

Recreation Centre Drop-In Swimming Schedule

rec(create)RD



October 1 – 31, 2024

Drop-In Aquatic Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
October 14 Closed						
Lane Swimming 5:30 - 9 a.m.	Lane Swimming 5:30 - 9 a.m.	Lane Swimming 5:30 - 9 a.m.	Lane Swimming 5:30 - 9 a.m.	Lane Swimming 5:30 - 9 a.m.		
Hot Tub, Steam Room, Sauna 5:30 - 9 a.m. 12 - 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 - 9 a.m. 12 - 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 - 9 a.m. 12 - 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 - 9 a.m. 12 - 10 p.m.	Hot Tub, Steam Room, Sauna 5:30 - 9 a.m. 12 - 5 p.m.	Hot Tub, Steam Room, Sauna 8 a.m. - 5 p.m.	Hot Tub, Steam Room, Sauna 12 - 5 p.m.
Lane Swimming 12 - 1 p.m.	Lane Swimming 12 - 1 p.m.	Lane Swimming 12 - 1 p.m.	Lane Swimming 12 - 1 p.m.	Lane Swimming 12 - 1 p.m.	Lane Swimming 12 - 2 p.m.	Lane Swimming 12 - 2 p.m.
55+ Swimming 1 - 2 p.m.	Water Workout Deep/Shallow 1:05 - 2 p.m.	55+ Swimming 1 - 2 p.m.	Water Workout Deep/Shallow 1:05 - 2 p.m.	55+ Swimming 1 - 2 p.m.	Public & Lane Swimming 2 - 3 p.m.	Public & Lane Swimming 2 - 3 p.m.
Public & Lane Swimming 2 - 4 p.m.	Public & Lane Swimming 2 - 4 p.m.	Public & Lane Swimming 2 - 4 p.m.	Public & Lane Swimming 2 - 4 p.m.	Public & Lane Swimming 2 - 4 p.m.	Public Swimming 3 - 5 p.m.	Public Swimming 3 - 5 p.m.
Water Workout Deep/Shallow 7:30 - 8:25 p.m.	Water Workout Deep/Shallow 7:30 - 8:25 p.m.	Water Workout Deep/Shallow 7:30 - 8:25 p.m.	Water Workout Deep/Shallow 7:30 - 8:25 p.m.			
Lane Swimming 8:30 - 10 p.m.	Lane Swimming 8:30 - 10 p.m.	Lane Swimming 8:30 - 10 p.m.	Lane Swimming 8:30 - 10 p.m.			



Scan Schedule Here