

Drop-In Aquatics

Schedule

Find Your Fit!



SPORT & REC

FALL Term - September 6th to December 5th, 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
	5:10 – 6:55pm	Lane Swim	50m short
	9:10 – 10:55pm	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
	9:10 – 10:55pm	Lane Swim	25yd Benson Pool
Wednesday	7:00 – 8:55am	Lane Swim	25yd Benson Pool
	requires registration	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
	8:40 – 10:55pm	Lane Swim	25yd Benson Pool
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
	requires registration	5:35 – 6:50pm	Trans-Pool Hours 25yd Benson Pool
	9:10 – 10:55pm	Lane Swim	50m long course (lanes 5-8)
Friday	7:00 – 8:55am	Lane Swim	50m long course (lanes 5-8)
	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
	requires registration	1:00-2:00pm	Swim to Survive-Student 25yd Benson Pool
	5:10 – 6:55pm	Lane Swim	50m short
Saturday	12:10 – 4:55pm	Lane Swim	25yd Benson Pool
Sunday			
	requires registration	9:45 10:30am	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	Fun Swim	50m short & Teach Pool

UPCOMING SCHEDULE ADJUSTMENTS

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

Sunday, September 6th	12:10 – 2:55pm	Lane Swim	MOVED to 25yd Benson Pool
Sunday, September 6th	12:10 – 2:55pm	Fun Swim	CANCELLED
Monday, September 7th		All Swim Programs	CANCELLED
Wednesday, September 30th	12:10 – 2:55pm	Diving	CANCELLED
Wednesday, September 30th	12:10 – 2:55pm	Lane Swim	Teach Pool CANCELLED
Sunday, October 4th	12:10 – 2:55pm	Lane Swim	CANCELLED
Sunday, October 4th	12:10 – 2:55pm	Fun Swim	CANCELLED
Monday, October 12th		All Swim Programs	CANCELLED
Friday, October 23rd	12:10 – 2:55pm	Lane Swim	CANCELLED
Friday, October 23rd	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Friday, October 23rd	5:10 – 6:55pm	Lane Swim	CANCELLED
Friday, November 20th	12:10 – 2:55pm	Diving and Open Swim	Becomes PA DAY Fun Swim
Sunday, November 22nd	12:10 – 2:55pm	Lane Swim	CANCELLED
Sunday, November 22nd	12:10 – 2:55pm	Fun Swim	CANCELLED
Friday, November 27th	7:00 – 8:55am	Lane Swim	CANCELLED
Friday, November 27th	12:10 – 2:55pm	Lane Swim	CANCELLED
Friday, November 27th	12:10 – 2:55pm	Diving and Open Swim	CANCELLED
Friday, November 27th	5:10 – 6:55pm	Lane Swim	CANCELLED
Friday, December 4th	12:10 – 2:55pm	Lane Swim	MOVED to 25yd Benson Pool
Friday, December 4th	12:10 – 2:55pm	Diving and Open Swim	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-notices>



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



Updated: 7/20/26

Visit our website for the latest information: