

# Drop In Schedule Summer

JULY 2 - AUGUST 16, 2025

SYLVANLAKE.CA/NEXSOURCECENTRE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM to 8:45 AM		Lane Swim						
9:00 AM to 9:45 AM		Aquafit	Aquafit	Aquafit	Aquafit			Aquafit
10:00 AM to 12:00 PM		Available to Book	Swim Lessons					Available to Book
12:00 PM to 1:00 PM	Lane Swim (Lane Pool Only) Parent and Tot (Kiddie Pool Only)							
1:00 PM to 2:00 PM	Public Swim	Public Swim 1:00 PM - 4:00 PM					Public Swim	
2:00 PM to 3:00 PM								
3:00 PM to 5:00 PM		Swim Lessons 4:00 PM - 6:00 PM						
5:00 PM to 6:00 PM	Available to Book	Public Swim (2 Lanes for Lane Swim)					Available to Book	
6:00 PM to 7:00 PM								
7:00 PM to 7:30 PM								

\*Drop In schedule is subject to change due to bookings. Please call to confirm times.

