

# Recreation Centre Drop-In Swimming Schedule

rec(create)<sup>RD</sup>



April 1 – 30, 2024

## Drop-In Aquatic Activities

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



Scan Schedule Here