



Town of Golden Swimming Pool Schedule Summer 2026



**Calendar in effect June 29 – August 14, 2026*

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

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

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