

North Peace Leisure Pool Regular Schedule



(See modified holiday schedules for Spring Break, Summer Holidays, & Winter Break)

The North Peace Leisure Pool features 2 basins: Our Leisure Pool (with waves by request) and a 25-metre Lap Pool.

Limited Access: Shared space with lesson and/or aquatic fitness with access to sauna and steam room.

Full Access: Full access to both Leisure and Lap Pool with access to waterslides, diving boards, sauna, and steam room.

To learn more about awesome activities happening during our swim schedule like Inflatables in the Pool, Dive-in Movies and more visit: fortstjohn.ca/drop-in and select "Public Swimming".

Swim Schedule

Schedules are subject to change without notice. For the most current information, visit: fortstjohn.ca/drop-in and select "Public Swimming".

Waterslides: Mon - Wed: 4:30 - 8:30pm | Fri: 4:30 - 9:30pm | Sat: 10:30am - 9pm | Sun: 10:30am - 5pm

Inflatables in the Pool: October 24 (Non-Instructional Day): 1:30 - 8pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEISURE SWIM 9am-1pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 6am-1pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 6am-10am Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 6am-1pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 6am-10am Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 6am-1pm Leisure Pool <u>ONLY</u> Limited Access	Sensory Friendly Swim* 9-10am Lap & Leisure Pool
		Sensory Friendly Swim* 11:30am-12:30pm Lap & Leisure Pool		LESSONS/ PRIVATE BOOKINGS		LEISURE SWIM 10am-1pm Leisure Pool <u>ONLY</u> Limited Access
Free Community Swim 1-5pm Lap & Leisure Pool Full Access	PUBLIC SWIM 1-3:30pm Lap & Leisure Pool Limited Access	PRIVATE BOOKINGS	PUBLIC SWIM 1-3:30pm Lap & Leisure Pool Limited Access		PUBLIC SWIM 1-3:30pm Lap & Leisure Pool Limited Access	REC SWIM 1-9pm Lap & Leisure Pool Full Access
	LEISURE SWIM 3:30-8:45pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 3:30-10pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 3:30-8:45pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 3:30-10pm Leisure Pool <u>ONLY</u> Limited Access	LEISURE SWIM 3:30-8pm Leisure Pool <u>ONLY</u> Limited Access	
	REC SWIM 8:45-10pm Lap & Leisure Pool Full Access		REC SWIM 8:45-10pm Lap & Leisure Pool Full Access		REC SWIM 8-10pm Lap & Leisure Pool Full Access	

*Sensory-Friendly Swim: A quiet, low-stimulation swim with dimmed lights, no music or announcements, limited capacity, no waves or features, and whistles only used in emergencies. Quiet rooms available.



North Peace Leisure Pool Annual Pool Renewal



POOL CLOSED TO PUBLIC • September 7 - October 5, 2025

**Free swim 1-5pm
every Sunday at
the North Peace
Leisure Pool.**

Bringing families and
individuals together for fun,
fitness, and connection.





Lap Swim Schedule

Schedules are subject to change without notice. For the most current information, visit: fortstjohn.ca/drop-in and select "Lap Swimming".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LANE 6-7am	1 LANE 6-8am	1 LANE 6-7am	1 LANE 6-8am	1 LANE 6-8am	
	5 LANES 7-8:45am	5 LANES 8-10am	5 LANES 7-8:45am	5 LANES 8-10am	5 LANES 8-8:45am	
	1 LANE 8:45am-12pm		1 LANE 8:45am-12pm		1 LANE 8:45am-12pm	3 LANES 9-10am
		1 LANE 11:30am-12:30pm		1 LANE 11:30am-12:30pm		
3 LANES 12-1pm	5 LANES 12-1pm		5 LANES 12-1pm		5 LANES 12-1pm	5 LANES 12-1pm
	1 LANE 1-8pm	1 LANE 3:30-8pm	1 LANE 1-8pm	1 LANE 3:30-8pm		
		3 LANES 8-10pm		3 LANES 8-10pm		

Aquatic Fitness Schedule

Schedules are subject to change without notice. For the most current information and activity descriptions, visit: fortstjohn.ca/drop-in and select "Aquatic Fitness".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	
AQUAFIT Deep Water 9:15-10am LAP POOL	AQUAFIT Shallow Water 9-9:45am LAP POOL	AQUA STRETCH 9-9:45am LEISURE POOL (Oct 14 - Dec 16)	AQUAFIT Shallow Water 9-9:45am LAP POOL	AQUA STRETCH 9-9:45am LEISURE POOL (Oct 16 -Dec 11)	AQUAFIT Deep Water 9-9:45am LAP POOL	
AQUA TOTS 10:15-11am LEISURE POOL (Oct 12-Dec 13)			AQUA TOTS 10-10:45am LEISURE POOL (Oct 15-Dec 10)			AQUAFIT Shallow Water 10:15-11am LAP POOL
	AQUAFIT Low Impact 11-11:45am LAP POOL		AQUAFIT Low Impact 11-11:45am LAP POOL		AQUAFIT Low Impact 11-11:45am LAP POOL	
	FLOATFIT HIIT* 8:15-9pm LAP POOL	AQUA SPIN 8:15-9pm LEISURE POOL	AQUAFIT Deep Water 8:15-9pm LAP POOL	AQUAFIT Shallow Water 8:15-9pm LAP POOL		

* Floatfit HIIT is not a drop-in program, participants must register. Learn more at fortstjohn.ca/activity-search.

