

# Southside Aquatic Schedule - Summer 2023

Southside Aquatic Centre (SAC) is open to the public for the following drop-in swim times each week. This schedule is valid each week for July and August. Visit the website for any schedule changes or cancellations. You can also find the learn to swim and leadership programs as well as the summer swim team schedules on the website. Valid July 2 - Sept. 3.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim	6:30 - 8:30 a.m. Lane Swim
8:20 - 9 a.m. Aquaft	8:20 - 9 a.m. Aquaft	8:20 - 9 a.m. Aquaft	8:20 - 9 a.m. Aquaft	8:20 - 9 a.m. Aquaft	12:10 - 12:50 p.m. Aquaft	12:10 - 12:50 p.m. Aquaft
8:20 - 9:50 a.m. Shared Lane Swim	8:20 - 9:50 a.m. Shared Lane Swim	8:20 - 9:50 a.m. Shared Lane Swim	8:20 - 9:50 a.m. Shared Lane Swim	8:20 - 9:50 a.m. Shared Lane Swim	12:10 - 1:50 p.m. Shared Lane Swim	12:10 - 1:50 p.m. Shared Lane Swim
9:10 - 9:50 a.m. Aquaft	9:10 - 9:50 a.m. Aquaft	9:10 - 9:50 a.m. Aquaft	9:10 - 9:50 a.m. Aquaft	9:10 - 9:50 a.m. Aquaft	12:50 - 1:50 p.m. Lane Swim	12:10 - 1:50 p.m. Lane Swim
11:30 a.m - 12 p.m. Gentle Aquaft	11 a.m. - 12 p.m. Adult and Child	11:30 a.m - 12 p.m. Gentle Aquaft	11 a.m. - 12 p.m. Adult and Child	11:30 a.m - 12 p.m. Gentle Aquaft	2 - 4 p.m. Public Swim	2 - 4 p.m. Public Swim
12:10 - 12:55 p.m. Shared Lane Swim	12:10 - 12:55 p.m. Shared Lane Swim	12:10 - 12:55 p.m. Shared Lane Swim	12:10 - 12:55 p.m. Shared Lane Swim	12:10 - 12:55 p.m. Shared Lane Swim		
2 - 3:50 p.m. Shared Public Swim	2 - 3:50 p.m. Shared Public Swim	2 - 3:50 p.m. Shared Public Swim	2 - 3:50 p.m. Shared Public Swim	2 - 3:50 p.m. Shared Public Swim		
8:15 - 8:55 p.m. Deep Water Aquaft	7 - 8 p.m. Public Swim	8:15 - 8:55 p.m. Deep Water Aquaft	7 - 8 p.m. Public Swim			
8:15 - 9:15 p.m. Shared Lane Swim	8:15 - 8:55 p.m. Aquaft	8:15 - 9:15 p.m. Shared Lane Swim	8:15 - 8:55 p.m. Aquaft			
	8:15 - 9:15 p.m. Shared Lane Swim		8:15 - 9:15 p.m. Shared Lane Swim			



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Please note, SAC is closed on July 1, Aug. 7 for the statutory holidays. Admission rates apply, check the website for details.

[www.cityofwoodstock.ca/aquatics](http://www.cityofwoodstock.ca/aquatics) | 519-421-7665