

March 2026

Pool Calendar - Health and Wellness Centre

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

Pool Class Type

- Aquability
- Calm Water
- Aquafit
- Friendly Float
- Ladies Class
- Men's Class
- Campus Classes

