

Recreation Centre Drop-In Swimming Schedule



rec(create)RD



June 1 – 30, 2024

Indoor Pool Swimming

Outdoor Pool Swimming

*Times might be shared with swim clubs

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