

Drop-In Aquatics

Schedule

Find Your Fit!



Summer TERM - June 29th to Aug 16th, 2025

Monday	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	9:10 - 9:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	4:10 - 6:55pm	Lane Swim	50m short
	7:10 - 8:55pm	Lane Swim	50m short
Tuesday	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m long course
	4:10 – 5:55pm	Lane Swim	25yd Benson Pool
	6:10 – 7:25pm	Women-only Swim	25yd Benson Pool
Wednesday	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	9:10 - 9:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	4:10 - 8:55pm	Lane Swim	50m short
	4:10 - 8:55pm	Fun Swim	Teach Pool
Thursday	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m long course
	4:10 – 5:20pm	Lane Swim	25yd Benson Pool
Registration Required	5:35 – 6:50pm	Trans Pool Hours	25yd Benson Pool
	7:10-8:55pm	Lane Swim	25yd Benson Pool
Friday	7:00 – 8:55am	Lane Swim	50m long course (lanes 5-8)
	9:10 - 9:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	4:10 - 6:55pm	Lane Swim	50m short
Saturday	12:10 – 4:55pm	Lane Swim	25yd Benson Pool
Sunday	10:40 – 11:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Fun Swim	50m short
	12:10 – 2:55pm	Fun Swim	Teach Pool

UPCOMING SCHEDULE ADJUSTMENTS

Further dates below are cancelled or modified due to special bookings/closures at our facility.

Monday, June 30th	All drop-in swims	CANCELLED
Tuesday, July 1st	All drop-in swims	CANCELLED
Friday, July 18th	9:10 - 9:55am Women-only Swim	CANCELLED
Friday, August 1st	All drop-in swims	CANCELLED
Saturday, August 2nd	All drop-in swims	CANCELLED
Sunday, August 3rd	All drop-in swims	CANCELLED
Monday, August 4th	All drop-in swims	CANCELLED
Monday to Friday	1:00pm-3:00pm Teach Pool	CLOSED for Camp U of T