



# MILITARY AQUATICS SCHEDULE

## Dundonald Hall Fitness Sports & Aquatic Centre

Effective 1 January 2025  
*(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
UNIT PT <i>(Contact unit PSP FSI)</i>	0700-0800 0800-0900	0800-0900	0700-0800 0800-0900	0800-0900	0700-0800 0800-0900
SWIM LESSONS <i>(30 min classes. Contact Military Lifeguard for more details)</i>	0700-0900		0700-0800		0700-0900
RECONDITIONING <i>(Pool programming)</i>		0700-0800		0700-0800	0800-0900 <i>(Pre &amp; Post Natal, Physio)</i>
DDH Front Desk 613-687-5511 X7114	Reconditioning Manager 613-687-5511 x6482		Recreation Aquatics Coordinator 613-687-5511 x5305		
Military Fitness Coordinator 613-687-5511 x7129	Military Aquatics Supervisor 613-687-5511 x6515		Recreation Complex 613-687-2932		