

GRM Aquatic Centre Description & Guidelines

Summer 2026

Lane & Leisure	All pools available for a relaxing swim time.
Senior Swim	Reserved time for Seniors in the Leisure and Lane Pools. Hot spots available to 18+ gym goers.
Senior Swim and Parent & Tot	Reserved time for Seniors and Parent & Tot swimmers. Shared spaces for a fun swim time. Hot spots are available during this time to ages 18+ after their gym session.
Public Swim	Available for all swimmers to come and play! Programming may overlap public swim times. One lane available for lane swimmers
Swimming Lessons and Hot Spots	Reserved time for swimming lessons in most spaces. Hot spots and some areas available for a relaxing time
Adult & Youth Dim Swim (16 +)	Reserved for swimmers aged 16 +. Enjoy dimmed lights and calm music.
Adult Dim Swim (18 +)	Reserved for swimmers aged 18 + - Enjoy dimmed lights and calm music.
Available to Rent / Programming	Pre-Book your next party during the available rental times. Contact customer service for more information on rentals and party packages. School swimming lessons and rentals booked throughout the week. If not rented the Aquatic Centre will remain closed.

- **Hot spots are available during all scheduled swims except for Rental/Programming times.**

General Guidelines:

- All swimmers must wear a facility wristband purchased at customer service via membership or daily drop-in for admittance.
- Lockers are available for day use for \$1.00 (loonies only) or users may bring their own lock.
- PFDs are available at no charge for day use.
- Personal floatation devices and toys are permitted provided they are clean and in good repair and do not obstruct view (neck floaties are not permitted).
- Swimmers wishing to use the deep end may be required to pass a swim test to use the space without the use of a PFD.

Supervision Guidelines:

- All children 7 and under must be accompanied by a responsible caregiver aged 13+ and remain in arms reach at all times.
- A responsible caregiver may supervise up to 3 children aged 7 years and under and must be actively participating in the water.

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