



MILITARY POOL SCHEDULE

Dundonald Hall Fitness Sports & Aquatic Centre

Effective January 2024
(subject to change without notice)

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Military Lane Swim	0600 - 0700 1200 - 1300	0600 - 0700 1200 - 1300	0600 - 0700 1200 - 1300	0600 - 0700 1200 - 1300	0600 - 0700
Military Unit Bookings/Lessons	0700 - 0800 0800 - 0900 1100 - 1200	1100 - 1200	0800 - 0900 1100 - 1200 1300 - 1500	1100 - 1200	0700 - 0800 0800 - 0830 0830 - 0900
Reconditioning		0700 - 0800		0700 - 0800	
Pre-Post-Natal					1100 - 1200
Swim Team			0700 - 0800		
**Units requiring swim tests or group PT, request it through your Ops & Trg who will contact the Military Fitness Coordinator.					

CONTACTS

DDH Front Desk (613) 687-5511 x7114	Military Aquatics Supervisor (613) 687-5511 x6515	Recreation Complex (613) 687-2932
Military Fitness Coordinator (613) 687-5511 x7129	Aquatics Coordinator (613) 687-5511 x5305	Reconditioning Manager (613) 687-5511 x6482