

Recreation Centre Drop-In Swimming Schedule



rec(create)RD



July 1 – 31, 2024

Indoor Pool Swimming

Outdoor Pool Swimming

*Times might be shared with swim clubs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
July 1 Hours 12 – 5 p.m.						
Lane Swim 5:30 - 9 a.m. *Lane Swim 5:30 - 9 a.m.	Lane Swim 5:30 - 9 a.m. *Lane Swim 5:30 - 9 a.m.	Lane Swim 5:30 - 9 a.m. Lane Swim 5:30 - 9 a.m.	Lane Swim 5:30 - 9 a.m. Lane Swim 5:30 - 9 a.m.	Lane Swim 5:30 - 9 a.m. Lane Swim 5:30 - 9 a.m.		
Hot Tub, Steam Room, Sauna 5:30 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 11 a.m. – 10 p.m.	Hot Tub, Steam Room, Sauna 11 a.m. – 7:30 p.m.
Public/Lane Swim 10:30 a.m. – 1 p.m. Lane Swim 12 - 1 p.m.	Public/Lane Swim 10:30 a.m. – 1 p.m. Lane Swim 12 - 1 p.m.	Public/Lane Swim 10:30 a.m. – 1 p.m. Lane Swim 12 - 1 p.m.	Public/Lane Swim 10:30 a.m. – 1 p.m. Lane Swim 12 - 1 p.m.	Public/Lane Swim 10:30 a.m. – 1 p.m. Lane Swim 12 - 1 p.m.	Lane Swim 11 a.m. – 12 p.m. Lane Swim 11 a.m. - 1 p.m.	Lane Swim 11 a.m. – 12 p.m. Lane Swim 11 a.m. - 1 p.m.
55+ Swim 1 - 2 p.m.	Water Workout Deep/Shallow 1:05 – 2 p.m.	55+ Swim 1 - 2 p.m.	Water Workout Deep/Shallow 1:05 – 2 p.m.	55+ Swim 1 - 2 p.m.		
Public Swim 1 – 7 p.m.	*Public Swim 1 – 7 p.m.	Public Swim 1 – 7 p.m.	*Public Swim 1 – 7 p.m.	Public Swim 1 – 7:30 p.m.	Public Swim 12:30 – 7:30 p.m.	Public Swim 12:30 – 7:30 p.m. July 28: 12:30 – 6 p.m.
Public Swim 2 – 5 p.m.	Public Swim 2 – 5 p.m.	Public Swim 2 – 5 p.m.	Public Swim 2 – 5 p.m.	Public Swim 2 – 5 p.m.	Public Swim 1 – 7:30 p.m.	Public Swim 1 – 7:30 p.m. July 28: 1 – 6 p.m.
Water Workout Deep/Shallow 7:15 – 8:10 p.m.	Water Workout Deep/Shallow 7:15 – 8:10 p.m.	Water Workout Deep/Shallow 7:15 – 8:10 p.m.	Water Workout Deep/Shallow 7:15 – 8:10 p.m.	Water Workout Deep/Shallow 7:15 – 8:10 p.m.		
Lane Swim 8:30 - 10 p.m. Lane Swim 8:30 – 9:30 p.m.	Lane Swim 8:30 - 10 p.m. Lane Swim 8:30 – 9:30 p.m.	Lane Swim 8:30 - 10 p.m. Lane Swim 8:30 – 9:30 p.m.	Lane Swim 8:30 - 10 p.m. Lane Swim 8:30 – 9:30 p.m.	Lane Swim 7:30 - 10 p.m. Lane Swim 8 – 9:30 p.m.	Lane Swim 8:00 - 10 p.m. Lane Swim 8 – 9:30 p.m.	July 28 Youth Splash Bash 6 - 8 p.m.