


January 2023 / Monthly Pool Schedule

CFB Borden Buell Fitness and Aquatics Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	Military Lane Swim 11:30pm - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30pm - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30am - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Family / Lane Swim 12:00pm - 4:00pm	
	Family / Lane Swim 1:00pm - 4:00pm	Family / Lane Swim 1:30pm - 4:30pm	Family / Lane Swim 1:30pm - 4:30pm	Family / Lane Swim 1:30pm - 4:30pm	Family / Lane Swim 1:30pm - 4:30pm		
8	9	10	11	12	13	14	
	Military Lane Swim 11:30pm - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30pm - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30am - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Family / Lane Swim 1:30pm - 4:00pm	
	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm			
15	16	17	18	19	20	21	
	Military Lane Swim 11:30pm - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30pm - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30am - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Family / Lane Swim 1:30pm - 4:00pm	
	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm			
22	23	24	25	26	27		
	Military Lane Swim 11:30pm - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30pm - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30am - 1:00pm	Military Lane Swim 11:30am - 1:00pm	Family / Lane Swim 1:30pm - 4:00pm	
	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm			
29	30	31					4
	Military Lane Swim 11:30pm - 1:00pm	Military Lane Swim 6:00am - 7:00am 11:30pm - 1:00pm					
	Family / Lane Swim 5:00pm - 8:00pm	Lane Swim 7:30pm - 8:30pm					