PAT CROSSMAN MEMORIAL AQUATIC CENTER

TYPES OF SWIMS

LAP SWIMS: FOR SWIMMERS TO FOCUS ON STROKE AND ENDURANCE.

AQUAFIT: 45-MIN GUIDED WORKOUT IN THE POOL. **OPEN SWIM:** RECREATIONAL SWIMS FOR EVERYONE.

SENIOR & TOT SWIM (60+ & 0-4): RECREATIONAL SWIMS FOR SENIORS & TOTS.

FALL 2025
ADMISSION RATES APPLY



SUN	MON	TUE	WED	THU	FRI	SAT
≥		LAP SWIM 7:30-9:15AM		LAP SWIM 7:30-9:15AM		
CHECK OUT NOFRIVERVIEW.CA/SWIM OR FURTHER DETAILS.	AQUAFIT 9:30-10:15AM	AQUAFIT 9:30-10:15AM	AQUAFIT 9:30-10:15AM			
	SOCIAL SWIM 10:30-11:20AM					
	LAP SWIM 11:30AM-1:00PM	LAP SWIM 12:45-1:45PM				
TOW		LAP SWIM 8-9:15PM		LAP SWIM 8-9:15PM		OPEN SWIM 2-3:30