## Recreation Centre Drop-In Swimming Schedule September 1 – 30, 2024

## **Drop-In Aquatic Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
September 2						
Hours 12 – 5 p.m.						
Public Swimming						
*Outdoor Pool Last Day*						
September 30						
Closed						
Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming		
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.	5:30 - 9 a.m.	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 – 10 p.m.	12 – 10 p.m.	12 – 10 p.m.	12 – 5 p.m.		
Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming
12 - 1 p.m.	12 - 1 p.m.	12 - 1 p.m.	12 - 1 p.m.	12 - 1 p.m.	12 - 2 p.m.	12 - 2 p.m.
55+ Swimming	Water Workout	55+ Swimming	Water Workout	55+ Swimming	Public & Lane	Public & Lane
1 - 2 p.m.	Deep/Shallow	1 - 2 p.m.	Deep/Shallow	1 - 2 p.m.	Swimming	Swimming
	1:05 – 2 p.m.		1:05 – 2 p.m.		2 – 3 p.m.	2 – 3 p.m.
Public & Lane	Public & Lane	Public & Lane	Public & Lane	Public & Lane	Public Swimming	Public Swimming
Swimming	Swimming	Swimming	Swimming	Swimming	3 - 5 p.m.	3 - 5 p.m.
2 – 4 p.m.	2 – 4 p.m.	2 – 4 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.	7:30 – 8:25 p.m.	7:30 – 8:25 p.m.	7:30 – 8:25 p.m.			
Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming			
8:30 - 10 p.m.	8:30 - 10 p.m.	8:30 - 10 p.m.	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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