

# Aurora Family Leisure Complex (A.F.L.C.)

## 135 Industrial Parkway North | 905-841-7529

### Desjardins Pool – Swim Schedule

**Tuesday, September 3 to Sunday, September 15, 2024**

**Note – SARC Pool Closed (Annual Maintenance)**

DATE	AQUAFIT	LANE SWIM	LEISURE SWIM	SILVER SWIMMERS
<b>Tuesday September 3</b>	1:05 p.m. to 1:50 p.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m. 8:30 p.m. to 10 p.m.	9:30 a.m. to 10:30 a.m.	11 a.m. to 11:30 a.m.
<b>Wednesday September 4</b>	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 12:30 p.m. to 2 p.m. 8:30 p.m. to 10 p.m.		12 p.m. to 12:30 p.m.
<b>Thursday September 5</b>	1:05 p.m. to 1:50 p.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m. 8:30 p.m. to 10 p.m.	9:30 a.m. to 10:30 a.m.	11 a.m. to 11:30 a.m.
<b>Friday September 6</b>	9:05 a.m. to 9:50 a.m. – Aqua Zumba 9:55 a.m. to 10:40 a.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m.		11 a.m. to 11:30 a.m.
<b>Saturday September 7</b>	9:35 a.m. to 10:20 a.m. – Aquafitness	8 a.m. to 9:30 a.m.		
<b>Sunday September 8</b>		8 a.m. to 9:30 a.m.	Sensory Swim 1:30 p.m. to 2:30 p.m.	
<b>Monday September 9</b>	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 12:30 p.m. to 2 p.m. 8:30 p.m. to 10 p.m.		12 p.m. to 12:30 p.m.
<b>Tuesday September 10</b>	1:05 p.m. to 1:50 p.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m. 8:30 p.m. to 10 p.m.	9:30 a.m. to 10:30 a.m.	11 a.m. to 11:30 a.m.
<b>Wednesday September 11</b>	9:05 a.m. to 9:50 a.m. – Aquafitness 9:55 a.m. to 10:40 a.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 12:30 p.m. to 2 p.m. 8:30 p.m. to 10 p.m.		12 p.m. to 12:30 p.m.
<b>Thursday September 12</b>	1:05 p.m. to 1:50 p.m. – Aquafitness 7:40 p.m. to 8:25 p.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m. 8:30 p.m. to 10 p.m.	9:30 a.m. to 10:30 a.m.	11 a.m. to 11:30 a.m.
<b>Friday September 13</b>	9:05 a.m. to 9:50 a.m. – Aqua Zumba 9:55 a.m. to 10:40 a.m. – Aquafitness	6 a.m. to 9 a.m. 11:30 a.m. to 1 p.m.		11 a.m. to 11:30 a.m.
<b>Saturday September 14</b>	9:35 a.m. to 10:20 a.m. – Aquafitness	8 a.m. to 9:30 a.m.		
<b>Sunday September 15</b>		8 a.m. to 9:30 a.m.	Sensory Swim 1:30 p.m. to 2:30 p.m.	

**Note – We reserve the right to cancel, amend or change programs and activities. Updated 07/22/2024**  
 For the most up-to-date schedules, please visit our website at [www.aurora.ca/aquatics](http://www.aurora.ca/aquatics).