



**Joseph R. Smallwood Arts and Culture Swimming Pool Schedule  
(Effective March 16 – July 5, 2026)**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00 am		Gander Lakers Swim Club (6:00 – 7:30am)		Gander Lakers Swim Club (6:00 – 7:30am)			
10:00 – 11:00am		Open Swim	Open Swim	Open Swim	Open Swim		
11:00 – 12:00pm		Arthritic Exercises	Lessons (11:00 – 11:45am) Starting April 15 (8 weeks)	Arthritic Exercises	Open Swim		
12:00 – 1:00 pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Starting April 18 (8 weeks)	Lane Swim
1:00 – 2:00 pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim		Family Swim
2:00 – 3:00 pm							Open Swim
3:00 – 4:00 pm		Swim Lessons (3:45 – 5:15pm) Starting April 14 (8 weeks)	Swim Lessons (3:45 – 5:15pm) Starting April 15 (8 weeks)	Swim Lessons (3:45 – 5:15pm) Starting April 16 (8 weeks)	Gander Lakers Swim Club (4:00 – 6:00pm)		Rental
4:00 – 5:00 pm	Swim Lessons (4:00 – 5:00pm) Starting April 13 (6 weeks)						Gander Lakers Swim Club (4:00 – 7:00pm)
5:00 – 6:00 pm	Gander Lakers Swim Club (5:00 – 7:00pm)	Gander Lakers Swim Club (5:15 – 7:00 pm)	Gander Lakers Swim Club (5:15 – 7:00pm)	Gander Lakers Swim Club (5:15 – 7:00pm)			
6:00 – 7:00 pm					Rental		
7:00 – 8:00 pm		Adult Lessons Starting April 14 (8 weeks)	Family Swim		Family Swim		Open Swim
8:00 – 9:00 pm	Adult Swim	Adult Swim	Adult Swim	Adult Swim			Adult Swim

Adult Swim	Lane Swim	Family Swim	Open Swim	Arthritic Swim
<ul style="list-style-type: none"> <li>A session designed to accommodate all levels of swimming skills.</li> <li>3 lanes are provided for lap swimming and a designated area for leisure swimming.</li> <li>Swimmers <b>MUST</b> be 18 years or older.</li> </ul>	<ul style="list-style-type: none"> <li>This swim is for ages 12 and up.</li> <li>This swim is designed for LAP SWIMMING only.</li> </ul>	<ul style="list-style-type: none"> <li>A recreational swim for all ages.</li> <li>Parents must accompany children in the water.</li> </ul>	<ul style="list-style-type: none"> <li>A recreational swimming session for all ages.</li> <li><b>ATTENTION:</b> Adults <b>MUST</b> accompany children in the water if the children are under 8 years of age or if the children cannot swim.</li> <li><b>***Lanes will be provided during the weekday morning swims ONLY at the discretion of the Supervisor and the number of patrons.</b></li> </ul>	<ul style="list-style-type: none"> <li>A guided exercise program for patrons needing the aquatic buoyancy and low impact to work on strength and joint mobility.</li> </ul>

**Rates:** Child (U-18) \$2.25 per swim / \$40.00 per card of 20 passes  
 Adult (18+) \$3.25 per swim / \$60.00 per card of 20 passes  
 Seniors (60+) \$3.00 per swim / \$55.00 per card of 20 passes

**Birthday Party Rentals:** To book a birthday party, please call Karen at the office on 709-256-1283 for availability.  
**\$75.00 = 1 hour pool/1 hour room (Parties available only on Fridays (6-8pm) and Sundays (3-5pm))**

**Please note the following holiday closures:**

April 3 – Good Friday | April 20 – St. George’s Day | May 18 – Victoria Day | June 22 – June Holiday

**Please Note:** This schedule may change at any time pending swim attendance. Schedule updates are available at 709-256-1062.  
 155 Airport Blvd., P.O. Box 2222, Gander, NL | Main office: 709-256-1283 Office Hours Mon-Fri 9:00 am – 4:00 pm