

2023 Winter Drop-in Swim Schedule: January 2 to March 31

Please note that this schedule is subject to change, check recenroll.ca for an up-to-date schedule.

Victoria Road Recreation Centre

Drop-in Swim	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim (25m)	2-3 p.m.	6:15-7:15 a.m. (S)	6:15-7 a.m. (D)	9-10 p.m.(S)	6:15-7:15 a.m. (S)		
		8-10 p.m. (S)	10 a.m.-2 p.m.		10 a.m.-2 p.m.		
			9-10 p.m.		9-10 p.m.		
Lane Swim (50m)		11 a.m.-2 p.m.		6:15-8 a.m.		11 a.m.-2 p.m.	5-7 p.m.
				11a.m.-2 p.m.			
Leisure Swim		10-11 a.m.	11 a.m.-12 p.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.	
		11 a.m.-12 p.m.	8-10 p.m.	11 a.m.-12 p.m.	11 a.m.-12 p.m.	11 a.m.-12 p.m.	
					8-10 p.m.		
Public Swim	3:15-4:45 p.m.						3:15-4:45 p.m.
Aquafit Shallow (45 min)		9 a.m.		9 a.m.	8:15 p.m.	9 a.m.	
Aquafit Deep (45 min)		8 a.m. 9 p.m.	9 a.m.	8 a.m.	9 a.m.	8 a.m.	
Aquafit HIIT (45 min)			8 a.m.		8:15 a.m.		
Aqua Rehab (45 min)		9 a.m.		9 a.m.			
Movement Enhancement (45 min)			10 a.m.			9 a.m.	