

2024 Fall Drop-in Swim Schedule: Sept 3 – December 31, 2024
West End Community Centre

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

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

Updated Nov 8/24



2024 Fall Drop-in Swim Schedule: Sept 23 – December 31, 2024
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.		8:15- 9 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.	8:15- 9 p.m.	9-9:45 a.m.	
Lane Swim (25m)	2-3 p.m.	6:15- 7:15 a.m. (S) 8-10p.m. (S)	6:15- 7 a.m. (D) 10 a.m.- 2 p.m. 9-10 p.m.	9-10 p.m. (S)	6:15- 7:15 a.m. (S) 10 a.m.- 2 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.		6:15- 8 a.m. 11 a.m.- 2 p.m.	5-6:30 p.m.
Leisure Swim		11 a.m.- 12 p.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. 8-10 p.m.	11 a.m.- 12 p.m.	
Movement Enhancement		10-10:45 a.m.		11-11:45 a.m.		10-10:45 a.m.	
Public Swim	3:15- 4:45 p.m.						3:15- 4:45 p.m.

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