



Town of Golden Swimming Pool Schedule Spring 2026



**Calendar in effect May 16 – June 28, 2026*

Programs are subject to change – check Amilia website for latest updates golden.ca/recprograms

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8, 8-9am Lane Swim	6:30-8*, 8-9am Lane Swim 7-8am Swim Club	6:30-8, 8-9am Lane Swim	6:30-8*, 8-9am Lane Swim 7-8am Swim Club	6:30-8*, 8-9am Lane Swim 7-8am Swim Club		
9-9:50am Aquafit	9-10am Lane Swim & Public Swim	9-9:50am Parent & Tot	9-10am Lane Swim & Public Swim	9-10am Lane Swim & Public Swim	9:30-11:30am Swim Lessons (May 23-June 27)	10:35-11:25am Parent & Tot
10-11:30 SD6 Schools	10-11:30 SD6 Schools	10-11:30 SD6 Schools	10-11:30 SD6 Schools	10-11:30 SD6 Schools		
11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:35am-12:25pm Aquafit	11:30-1pm Lane Swim	11:30-1pm Lane Swim	11:30-1pm Lane Swim
1:10-2:40pm SD6 Schools	1:10-2:40pm SD6 Schools	1-2:40pm SD6 Schools	1:10-2:40pm SD6 Schools	1:10-2:40pm SD6 Schools		
3:30-4:30pm JLC (ages 8-11 & 12-15) *starts May 27	3:30-5:25pm Swim Lessons (T/Th Lessons)	2:45-4:30pm Public Swim	3:30-5:25pm Swim Lessons (T/Th Lessons)	2:45-4:30pm Public Swim	1:05-2:30pm 2:35-4:00pm Public Swim	1:05-3:00pm 3:05-5:00pm Public Swim
4:35-5:25pm Parent & Tot		4:35-5:25pm Aquafit		5:15-6:45pm 6:50-8:20pm WIBIT Swim		
5:30-8:30pm Swim Club	5:30-8:30pm Swim Club	5:30-8:30pm Swim Club	5:30-8:30pm Swim Club			

Birthday Party pool rentals available Sundays 1:05-2:05, if not booked this time slot becomes Public Swim. Email rec.booking@golden.ca to book.

***Tues, Thurs, Fri 7-8am** Lane Swim shared with Swim Club; 2/6 lanes available
Aquafit is for all ages, come give it a try!

Want to know what level you or a family member is in for swim lessons?!

Drop-in during public swim and ask the clerk for a *swim evaluation*.

All children under 7 require an adult 16+ in water

JLC is our Junior Lifeguard Club for kids aged 8-15, come join the action!

Pre-registration is recommended! Register online at golden.ca/recprograms