

January 2026

Pool Calendar - Health and Wellness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				2:30 Aquafit 3:00 Open Swim	09:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	10:00 Aquafit 10:30 Open Swim
4	5	6	7	8	9	10
	9:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 4:30 Open Swim	12:00 Ladies Class 1:00 Friendly Float 2:00 Men's Class 3:00 Calm Water 5:00 Aquability 6:00 Aquafit	2:30 Aquafit 3:00 Open Swim	09:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	10:00 Aquafit 10:30 Open Swim
11	12	13	14	15	16	17
	9:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 4:30 Open Swim	12:00 Ladies Class 1:00 Friendly Float 2:00 Men's Class 3:00 Calm Water 5:00 Aquability 6:00 Aquafit	2:30 Aquafit 3:00 Open Swim	09:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	10:00 Aquafit 10:30 Open Swim
18	19	20	21	22	23	24
	9:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 4:30 Open Swim	12:00 Ladies Class 1:00 Friendly Float 2:00 Men's Class 3:00 Calm Water 5:00 Aquability 6:00 Aquafit	2:30 Aquafit 3:00 Open Swim	09:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	10:00 Aquafit 10:30 Open Swim
25	26	27	28	29	30	31
	9:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 4:30 Open Swim	12:00 Ladies Class 1:00 Friendly Float 2:00 Men's Class 3:00 Calm Water 5:00 Aquability 6:00 Aquafit	2:30 Aquafit 3:00 Open Swim	09:00 Aquability 10:00 Friendly Float 11:00 Aquafit 12:00 Calm Water 2:30 Aquafit 3:00 Open Swim	10:00 Aquafit 10:30 Open Swim

Pool Class Type

Aquability

Calm Water

Aquafit

Friendly Float

Ladies Class

Men's Class

Campus Classes

