

2023 Fall Drop-in Swim Schedule: September 25 – December 31, 2023
West End Community Centre

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



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

*Sauna is open during all of the above swim times