


PRE SEASON SCHEDULE: **June 20–28, 2026**

(*Weather Permitting: Open during light rain. Closed at any sign of thunder or lightning*)

Times and dates subject to change without notice. Call 613-729-6060 with any questions

2 Lap lanes will always be available during the pre season schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						June 20 Open Swim 2 Lap Lanes 12:00 pm ↓ 7:30 pm
June 21 Open Swim 2 Lap Lanes 12:00 pm ↓ 7:30 pm	June 22 Open Swim 2 Lap Lanes 4:00 pm ↓ 7:30 pm	June 23 Open Swim 2 Lap Lanes 4:00 pm ↓ 7:30 pm	June 24 Open Swim 2 Lap Lanes 4:00 pm ↓ 7:30 pm	June 25 Open Swim 2 Lap Lanes 4:00 pm ↓ 7:30 pm	June 26 Open Swim 2 Lap Lanes 12:00 pm ↓ 6:00 pm	June 27 Open Swim 2 Lap Lanes 12:00 pm ↓ 7:30 pm
June 28 Open Swim 2 Lap Lanes 12:00 pm ↓ 7:30 pm	Summer Schedule	Summer Schedule	 CANADA DAY Open Swim 2 Lap Lanes 12:00 pm ↓ 7:30 pm NO ACCESS TO SJCC BUILDING CLOSED	Summer Schedule	Summer Schedule	Summer Schedule

Age	Requirement	Guardian:Child Ratio
5 years and under	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:2 at all times
6 to 7	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:4 or 1:6 if wearing life jackets
8 - 9 (non-swimmer)	Always accompanied by parent/guardian 16 years or older	1:4 or 1:8 if wearing life jackets
8-9 (completed swim test) & 10 and older	No guardian supervision required	

The outdoor pool is available to SJCC members only.