Wainwright C-Plex – September 2026

Fall Pool Hours Start Sept 2

MONDAY

Early Bird Lane
6:30 – 7:30 am

Noon Lane & Wading Pool:
12:00 pm – 12:55 pm

Adult Swim & Aqua Fitness
2:00 – 3:00 pm
Starts Sept 14
Swimmers can use deep end only

Public Swim
6:30 – 8:00 pm

Adult Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
6:30 am – 9:00 pm
Courts
7:00 am – 9:00 pm
Aqua Fitness
2:00 – 3:00 pm
Cardio Blast
6:15 – 7:15 pm

TUESDAY

Parent & Tot
10:00 – 11:00 am

Public Swim
6:30 – 8:00 pm

Adult Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
6:30 am – 9:00 pm
Courts
7:00 am – 9:00 pm

Fitness Classes Start Sept 14

WEDNESDAY

Early Bird Lane
6:30 – 7:30 am

Noon Lane & Wading Pool:
12:00 pm – 12:55 pm

Adult Swim & Aqua Fitness
2:00 – 3:00 pm
Starts Sept 14
Swimmers can use deep end only

Public Swim
6:30 – 8:00 pm

Adult/Teen Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
6:30 am – 9:00 pm
Courts
7:00 am – 9: 00 pm
Aqua Fitness
2:00 – 3:00 pm
Cardio Blast
6:15 – 7:15 pm

THURSDAY

Public Swim
6:30 – 8:00 pm

Adult Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
6:30 am – 7:30 pm
Courts
7:00 am – 7:00 pm

FRIDAY

Early Bird Lane
6:30 – 7:30 am

Noon Lane & Wading Pool:
12:00 pm – 12:55 pm

Public Swim
6:30 – 8:00 pm

Adult/Teen Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
1:00 – 8:30 pm
Courts
1:00 – 8:00 pm

SATURDAY & SUNDAY

Public Swim
1:00 – 4:30 pm

Public Swim
6:30 – 8:00 pm

Adult/Teen Lane:
8:00 – 9:00 pm

Fitness:
Weight Room
1:00 – 8:30 pm
Courts
1:00 – 8:00 pm

Fall Swimming Lessons

5 Week Set (Mon & Wed)
Set 1: Sept 14 – Oct 21
Set 2: Oct 26 – Nov 30

10 Week Set
Tues: Sept 15 – Nov 17
Thurs: Sept 17 – Nov 19

Fall Mini Set (5 Lessons)
Mon/Wed: Dec 2 - 16

Fall Mini set of 5 lessons is 50 % of regular price

Don't miss the last 2 days of afternoon swim before school starts

Extra Public Swim Hours!
Aug 31 & Sep 1
will stay on Summer Hours!
2:15 – 4:15 pm & 6:00 – 8:00 pm

The C-Plex will be closed:

Sept 7: Labor Day

Sept 30: National Day of Truth and Reconciliation