

# Drop-In Aquatics

## Schedule

### Find Your Fit!



WINTER TERM - January 4th to April 4th, 2026

<b>Monday</b>	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	10:40 - 11:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	5:10 – 6:55pm	Lane Swim	50m short
	9:10 – 10:55pm	Lane Swim	50m short
<b>Tuesday</b>	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	11:10 – 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
	9:10 – 10:55pm	Lane Swim	25yd Benson Pool
<b>Wednesday</b>	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	<a href="#">Registration Required</a> 9:00-9:45am	Swim to Survive Women-Only	25yd Benson Pool
	10:40 - 11:55am	Women-only Swim	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	5:10 - 6:55pm	Lane Swim	50m short
	5:10 – 6:55pm	Fun Swim	Teach Pool
	9:10 – 10:55pm	Lane Swim	50m short
<b>Thursday</b>	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	11:10 – 2:55pm	Lane Swim	50m long course
	4:10 – 5:20pm	Lane Swim	25yd Benson Pool
	<a href="#">Registration Required</a> 5:35 – 6:50pm	Trans-Pool Hours	25yd Benson Pool
	9:10 – 10:55pm	Lane Swim	50m long course Lanes 5-8
<b>Friday</b>	7:00 – 8:55am	Lane Swim	50m long course Lanes 5-8
	10:40 – 11:55am	Women-only Swim	25yd Benson Pool
	<a href="#">Registration Required</a> 1:00pm – 2:00pm	Swim to Survive	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Diving and Open Swim	50m short
	5:10 – 6:55pm	Lane Swim	50m short
<b>Saturday</b>	12:10 – 4:55pm	Lane Swim	25yd Benson Pool
<b>Sunday</b>	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.

Wednesday, February 18th	12:10 – 2:55pm	Lane Swim	MOVED TO BENSON POOL
Wednesday, February 18th	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Wednesday, February 18th	5:10 - 6:55pm	Fun Swim	CANCELLED
Wednesday, February 18th	5:10 - 6:55pm	Lane Swim	MOVED TO BENSON POOL
Wednesday, February 18th	9:10 – 10:55pm	Lane Swim	MOVED TO BENSON POOL
Thursday, February 19th	11:10 – 2:55pm	Lane Swim	CANCELLED
Thursday, February 19th	9:10 – 10:55pm	Lane Swim	MOVED TO BENSON POOL
Friday, February 20th	7:00 – 8:55am	Lane Swim	CANCELLED
Friday, February 20th	12:10 – 2:55pm	Lane Swim	MOVED TO BENSON POOL
Friday, February 20th	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Friday, February 20th	5:10 - 6:55pm	Lane Swim	MOVED TO BENSON POOL
Friday, April 3rd	All drop-in swim programs		CANCELLED

Our most up to date facility notices and updates for any facility closures or service interruptions can be found at:  
<https://kpe.utoronto.ca/facility-notice>:



The latest information on aquatics programming can be found at: [uoft.me/sportandrec-aquatics](https://uoft.me/sportandrec-aquatics):



Updated: 2/18/26

Visit our website for the latest information:  
[uoft.me/sportandrec-aquatics](https://uoft.me/sportandrec-aquatics)

