

SPRING 2026



MAY 1 - JUNE 30

POOL SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM (8:00AM - 9:30AM)		LAP SWIM (8:00AM - 9:30AM)		LAP SWIM (8:00AM - 9:30AM)		
LAP SWIM (11:30AM - 1:00PM)	LAP SWIM (11:30AM - 1:00PM)	LAP SWIM (11:30AM - 1:00PM)	LAP SWIM (11:30AM - 1:00PM)	LAP SWIM (11:30AM - 1:00PM)		
	DEEP WATER AQUA FITNESS (12:10PM - 12:50PM) DIVE TANK					OPEN RECREATION (1:30PM - 3:00PM)
					LAP SWIM (3:30PM - 5:00PM) 2 LANES	
		LAP SWIM (5:00PM - 6:30PM)				
LAP SWIM (7:30PM - 9:00PM)	LAP SWIM (7:30PM - 9:00PM) 2 LANES					

LOCATION

The Lady Beaverbrook
Gymnasium

Anyone 7 or under needs to be accompanied in the water by an adult and within arm's reach.

One adult per two non-swimmer children ratio.

Strong swimmers under 7 must complete a Swim Test successfully if they wish to be unaccompanied directly in the pool. Parents still need to be at the pool deck.

To view the current schedule online, scan:



*NOTE: Schedule & facility access availability subject to change without notice.

Lap Swim/Dive Tank offerings are intended for those 16 years of age or older.

Those aged 13-15 may swim laps while accompanied by an adult.

Hours of operation on holidays may affect the schedule.

Please note: The SMA Pool serves both campus and community groups.

The times listed have been designated for REDS Rec Members/UNB Students.

The Dive Tank is closed during Deep Water Aquafit Express class.

Visit unb.ca/redsrec for more information. | 506.453.4579

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