



Town of Golden Swimming Pool Schedule Summer 2026



**Calendar in effect August 15 – August 30, 2026*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am 7:30-9:00am Lane Swim	6:30-7:30am 7:30-9:00am Lane Swim	6:30-7:30am 7:30-9:00am Lane Swim	6:30-7:30am 7:30-9:00am Lane Swim	6:30-7:30am 7:30-9:00am Lane Swim		
9:05-9:55am Aquafit		9:05-9:55am Parent & Tot				
10:00am-12:00pm Lane Swim & Public Swim	9:00-10:30am Lane Swim & Public Swim	10:00am-12:00pm Lane Swim & Public Swim	9:00-10:30am Lane Swim & Public Swim	9:00-10:30am Lane Swim & Public Swim	10:00am-12:00pm Public Swim	11:10am-12:00pm Parent & Tot
12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-12:55pm Aquafit	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim
1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:00pm 3:05-4:30pm Public Swim	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm 6:20-7:50pm Public Swim	1:35-3:00pm 3:05-4:30pm Public Swim	1:35-3:30pm 3:35-5:30pm Public Swim
		4:35-5:25pm Aquafit				
		5:30-7:00pm Public Swim				

Aquafit is for all ages, come give it a try!
We now sell **Gift Cards!** You can purchase online or at the pool!

All **children under 10** require an adult 16+ supervising in the facility
All **children under 7** require an adult 16+ in water

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



Town of Golden Swimming Pool Schedule Summer 2026



**Calendar in effect August 31– Sept 6, 2026*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:00am-12:00pm Public Swim	11:10am-12:00pm Parent & Tot
12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim	12:05-12:55pm AquaFit	12:05-1:30pm Lane Swim	12:05-1:30pm Lane Swim
1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:05pm 3:10-4:30pm Public Swim 4:35-5:25pm AquaFit	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:05pm 3:10-4:40pm 4:45-6:15pm Public Swim	1:35-3:00pm 3:05-4:30pm Public Swim	1:35-3:30pm 3:35-5:30pm Public Swim

***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