

THE WORKS™

Pool Schedule

Winter 2024 (Starts January 2, 2024)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MUN Pool		Lane Swim 6:00-10:30am	Lane Swim 6:00-7:15am	Lane Swim 6:00-10:30am		Lane Swim 12:15-2:15pm
	Lane Swim 9:00am-11:00am	Deep Water Fitness 10:45-11:30am	Lane Swim 9:00am-11:00am	Deep Water Fitness 10:45-11:30am	Lane Swim 9:00am-11:00am	
	Lane Swim 1:00pm-3:00pm	Lane Swim 11:45am-1:15pm	Lane Swim 1:00pm-3:00pm	Lane Swim 11:45am-1:15pm	Lane Swim 1:00pm-3:00pm	
	Lane Swim 5:00-6:30pm	Lane Swim 5:00-6:30pm	Lane Swim 5:00-6:30pm	Lane Swim 5:00-6:30pm	Lane Swim 5:00-6:30pm	Sunday Lane Swim 5:00-7:00pm

Things to Know:

- All users must check in at the Field House Customer Service Desk for MUN Pool Swims
- **Membership or Drop-In Fee required. Drop-in users may be required to provide their name and phone number.**
- Note: Schedules may change throughout the season, we reserve the right to change schedule without prior notice.
- Lane swims will currently only be held at the MUN Pool during the upgrades to the Aquarena for Canada Games 2025. **Also, there will be no swimming lessons or public swims during the upgrades.**

Swim Admission

(HST included)	Each	12 Visit Pass*
Adults 18+	\$5.50	\$55.00
Children / Students	\$4.50	\$45.00
Seniors 60+	\$4.75	\$47.50
Under 2 years	Free	Free
Water Fitness	\$5.75	\$57.50



- The entire pool may not be available for all swims
- All fees and schedules are subject to change without notice.
- Visit Passes & Gift Cards are non-refundable

Lane Swimming

- Lane swims are open to ages 15 and over.
- **MUN Pool** – Users do not need to sign up/book a lane, admission is on a first come first service basis. This may change at any time based on demand.
- Users are encouraged to share a lane with a member of their bubble or select a lane where other swimmers are keeping a similar pace.

Deep Water Fitness

- Held in the deep end of the MUN pool, this class combines swimming with resistance training and water aerobics for a challenging and refreshing workout. All participants must be comfortable swimming in deep water, because the flotation devices provided are not life jackets.