

Winter 2026 Drop-in Swim Schedule: Jan 4 - March 31
West End Community Centre

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|--|--|---|---|--|--|
| Aquafit | | 9:05 a.m. - 9:50 a.m. 1:05 p.m. - 1:50 p.m. | 7 a.m. - 7:45 a.m. 1:05 p.m. - 1:50 p.m. 8 p.m. - 8:45 p.m. | 9:05 a.m.- 9:50 a.m. 10 a.m. - 10:45 a.m. 1:05 p.m. - 1:50 p.m. 8 p.m. - 8:45 p.m. | 7 a.m. - 7:45 a.m. 1:05 p.m. - 1:50 p.m. | 9:05 a.m. - 9:50 a.m. 1:05 p.m. - 1:50p.m. | |
| Aquafit HIIT | | 10 a.m. - 10:45 a.m. | | | | 10 a.m. - 10:45 a.m. | |
| Aqua Yoga | | | 9 a.m. -9:45 a.m. | | 9 a.m. -9:45 a.m. | | |
| Aqua Rehab | | | 11 a.m. - 11:45 a.m. 12 p.m. - 12:45 p.m. | | 10 a.m. - 10:45 a.m. 11 a.m. - 11:45 a.m. 12 p.m. - 12:45 p.m. | | |
| Lane Swim | 7 a.m. - 9 a.m. 1 p.m. - 2 p.m. 2 p.m. - 3 p.m. 8 p.m. - 9 p.m. | 6:15 a.m. - 9 a.m. 11 a.m. - 1 p.m. 2 p.m. - 3 p.m. 8 p.m. - 9 p.m. | 8 a.m. - 9 a.m. 10 a.m. - 1 p.m. 2 p.m. - 3 p.m. | 6:15 a.m. - 8 a.m. 11 a.m. - 1 p.m. 2 p.m. - 3 p.m. | 8 a.m. - 9 a.m. 10 a.m. - 1 p.m. 8 p.m. - 9 p.m. | 6:15 a.m. - 9 a.m. 11 a.m. - 1 p.m. 2 p.m. - 3 p.m. | 7 a.m. - 9 a.m. 1 p.m. - 2 p.m. |

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

Accessible format available by contacting Recreation Customer Service at 519-837-5677 or TTY 519-826-9771

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



Winter 2026 Drop-in Swim Schedule: Jan 4- March 31
Victoria Road Recreation Centre

(S) – Shallow End

(D) – Deep End

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|-----------------|--|--|--|--|--|--------------------|
| Aquafit Deep | | 8 a.m. - 8:45 a.m. 9 p.m. -9:45 p.m. | 9 a.m. - 9:45 a.m. | 8 a.m. - 8:45 a.m. | 9 a.m. - 9:45 a.m. | 8 a.m. - 8:45 a.m. | |
| Aquafit HIIT | | | 8 a.m. - 8:45 a.m. | | 8:15 a.m. - 9 a.m. | | |
| Aqua Rehab | | 9 a.m. -9 :45 a.m. | | 9 a.m. - 9:45 a.m. | | 9 a.m. - 9:45 a.m. | |
| Diaper Fit | | | | 10 a.m. - 10:45 a.m. | | | |
| Aquafit Shallow | | 9 a.m. - 9:45 a.m. | | 9 a.m. - 9:45 a.m. | 8:15 p.m. - 9 p.m. | 9 a.m. -9:45 a.m. | |
| Lane Swim (25m) | 2 p.m. - 3 p.m. | 6:15 a.m. - 7 a.m. (S) 8 p.m. - 10 p.m. (S) | 6:15 a.m. - 7 a.m. (D) 10 a.m.-2 p.m. (S) | 9 p.m. -10 p.m.(S) | 6:15 a.m. - 7 a.m. 10 a.m. -2 p.m. (S) 9 p.m. -10 p.m. (S) | | 1 p.m. - 3 p.m.(S) |
| Lane Swim (50m) | | 11 a.m. - 2 p.m. | 8:30 p.m. - 10 p.m. | 6:15 a.m. - 8 a.m. 11 a.m. - 2 p.m. | | 6:15 a.m. - 8 a.m. 11 a.m. - 2 p.m. | |
| Leisure Swim | | 11 a.m. - 12 p.m. | 10 a.m. - 11 a.m. 11 a.m. - 12 p.m. 8 p.m. - 10 p.m. | 10 a.m. - 11 a.m. | 10 a.m. - 11 a.m. 11 a.m. - 12 p.m. | 11 a.m. - 12 p.m. | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|-----------------------|---------------------|----------------|----------------------|-----------------|----------------------|-----------------------|
| Movement Enhancement | | 10 a.m. - 10:45a.m. | | 11 a.m. - 11:45 a.m. | | 10 a.m. - 10:45 a.m. | |
| Public Swim | 3:15 p.m. - 4:45 p.m. | | | | | | 3:15 p.m. - 4:45 p.m. |
| Leadership Skill Development | | | | | | | 5 p.m. - 6:30 p.m. |

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