



Spring Pool Schedule

MOODY PARK OUTDOOR POOL • OPENS APRIL 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 - 9:15 am	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim		
	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
9:30 - 11:00 am	Aquafit Shallow	Leisure Swim	Leisure Swim	Aqua Zumba Shallow	Leisure Swim	Lessons	
	Adult Lane Swim	Lane Swim	Lane Swim	Adult Lane Swim	Lane Swim		
12:30 - 2:00 pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Adult Leisure Swim	Leisure Swim	Leisure Swim
	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Aquafit Deep	Lane Swim	Lane Swim
2:15 - 3:45 pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
4:00 - 5:30 pm	Leisure Swim	Lessons	Leisure Swim	Lessons	Leisure Swim	Leisure Swim	Leisure Swim
5:45 - 7:15 pm	Lane Swim		Leisure Swim		Lane Swim	Lane Swim	Lane Swim
7:30 - 9:00 pm	Aquafit Shallow	Leisure Swim	Aquafit Shallow	Leisure Swim	Leisure Swim		
	Adult Lane Swim	Lane Swim	Adult Lane Swim	Lane Swim	Lane Swim		

HUME PARK OUTDOOR POOL • OPENS MAY 20

12:30 - 2:00 pm						Leisure Swim	Leisure Swim
3:15 - 3:45 pm						Leisure Swim	Leisure Swim
4:00 - 5:30 pm						Leisure Swim	Leisure Swim
5:45 - 7:15 pm						Leisure Swim	Leisure Swim

GRIMSTON PARK WADING POOL • OPENS MAY 20

11:00 am - 6:00 pm						Leisure Swim	Leisure Swim
--------------------	--	--	--	--	--	--------------	--------------

All schedules are subject to change. See newwestcity.ca/dropin for updated time.

All sessions are 1.5 hours. Limited drop-in spaces are available. Reservations are recommended and are available 3 days in advance for New Westminster residents and 2 days in advance for everyone.

To book a session, call 604.777.5100 or visit
newwestcity.ca/outdoor-pools