYM 5:00AM-10:00PM POOL 6:00AM-8:30PM **FRIDAY** GYM 5:00AM-10:00PM POOL 6:00AM-8:00PM **SATURDAY** GYM 7:00AM-7:00PM POOL 7:00AM-6:00PM **SUNDAY** GYM 10:00AM-7:00PM POOL 10:00AM-6:00PM	6:00AM - 8:50AM **Lane Swim**	6:00AM - 8:50AM **Lane Swim**	6:00AM - 8:50AM **Lane Swim**	6:00AM - 8:50AM **Lane Swim**	6:00AM - 8:50AM **Lane Swim**	**Pool Opens At 7:00AM** 7:00 - 9:00AM **Lane Swim**
	9:00AM - 9:45AM **Aquafit**	9:00AM - 9:45AM **Aquafit**	9:00AM - 9:45AM **Aquafit**	9:00AM - 9:45AM **Aquafit**	9:00AM - 9:45AM **Aquafit**	9:00AM To 2:00PM **Swim Lessons** (Closed To The Public) **Only Exception Is Pre-Booked Birthday Parties**
10:00AM To 2:30PM **Swim Lessons** (Closed To The Public) **Only Exception Is Pre-Booked Birthday Parties**	10AM -12:30PM **Lane Swim** 10:00-10:30AM **Aqua Arthritis** 11AM- 12:30PM **Toddler Time**	10AM -12:30PM **Lane Swim** 11AM- 12:30PM **Toddler Time**	10AM -12:30PM **Lane Swim** 10:00-10:30AM **Aqua Arthritis** 11AM- 12:30PM **Toddler Time**	10AM -12:30PM **Lane Swim** 11AM- 12:30PM **Toddler Time**	10AM -12:30PM **Lane Swim** 10:00-10:30AM **Aqua Arthritis** 11AM- 12:30PM **Toddler Time**	
	NCC POOL CLOSED MONDAY TO FRIDAY 12:30pm to 1:30pm					
	1:30 - 2:30pm **Sensory Swim / Lane Swim**	1:30 - 2:30pm **Sensory Swim / Lane Swim**	1:30 - 2:30pm **Sensory Swim / Lane Swim**	1:30 - 2:30pm **Sensory Swim / Lane Swim**	1:30 - 2:30pm **Sensory Swim / Lane Swim**	2:00PM - 3:00PM **Toonie Swim** *(public swim)*
2:30PM - 3:30PM **Toonie Swim** *(public swim)*	2:30 - 6:00PM **Public Swim/Lane Swim**	2:30 - 7:30PM **Public Swim/Lane Swim**	2:30 - 4:30PM **Public Swim/Lane Swim**	2:30 - 6:00PM **Public Swim/Lane Swim**	2:30 - 6:00PM **Public Swim/Lane Swim**	3:00pm - 5:00pm **Public Swim**
3:30pm - 5:00pm **Public Swim**			4:30 - 7:30PM **Swim Lessons** (Closed To The Public)			5:00PM - 6:00PM **Lane swim**
5:00PM - 6:00PM **Lane Swim**	6:00pm - 7:00pm **Aqua Fitness** (45 TO 60min)			6:00pm - 7:00pm **Aqua Fitness** (45 TO 60min)	6:00PM - 7:00PM **Toonie Swim** *(public swim)*	**Pool Closes At 6:00PM**
Pool Closes At 6:00PM	7:00PM - 8:30PM **Lane Swim**	7:30PM - 8:30PM **Lane Swim**	7:30PM - 8:30PM **Lane Swim**	7:00PM - 8:30PM **Lane Swim**	7:00PM - 8:00PM **Lane Swim**	

LAST UPDATED - JAN 19, 2026

NCC POOL SCHEDULE DESCRIPTIONS 2026

Aqua Arthritis : This class is in the therapy pool. It is a safe and gentle stretching and range of motion class designed specifically for those with arthritis and joint issues of any age.

Aqua Circuit: Love Interval Circuit on the track? You're going to love this class! A fun mix of cardio & strength exercises, but in the water. There will be deep and shallow end options. This class will be led by our certified lifeguards. Come and give it a try!

Aquafit : An aerobic type of class in the water. Excellent for those with sore joints or those looking for no impact. All fitness levels welcome. Foam weights/pool noodles used. Shallow and deep options.

Lane/Lap Swim : This swim is specifically geared for those looking to swim for exercise purposes.

Leadership Course : Necessary courses to become a lifeguard are offered at least once a year. Courses Offered: Emergency/Standard First-Aid, Bronze Medallion, Bronze Cross, National Lifeguard & Swim Instructor.

Master Class : Improve your stroke technique in the pool. The correct technique is not only about efficiency and speed but also about minimizing the risk of injury.

Private Lessons : One on one instruction with a certified life guard. Takes place during public/lane swim and public lessons (discount for multiple children or semi/private).

Public Swim : The best time to come with your family. Our full aquatic center (25m pool AND Therapy pool) is open to everyone with diving boards & swim toys available for the public. Come join us during this swim time if you're looking for a fun swim!

Sensory Swim : Tailored to meet the needs of those looking for a quieter swim time. If you have sensitivity to high noise levels, then this is the swim time for you! The diving boards are not available during sensory swim.

Swim Patrol : The Lifesaving Society Swim Patrol program is the next step for those who have completed swimming lessons. In this program students will continue to work on stroke proficiency & endurance, but also whet their appetite, learning lifesaving and first-aid skills. Students will receive 8 one-hour lessons that coincide with public lessons. A pre-requisite to lifeguarding.

Swim Lessons : Our guards are busy during this timeslot teaching our youth how to swim! The aquatic center is NOT open to the public during public lessons.

Toddler Time : Specifically for parents/guardians and their toddlers! Come and swim (Therapy Pool only) at a discounted rate! $5/adult and $2/child over 3 years.

Toonie Swim : Fun for the whole family! $2/person ages 3+ (under 3 is free) watch our website & social media for last minute additions

Questions Call The NCC Today : 506.432.6100 Or Email: frontdesk@nutriencivicentre.com