



# Town of Golden Swimming Pool Schedule Summer 2026



*\*Calendar in effect June 29 – August 11, 2026*

*Programs are subject to change – check Amilia website for latest updates [golden.ca/recprograms](http://golden.ca/recprograms)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30, 7:30-9am <b>Lane Swim</b>	6:30-7:30, 7:30-9 <b>Lane Swim</b> 7:30-9am Swim Club	6:30-7:30, 7:30-9am <b>Lane Swim</b>	6:30-7:30, 7:30-9 <b>Lane Swim</b> 7:30-9am Swim Club	6:30-7:30, 7:30-9 <b>Lane Swim</b> 7:30-9am Swim Club		
9:05-9:55am <b>Aquafit</b>	9-10am <b>Lane Swim &amp; Public Swim</b>	9:05-9:55am <b>Parent &amp; Tot</b>	9-10am <b>Lane Swim &amp; Public Swim</b>	<i>*Pending Lessons; check website</i> 9-10:25am <b>Lane &amp; Public Swim</b>	10:00am-12:00pm <b>Private Lessons</b>	
10am-12pm <b>Swim Lessons</b>	10am-12pm <b>Swim Lessons</b>	10am-12pm <b>Swim Lessons</b>	10am-12pm <b>Swim Lessons</b>	10:30-12:00pm <b>Public Swim</b>	10:00am-12:00pm <b>Public Swim</b>	11:10am-12:00pm <b>Parent &amp; Tot</b>
12:05-1:30pm <b>Lane Swim</b>	12:05-1:30pm <b>Lane Swim</b>	12:05-1:30pm <b>Lane Swim</b>	12:05-12:55pm <b>Aquafit</b>	12:05-1:30pm <b>Lane Swim</b>	12:05-1:30pm <b>Lane Swim</b>	12:05-1:30pm <b>Lane Swim</b>
1:35-3:25pm <b>Public Swim</b>	1:35-3:00pm <b>Public Swim</b>		1:00-3:00pm <b>Public Swim</b>			
3:30-4:30pm <b>JLC</b> <i>*registered program</i>		1:35-3:00pm 3:05-4:30pm <b>Public Swim</b>		1:35-3:00pm 3:05-4:30pm <b>Public Swim</b>		1:35-3:30pm 3:35-5:30pm <b>Public Swim</b>
4:35-5:25pm <b>Parent &amp; Tot</b>	3:05-5:25pm <b>Swim Lessons</b> (T/Th Lessons)	4:35-5:25pm <b>Aquafit</b>	3:05-5:25pm <b>Swim Lessons</b> (T/Th Lessons)		1:35-3:00pm 3:05-4:30pm <b>Public Swim</b>	
5:30-8:30pm <b>Swim Club</b>	5:30-8:30pm <b>Swim Club</b>	5:30-8:30pm <b>Swim Club</b>	5:30-8:30pm <b>Swim Club</b>	5:15-6:45pm 6:50-8:20pm <b>WIBIT Swim</b>		

**\*Tues, Thurs, Fri 7:30-9am** Lane Swim shared with Swim Club; 2/6 lanes free  
**Aquafit** is for all ages, come give it a try!  
We now sell **Gift Cards!** You can purchase online or at the pool!

**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

**Pre-registration is recommended! Register online at [golden.ca/recprograms](http://golden.ca/recprograms)**