

Drop-In Aquatics Schedule

Find Your Fit!




Spring TERM - May 3rd to June 27th, 2026

Monday	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
	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
	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
Wednesday	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
	4:10 - 6:55pm	Lane Swim	50m short
	4:10 - 6:55pm	Fun Swim	Teach Pool
	7:10 - 8:55pm	Lane Swim	50m short
Thursday	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
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)
	10:40 – 11:55am	Women-only Swim	25yd Benson Pool
Registration Required	12:15pm - 1:00pm	Swim to Survive Lessons	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			
Registration Required	9:15-10:15am	Swim to Survive Women-Only Lessons	25yd Benson Pool
	12:10 – 2:55pm	Lane Swim	50m short
	12:10 – 2:55pm	Fun Swim	50m short and Teach Pool

Please note, Teach Pool is open during Drop-in Swim hours scheduled at the 50m Varsity Pool.

UPCOMING SCHEDULE ADJUSTMENTS

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

Friday, May 15th	All drop-in swim programs		CANCELLED
Monday, May 18th	All drop-in swim programs		CANCELLED
Friday, June 5th	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Friday, June 5th	12:10 – 2:55pm	PA DAY Fun Swim	50m Pool and Teach Pool
Friday, June 26th	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Friday, June 26th	12:10 – 2:55pm	PA DAY Fun Swim	50m Pool and Teach Pool

Schedule is subject to change

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



The latest information on aquatics programming can be found at: uoft.me/sportandrec-aquatics:



Updated: 4/8/2026

Visit our website for the latest information:



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