

Fitness: Swimming/Aqua Fit/Squash

Summer Schedule 905-852-7831 (July 2nd - September 1st, Closed July 1st & Aug 7th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Lane Swim	7:15 - 8:15 am	7:15 - 8:15 am	7:15 - 8:15 am	7:15 - 8:15 am	7:15 - 8:15 am	
AquaFit	8:15 - 9:15 am 7:15 - 8:00 pm	8:15 - 9:15 am	8:15 - 9:15 am 7:15 - 8:00 pm	8:15 - 9:15 pm	8:15 - 9:15 pm	Sunday only 11:15 - 12:00pm
Wellness		12:45 - 1:30 pm		12:45 - 1:30 pm		
Lane Swim	11:45 - 1:30 pm	11:45 - 1:00 pm *	11:45 - 1:30 pm	11:45 - 1:00 pm*	11:45 - 1:30 pm	12:00 - 1:30 pm
Public Swim	1:30 - 3:00 pm	1:30 - 3:00 pm	1:30 - 3:00 pm	1:30 - 3:00 pm	1:30 - 3:00 pm	1:30 - 3:00 pm
Public Swim		7:00 - 8:00 pm**		7:00 - 8:00 pm**		
Lane Swim	8:00 - 9:00 pm	7:00 - 8:00 pm	8:00 - 9:00 pm	7:00 - 8:00 pm		
Masters		8:00 - 9:00 pm		8:00 - 9:00 pm		

* Shared 12:45 - 1:00 pm



FREE Public Swims for Families

Join us on Tuesday and Thursday evenings (7 – 8 pm) during the summer for our public swims. All Families and Kids 4 – 18 are FREE during these times sponsored by Canadian Tire Jumpstart. Come out and have family time and an opportunity to cool off before bed. A special membership will be issued for this program. Sign up for your special membership starting June 20th, 2017. Unfortunately, due to the nature of this program, adults without child accompaniment will be charged regular fees. UxPool admission policy will be followed.

What Is Masters Swimming?

The Uxbridge Masters Team is a professionally coached group of adults (must be 18+ years) who are committed to improving their fitness and swimming ability by participating in regular team practices. Coached sessions offer 3 levels of workouts (beginner, intermediate, advanced) – designed for both beginning swimmers looking to simply elevate their fitness levels, as well as for intermediate and advanced swimmers wanting a structured physical challenge or training for triathlons or sanctioned Masters swimming competitions.

Spring hours (please see above for Summer hours)

Tuesday	8:30 pm - 9:30 pm	All lanes (coached)
Thursday	8:30 pm - 9:30 pm	All lanes (coached)
Saturday	12:00 pm - 1:00 pm	2 lanes * shared with Lane swim
Sunday	12:00 pm - 1:00 pm	2 lanes * shared with Lane swim

Squash (open Monday - Friday 7 am - 9 pm, Saturdays and Sundays 11:30 am - 4 pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Public Courts	7 am - 9 pm	7 am - 9 pm	7 am - 9 pm	7 am - 9 pm	7 am - 5 pm