

Fall 2025 Drop-in Swim Schedule: September 2nd- December 31st
Victoria Road Recreation Centre

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AquaFit Deep		8-8:45 a.m. 9-9:45 p.m.	9-9:45 a.m.	8-8:45 a.m.	9-9:45 a.m.	8-8:45 a.m.	
AquaFit HIIT			8-8:45 a.m.		8-8:45 a.m.		
Aqua Rehab		9-9:45 a.m.		9-9:45 a.m.		9-9:45 a.m.	
AquaFit Shallow		9-9:45 a.m.		9-9:45 a.m.	8-8:45 p.m.	9-9:45 a.m.	
Lane Swim (25m)	2-3 p.m.	6:15-8 a.m. (S) 8-10 p.m.(S)	6:15- 8 a.m. (D) 10 a.m.-2 p.m.	9-10 p.m.	6:15-8 a.m. 10 a.m.-2 p.m. 9-10 p.m.		1-3 p.m. (S)
Lane Swim (50m)		11 a.m.-2 p.m.	8:30-10 p.m.	6:15-8 a.m. 11 a.m.-2 p.m.		6:15-8 a.m. 11 a.m.-2 p.m.	
Leisure Swim		11a.m.-12p.m.	10-11 a.m. 11 a.m.-12p.m. 8-10 p.m.	10-11 a.m.	10-11 a.m. 11 a.m.-12p.m.	11 a.m.-12p.m.	
Movement Enhancement		10-10:45a.m.		11-11:45 a.m.		10-10:45a.m.	
Public Swim	3:15-4:45 p.m.						3:15-4:45p.m.
Leadership Skill Development							5-6:30 p.m.

*Please note that the above schedule is subject to change. Check recenroll.ca (QR Code) for an up-to-date schedule.



Fall 2025 Drop-in Swim Schedule: September 15th - December 31st
West End Community Centre

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Yoga			9-9:45 a.m.		9-9:45 a.m.		
Aquafit		9:05-9:50a.m. 1:05-1:50p.m.	7-7:45a.m. 1:05-1:50p.m. 8-8:45p.m.	9:05-9:50a.m. 10-10:45a.m. 1:05-1:50p.m. 8-8:45p.m.	7-7:45a.m. 1:05-1:50p.m.	9:05-9:50a.m. 1:05-1:50p.m.	
Aquafit HIIT		10-10:45 a.m.				10-10:45a.m.	
Aqua Rehab			11-11:45a.m. 12-12:45p.m.		10-10:45a.m. 11-11:45a.m. 12-12:45p.m.		
Lane Swim	7-9a.m. 1-2p.m.	6:15-9 a.m. 11a.m.-1p.m. 2-3 p.m. 8-9 p.m.	8-9a.m. 10a.m.-1p.m.	6:15-8 a.m. 11a.m.-1p.m. 2-3p.m.	8-9a.m. 10a.m.-1p.m. 8-9p.m.	6:15-9a.m. 11a.m.-1p.m. 2-3p.m.	7-9 a.m. 1-2p.m.
Leisure Swim		12-1 p.m. 2-3 p.m.	11a.m.-12p.m 12-1p.m.	12-1p.m. 2-3 p.m.	11a.m.- 12p.m.12- 1p.m.	12-1p.m. 2-3p.m.	
Movement Enhancement		11-11:45a.m. 12-12:45p.m.		11-11:45a.m. 12-12:45p.m.		11-11:45a.m. 12-12:45p.m.	
Public Swim	2-3:30p.m.						2-3:30p.m.
Leisure Warm waters	1-2p.m.	10-11a.m.	10-11a.m.	10-11a.m.		10-11a.m. 7:30-9p.m.	1-2p.m.
Sensory Friendly Swim							5-6p.m.
Warm Waters Swim	8-9a.m.	8-10 a.m. 1-2 p.m. 8-9 p.m.	8-9a.m. 9-10a.m. 1-2p.m. 8-9p.m.	9-10a.m. 1-2p.m. 8-9p.m.	8-9a.m. 9-10a.m. 1-2p.m. 8-9p.m.	8-10a.m. 1-2p.m.	8-9 a.m.
Women's Only Swim							3:45-4:45p.m.

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