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.

West End Community Centre

Drop-in Swim	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim	1-2 p.m.	6:15-8 a.m.	8-9 a.m.	6:15-8 a.m.	8-9 a.m.	6:15-8 a.m.	7-9 a.m.
		11 a.m.-1 p.m.	11 a.m.-1 p.m.	11 a.m.-1 p.m.	11 a.m.-1 p.m.	11 a.m.-1 p.m.	
		2-3 p.m.		2-3 p.m.		2-3 p.m.	1-2 p.m.
		8-9 p.m.			8-9 p.m.		
Warm Waters Swim		1-2 p.m.	9-10 a.m.	1-2 p.m.	9-10 a.m.	1-2 p.m.	8-9 a.m.
		8-9 p.m.	1-2 p.m.		1-2 p.m.		
			8-9 p.m.	8-9 p.m.	8-9 p.m.		
Leisure Swim		12-1 p.m.		12-1 p.m.		12-1 p.m.	1-2 p.m.
		2-3 p.m.		2-3 p.m.		2-3 p.m.	
Leisure Warm Waters Swim	1-2 p.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.	10-11 a.m.	
						7:30-9 p.m.	
Public Swim	2-3:30 p.m.						2-3:30 p.m.
Aquafit (45 min)		10 a.m.	7 a.m.	9 a.m.	7 a.m.	9 a.m.	
		1 p.m.	1 p.m.	1 p.m.	1 p.m.	1 p.m.	
			8 p.m.	8 p.m.			
Aquafit HIIT (45 min)			2 p.m.		2 p.m.	10 a.m.	
Diaperfit (45 min)				10 a.m.			
Aqua Rehab (45 min)			11 a.m. 12 p.m.		11 a.m. 12 p.m.		
Movement Enhancement (45 min)		11 a.m.		11 a.m.		11 a.m.	
Women's Only Swim							5-6 p.m.
Sensory Swim							3:45-4:45 p.m.