Recreation Centre Drop-In Swimming Schedule

May 1 – 31, 2024

Drop-In Aquatic Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Closed						
May 20						
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.	5:30 - 9 a.m.	5:30 - 9 a.m.		
Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam	Hot Tub, Steam
Room, Sauna	Room, Sauna	Room, Sauna	Room, Sauna	Room, Sauna	Room, Sauna	Room, Sauna
5:30 - 9 a.m.	5:30 - 9 a.m.	8 a.m. – 5 p.m.	12 – 5 p.m.			
12 – 10 p.m.	12 – 5 p.m.					
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
12 - 1 p.m.	12 - 1 p.m.	12 - 2 p.m.	12 - 2 p.m.			
55+ Swim	Water Workout	55+ Swim	Water Workout	55+ Swim	Public Swim &	Public Swim &
1 - 2 p.m.	Deep/Shallow	1 - 2 p.m.	Deep/Shallow	1 - 2 p.m.	Lane Swim	Lane Swim
1 2 p.m.	1:05 – 2 p.m.	1 2 p.m.	1:05 – 2 p.m.	1 2 p.m.	2 – 3 p.m.	2 – 3 p.m.
	2100 2 pinn		2.000 2 p		2 0 0	2 0 p
Public Swim &	Public Swim &	Public Swim &	Public Swim &	Public Swim &	Public Swim	Public Swim
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	3 - 5 p.m.	3 - 5 p.m.
2 – 4 p.m.	2 – 4 p.m.					
Water Workout	Water Workout	Water Workout	Water Workout			
Deep/Shallow	Deep/Shallow	Deep/Shallow	Deep/Shallow			
7:30 – 8:25 p.m.						
Lane Swim	Lane Swim	Lane Swim	Lane Swim			
8:30 - 10 p.m.						



Scan Schedule Here

Read all you need to know **before you go** at **reddeer.ca/DropIn**

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



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