## Recreation Centre Drop-In Swimming Schedule



## June 1 – 30, 2024

## Red Deer

rec(create)<sup>™</sup>

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Indoor	POOL	Swin	nming
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Outdoor Pool Swimming \*Times might be shared with swim clubs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Closed June 7	Closed June 8	Closed June 9
				6 – 10 p.m.		
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.		
*Lane Swim	*Lane Swim	*Lane Swim	*Lane Swim	*Lane Swim		
5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.		
Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub,	Hot Tub, Steam	Hot Tub, Steam
Room, Sauna	Room, Sauna	Room, Sauna	Room, Sauna	Steam Room.	Room, Sauna	Room, Sauna
5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	5:30 - 9 a.m.	Sauna	12 – 10 p.m.	12 – 5 p.m.
12 – 10 p.m.	12 – 10 p.m.	12 – 10 p.m.	12 – 10 p.m.	5:30 - 9 a.m.	12 – 10 p.m.	12 – 5 p.m.
12 10 p.m.	12 10 p.m.	12 10 p.m.	12 10 p.m.	12 – 10 p.m.		
Lane Swim	Lane Swim	Lane Swim	Lane Swim	12 10 p.m.	Lane Swim	Lane Swim
12 - 1 p.m.	12 - 1 p.m.	12 - 1 p.m.	12 - 1 p.m.	Lane Swim	12 - 2 p.m.	12 - 2 p.m.
Lane Swim	Lane Swim	Lane Swim	Lane Swim	12 - 1 p.m.	Lane Swim	Lane Swim
12 – 1 p.m.	12 – 1 p.m.	12 – 1 p.m.	12 – 1 p.m.	Lane Swim	12 – 1 p.m.	12 – 1 p.m.
				12 – 1 p.m.		
55+ Swim	Water Workout	55+ Swim	Water Workout			
1 - 2 p.m.	Deep/Shallow	1 - 2 p.m.	Deep/Shallow	55+ Swim		
*June 17 & 24 Cancelled	1:05 – 2 p.m.	*June 5 & 26	1:05 – 2 p.m.	1 - 2 p.m.		
	*June 25 Cancelled	Cancelled	*June 20 Cancelled			
Public Swim &	Public Swim &	Public Swim &	Public Swim &	Public Swim &	Public Swim	Public Swim
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	2 – 7:30 p.m.	2 – 5 p.m.
2 – 4 p.m.	2 – 4 p.m.	2 – 4 p.m.	2 – 4 p.m.	2 – 4 p.m.	Public Swim	Public Swim
*June 5: 3-4 p.m.	*June 25: 3-4 p.m. &	*June 5: 3 - 4 p.m.	*June 20: 3-4 p.m.	Public Swim	1 – 7:30 p.m.	1 – 5 p.m.
*June 24: 2:30 – 7 p.m.	5 – 7 p.m.	*June 26: 3 – 7 p.m	*June 27: 5 – 7 p.m	3:30 – 7:30 p.m.		
Public Swim	*Public Swim	Public Swim	Public Swim			
3:30 – 7:30 p.m.	3:30 – 7:30 p.m.	3:30 – 7:30 p.m.	3:30 – 7:30 p.m.			
Water Workout	Water Workout	Water Workout	Water Workout	Public Swim &		
Deep/Shallow	Deep/Shallow	Deep/Shallow	Deep/Shallow	Lane Swim		
7:30 – 8:25 p.m.	7:30 – 8:25 p.m.	7:30 – 8:25 p.m.	7:30 – 8:25 p.m.	5 – 8 p.m.		
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
8:30 - 10 p.m.	8:30 - 10 p.m.	8:30 - 10 p.m.	8:30 - 10 p.m.	8:00 - 10 p.m.	8:00 - 10 p.m.	
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
8 – 9:30 p.m.	8 – 9:30 p.m.	8 – 9:30 p.m.	8 – 9:30 p.m.	8 – 9:30 p.m.	8 – 9:30 p.m.	

Registered Programs looknbook.reddeer.ca Personalized Activity Guide reddeer.ca/MyActivityGuide

