



ARCHIE DILLON SPORTSPLEX POOL

FALL 2025—SWIM SCHEDULE

October 1 - November 30, 2025



***Please note:** Entry and Exit times are for those needing accessibility entrance only; all other visitors are to use the main entrance at the arena.

OPEN SWIM		Accessibility Entry/Exit Times
MONDAY	9:00-10:15am	Entry: 8:30-8:45am Exit: 10:15-10:45am
	12:30-1:45pm	Entry: 12:00-12:15pm Exit: 1:45-2:15pm
TUESDAY	12:30-1:45pm	Entry: 12:00-12:15pm Exit: 1:45-2:15pm
WEDNESDAY	9:00-10:15am	Entry: 8:30-8:45am Exit: 10:15-10:45am
	12:30-1:45pm	Entry: 12:00-12:15pm Exit: 1:45-2:15pm
	5:45-7:00pm	Entry: 5:15-5:30pm Exit: 7:00-7:30pm
THURSDAY	12:30-1:45pm	Entry: 12:00-12:15pm Exit: 1:45-2:15pm
FRIDAY	9:00-10:15am	Entry: 8:30-8:45am Exit: 10:15-10:45am
	12:30-1:45pm	Entry: 12:00-12:15pm Exit: 1:45-2:15pm
	6:45-8:00pm	Entry: 6:15-6:30pm Exit: 8:00-8:30pm
SATURDAY	1:00-2:15pm FREE	Entry: 12:30-12:45pm Exit: 2:15-2:45pm
	7:00-8:15pm	Entry: 6:30-6:45pm Exit: 8:15-8:45pm
SUNDAY	9:00-10:15am	Entry: 8:30-8:45am Exit: 10:15-10:45am
	1:30-2:45pm	Entry: 1:00-1:15pm Exit: 2:45-3:15pm

LAP SWIM		Accessibility Entry/Exit Times
MONDAY	11:00-11:45am	Entry: 10:30-10:45am Exit: 11:45-12:15pm
	7:30-8:30pm	Entry: 6:45-7:15pm Exit: 8:30-9:00pm
TUESDAY	6:45-8:00am (Early Bird - pass only)	Entry: 6:15-6:30am Exit: 8:00-8:30am
	11:00-11:45am	Entry: 10:30-10:45am Exit: 11:45-12:15pm
WEDNESDAY	11:00-11:45am	Entry: 10:30-10:45am Exit: 11:45-12:15pm
	7:30-8:30pm	Entry: 6:45-7:15pm Exit: 8:30-9:00pm
THURSDAY	6:45-8:00am (Early Bird - pass only)	Entry: 6:15-6:30am Exit: 8:00-8:30am
	11:00-11:45am	Entry: 10:30-10:45am Exit: 11:45-12:15pm
FRIDAY	11:00-11:45am	Entry: 10:30-10:45am Exit: 11:45-12:15pm
SUNDAY	7:00-8:00pm	Entry: 6:45-7:00pm Exit: 8:00-8:30pm

FREE Senior Swimming 60+	
MONDAY	9:00-10:15am
FRIDAY	12:30-1:45pm

PRICING		
	DAILY	PASS
3 & UNDER	FREE	N/A
CHILD (4-17YRS) SENIOR (60+)	\$5.75	\$144.50 (30 SWIMS)
ADULT (18+)	\$6.50	\$170.75 (30 SWIMS)
SENIOR (80+)	FREE	N/A



705-360-2655



facilitiesrecreation@timmins.ca



ARCHIE DILLON SPORTSPLEX POOL

FALL 2025—SWIM SCHEDULE

October 6 - November 30, 2025



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FITNESS CLASSES			Accessibility Entry/Exit Times
MONDAY	AQUA PILATES	11:15-12:00am	Entry:10:30-10:45am Exit: 11:45-12:15pm
TUESDAY	AQUAFIT	11:15-12:00am	Entry:10:30-10:45am Exit: 11:45-12:15pm
WEDNESDAY	AQUA PILATES	11:15-12:00am	Entry:10:30-10:45am Exit: 11:45-12:15pm
THURSDAY	AQUAFIT	11:15-12:00am	Entry:10:30-10:45am Exit: 11:45-12:15pm

FITNESS PRICING		
	DAILY	PASS (12 classes)
SENIOR (60+)	\$7.75	\$76.50
ADULT	\$8.75	\$91.25

Clean indoor running shoes or water shoes are recommended for all classes but are mandatory for the hydrospin classes

HYDROSPIN: This is a high intensity class that focuses on building cardiovascular strength and endurance. The challenging routines of intervals and high intensity options are bound to get your heart pumping! Shoes are required for this class.

AQUAFIT: A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. Beginner? No problem! Our instructors give plenty of options to suit all fitness levels.

AQUA PILATES: Aqua Pilates converts mat-based exercises into pool-based exercises. The class will work to lengthen and increase abdominal and back strength. Aqua Pilates will help you be more mindful about your posture and will challenge your balance. Every class with end with 5 minutes of guided mindfulness in the warm pool.



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