

indoor leisure swimming recreational swim family swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Canada Games Aquatic Centre	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	2-4:30pm 7:15-9pm	3-5pm
Carling Heights Optimist Community Centre Pool	1:30-3:30pm 7:30-9pm	1:30-3:30pm 7:30-9pm	1:30-3:30pm 7:30-9pm	1:30-3:30pm 7:30-9pm	1:30-3:30pm 7:30-9pm	1:30-4:30pm	1:30-3pm 3-5pm
South London Community Pool	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	1:30-3:30pm 7:15-9pm	2-4:30pm 6-8pm	1-2:30pm 2:30-4:30pm

recreational swim - open to everyone family swim - families with children only

indoor lane swimming CGAC: Min. 2 lanes available CHOCC/SLCP: Min.1 lane available

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Canada Games Aquatic Centre	6am-3pm* 7:15-10pm	7:30am-3pm 7:15-10pm	7:30am-3:30pm 7:15-10pm	7:30am-3pm 7:15-10pm	6am-3pm* 7:15-10pm	2-6pm 7:15-10pm	3-5pm
Carling Heights Optimist Community Centre Pool	7-9am 9-10pm	7-9am 9-10pm	7-9am 9-10pm	7-9am 9-10pm	7-9am		
South London Community Pool	6:30-10am 9-10pm	6:30-10am 9-10pm	6:30-10am 9-10pm	6:30-10am	6:30-10am		

*long course lanes (50m) - available 6-7:30am Monday/Friday at the Canada Games Aquatic Centre

indoor aquafit classes all classes are 45 minutes in length

	Monday	Tuesday	Wednesday	Thursday	Friday
Canada Games Aquatic Centre	8:15am 8:45am 11:45am 11:00am 6:35pm	8:15am 8:45am 11:45am 11:00am 6:35pm	8:15am 8:45am 11:45am 11:00am 6:35pm	8:15am 8:45am 11:45am 11:00am 6:35pm	8:15am 8:45am 11:45am 11:00am 6:35pm
Carling Heights Optimist Community Centre Pool	8:00am 6:45pm 11:30am 8:45am 12:15pm 9:00pm	8:00am 8:45am 12:30pm 9:00pm 6:45pm	8:00am 6:45pm 11:30am 8:45am 12:15pm 9:00pm	8:00am 8:45am 12:30pm 9:00pm 6:45pm	8:00am 6:45pm 11:30am 8:45am 12:15pm
South London Community Pool	8:00am 8:45am 11:30am 9:00pm 6:30pm	8:00am 8:45am 11:30am 9:00pm 6:30pm	8:00am 8:45am 11:30am 9:00pm	8:00am 8:45am 11:30am	8:00am 8:45am 11:30am 6:30pm

shallow classes - chest-height water deep classes - floatation belts are available

Try an aquafit class!
Classes run in time slots listed above.
See your pool for schedule.

Program cancellations: london.ca/aquatics

Registration for lessons & aquatic programs: london.ca/spectrum
519-661-2489 - ext '2'

Recreational and instructional programs also available at Stoney Creek Community Centre.

indoor pools

Canada Games Aquatic Centre

1045 Wonderland Rd. N. 519-661-4455

- 50 metre 8 lane pool
- Moveable floor
- Moveable bulkheads
- Diving boards (1-10m)
- Climbing wall
- Whirlpool



Main Pool: 28°C
Whirlpool: 37-40°C



Change Table
Elevator
Electric Pool Lift
Stair Entry

Carling Heights Optimist Community Ctr.

656 Elizabeth St. 519-661-2525

- 25 metre 6 lane pool
- Climbing Wall



Pool: 29°C



Change Table
Pool Lift
Stair Entry

South London Community Pool

585 Bradley Ave. 519-661-0920

- Whale shaped pool
- Smaller "Guppy" pool
- "Grapevine" water slide
- Climbing Wall



Whale Pool: 29°C
Guppy: 30°C



Change Table With Lift
Ramp Entry
Stair Entry
Lift

pool temperatures are approximate
all indoor pools have accessible/family change rooms

aquafit classes

aquaEndurance

A moderate intensity workout to build endurance.

aquaMuscle

A moderate intensity workout to strengthen and tone.

aquaXT

A moderate to high intensity cross-training circuit workout.

aquaHIT

A moderate to high intensity cardio interval workout.

admission rates

Pay Per Visit

indoor	outdoor
Adult \$5.50 (18+)	Adult \$4.50
Child \$4.00	Child \$3.00
Senior \$4.50 (55+)	
Family \$14.00 (2 Adults 4 Children)	

Indoor Swim Pass

20 Visit (no expiry)	3 Month
Adult \$99.40 (18+)	Adult \$186
Child \$55	Child \$105
Senior \$81.36 (55+)	Senior \$132

Outdoor Swim Pass Unlimited Use

Adult \$95 Full Summer	Child \$75 Full Summer
Family \$160 Full Summer	Family \$90 30 Day Pass

taxes included in all rates

secure your belongings

The City of London is not responsible for lost or stolen items. Please secure your items or leave your valuables at home.



Lockers are available at indoor pools. Locks are available for sale at select locations.