



Whitehorse Lions Aquatic Centre

Spring Drop-in at the Canada Games Centre

Monday, March 23rd - Sunday, May 17th, 2026



updated March 2, 2026

📍 whitehorse.ca/cgcschedule ☎️ 667-4FUN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Leisure Pool							
Accessibility Swim		5:30 am – 8:00 am	5:30 am – 8:00 am 11:00 am – 1:00 pm	5:30 am – 8:00 am	5:30 am – 8:00 am 11:00 am – 1:00 pm	5:30 am – 8:00 am	
Family Swim	7:00 am - 9:00 am	9:00 am – 1:00 pm		11:00 am – 1:00 pm		11:00 am – 1:00 pm	7:00 am - 9:00 am
Public Swim	12:00 pm – 3:00 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm 6:15 pm – 8:00 pm	6:30 pm – 8:00 pm	4:00 pm – 8:00 pm	6:30 pm – 8:00 pm	3:30 pm – 10:00 pm	12:00 pm – 3:00 pm 6:00 pm – 10:00 pm
Oh My Aching Body 🧘			12:05 pm – 12:50 pm		12:05 pm – 12:50 pm		
Adult Swim	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm		
Lap Pool							
Lane Swim	Lane availability is updated weekly. Scan the QR code to view current availability.						
Physio Swim		12:00 pm - 1:00 pm	11:00 am - 1:00 pm	12:00 pm - 1:00 pm	11:00 am - 1:00 pm	12:00 pm - 1:00 pm	
Waterobics 🧘		11:15 am – 12:00 pm	8:05 pm – 8:50 pm	11:15 am – 12:00 pm	8:05 pm – 8:50 pm	11:15 am – 12:00 pm	
Public Swim	12:00 pm – 3:00 pm 6:00 pm – 8:00 pm	1:00 pm – 3:30 pm				6:30 pm – 8:00 pm	2:00 pm - 3:00 pm 6:00 pm – 10:00 pm
Water Polo 🏊			8:00 pm – 9:30 pm		8:00 pm – 9:30 pm		
Adult Swim	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm	8:00 pm – 10:00 pm		
Kayak Polo 🏊						8:00 pm – 10:00 pm	
Kayak Drop-in* 🏊							12:00 pm – 2:00 pm
Hot Tub, Sauna & Steam Room	7:00 am - 10:00 pm	5:30 am – 10:00 pm	5:30 am – 10:00 pm	5:30 am – 10:00 pm	5:30 am – 10:00 pm	5:30 am – 10:00 pm	7:00 am - 10:00 pm

🧘 Facilitated Program



Hours of Operation
Monday – Friday
 5:30 am – 10:00 pm
Saturday and Sunday
 7:00 am – 10:00 pm

Reduced Facility Hours:

April 3-6 8:00 am - 8:00 pm
 May 18 Closed



This schedule is subject to change.
 View our online schedule for the most up-to-date information.





Pool Descriptions

whitehorse.ca/cgcschedule



Accessibility Swim	A supportive environment for adults, individuals with disabilities, and accompanied youth to enjoy the leisure pool. This swim is ideal for physiotherapy, rehabilitation, or simply relaxing in a setting with reduced sensory stimuli to ensure a calm and comfortable experience.
Adult Swim <i>Ages 19+</i>	A relaxing time for adults.
Waterobics 🌊	Physical conditioning is obtained by using water for resistance. Workouts include a combination of cardio and muscle focus. All classes occur in the shallow end, but seasoned participants can choose to use the deep end.
Family Swim	Spend family time together. All children must be with an adult and all adults must be with children.
Kayak Drop-in 🌊	A session lead by a YCKC member for all ages. Start by learning basic kayak safety and progress to learning skills and have the opportunity to practice.
Kayak Polo 🌊 <i>Ages 16+</i>	Paddle with members of the Yukon Canoe and Kayak Club. Open to everyone ages 16+ years. Some gear is provided; please bring your own if available. See yckc.ca for more information.
Lane Swim <i>Ages 13+</i>	The lap pool is arranged with lanes for length swimming. Please follow lane swimming etiquette. For swimmers aged 12 and under, supervision and swim tests are required. Swim tests are only guaranteed during public swim times.
Oh My Aching Body 🌊	This low-impact, therapeutic class occurs in the warmth of the Leisure Pool. Designed to help relieve chronic pain and increase mobility.
Physio Swim <i>Ages 12+</i>	Designed for swimmers who need the stairs, want the comfort of the wall or are using the lane for physiotherapy or rehabilitation purposes.
Public Swim	Open access to the pool for all ages, allowing individuals and families to enjoy recreational swimming.
Water Polo	Join in a friendly game of water polo. Non-competitive. Everyone welcome. Equipment provided

Please note: Children 0-6 years must be within arms' reach of an adult at all times, and a ratio of 1 adult to 3 children is enforced.

Hot Tub capacities may be reduced during lessons.

TIPS FOR LANE SWIMMING

Tips for happy lane mates:

- Know your speed and choose the appropriate lane, relative to those already swimming.
- A guard may ask you to move lanes if needed.
- When stopped at the wall, stay to one side of the lane.
- Always swim in a circle pattern, even if there are only 2 of you.
- Follow proper swim etiquette.

PEAK SWIM TIMES

During Peak Swim times, we kindly ask that you limit your swim to 45 minutes to ensure everyone has a chance to enjoy the facility. Please be aware that after 45 minutes, you may be asked to exit the pool to accommodate others who may be waiting.

BUZZERS

If the pool is at capacity you may be given a buzzer, depending on staff availability. You may recreate anywhere within the building during this time. You will be buzzed once space is available.

LAP POOL PATRONS

Patrons of all ages may be asked to perform a swim test at anytime.

GROUPS OF 10+ PEOPLE

We may be unable to accommodate groups of 10+ people in any swim without advanced notice. Contact aquatic@whitehorse.ca, 7 days prior, to determine availability.