**Drop-in Swim Schedule: September 8 – March 28**
**West End Community Centre**

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Aquafit** | | 9:05 a.m. - 9:50 a.m.<br><br>1:05 p.m. - 1:50 p.m. | 7 a.m. - 7:45 a.m.<br><br>1:05 p.m. - 1:50 p.m. | 9:05 a.m. - 9:50 a.m.<br><br>10 a.m. - 10:45 a.m.<br><br>1:05 p.m. - 1:50 p.m.<br><br>8 p.m. - 8:45 p.m. | 7 a.m. - 7:45 a.m.<br><br>1:05 p.m. - 1:50 p.m. | 9:05 a.m. - 9:50 a.m.<br><br>1:05 p.m. - 1:50 p.m. | |
| **Aqua Yoga** | | | 9 a.m. - 9:45 a.m. | | 9 a.m. - 9:45 a.m. | | |
| **Aquafit HIIT** | | 10 a.m. - 10:45 a.m. | | | | 10 a.m. - 10:45 a.m. | |
| **Aqua Rehab** | | | 11 a.m. - 11:45 a.m.<br><br>12 p.m. - 1 p.m. | | 11 a.m. - 11:45 a.m.<br><br>12 p.m. - 12:45 p.m. | | |
| **Lane Swim** | 7 a.m. - 9 a.m.<br><br>1 p.m. - 2 p.m. | 6:30 a.m. - 9 a.m.<br><br>11 a.m. -1 p.m.<br><br>2 p.m. - 3 p.m.<br><br>8 p.m. - 9 p.m. | 8 a.m. - 9 a.m.<br><br>10 a.m. - 1 p.m. | 6:30 a.m. - 8 a.m.<br><br>11 a.m. - 1 p.m.<br><br>2 p.m. - 3 p.m. | 8 a.m. - 9 a.m.<br><br>10 a.m. - 1 p.m. | 6:30 a.m. - 9 a.m.<br><br>11 a.m. - 1 p.m.<br><br>2 p.m. - 3 p.m.<br><br>8 p.m. - 9 p.m. | 7 a.m. - 9 a.m.<br>1 p.m. - 2 p.m. |
| **Leisure Swim** | | 12 p.m. - 1 p.m.<br><br>2 p.m. - 3 p.m. | 12 p.m. - 1 p.m. | 12 p.m. - 1 p.m.<br><br>2 p.m. - 3 p.m. | 12 p.m. - 1 p.m. | 12 p.m. - 1 p.m.<br><br>2 p.m. - 3 p.m. | |

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| **Movement Enhancement** | | 11 a.m. - 11:45 a.m.<br><br>12 p.m. - 12:45 p.m. | | 11 a.m. - 11:45 a.m.<br><br>12 p.m. - 12:45 p.m. | | 11 a.m. - 11:45 a.m.<br><br>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. | 10 a.m. - 11 a.m.<br><br>7:30 p.m. - 9 p.m. | 1 p.m. - 2 p.m. |
| **Sensory Friendly Swim** | | | 2 p.m. - 3 p.m. | | 7:30 p.m. - 9 p.m. | | 5 p.m. - 6 p.m. |
| **Warm Waters Swim** | 8 a.m. - 9 a.m. | 8 a.m. - 10 a.m.<br><br>1 p.m. - 2 p.m.<br><br>8 p.m. - 9 p.m. | 8 a.m. - 9 a.m.<br><br>9 a.m. - 10 a.m.<br><br>1 p.m. - 2 p.m. | 9 a.m. - 10 a.m.<br><br>1 p.m. - 2 p.m.<br><br>8 p.m. - 9 p.m. | 8 a.m. - 9 a.m.<br><br>9 a.m. - 10 a.m.<br><br>1 p.m. - 2 p.m. | 8 a.m. - 10 a.m.<br><br>1 p.m. - 2 p.m. | 8 a.m. - 9 a.m. |
| **Women's Only Swim** | | | 7:30 p.m. - 9 p.m. | | | | 3:45 p.m. - 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.
Accessible format available by contacting Recreation Customer Service at 519-837-5699 or TTY 519-826-9771

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**Drop-in Swim Schedule: September 8 – March 28**
**Victoria Road Recreation Centre**
**Legend: (S) is for shallow, (D) is for deep.**

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Aquafit Deep** | | 8 a.m. - 8:45 a.m.<br><br>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. | | 8:00 a.m. - 8:45 a.m. | 10 a.m. - 10:45 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. (S) | 8 p.m. - 10 p.m. (S) | 6:15 a.m. - 8 a.m. (D)<br><br>10 a.m. - 2 p.m. | 9 p.m. - 10 p.m. (S) | 6:15 a.m. - 8 a.m. (S)<br><br>10 a.m. - 2 p.m.<br><br>9 p.m. - 10 p.m. (S) | | 1 p.m. - 3 p.m. (S) |
| **Lane Swim (50m)** | | 6:15 a.m. - 8 a.m.<br><br>11 a.m. - 2 p.m. | 8:30p.m. - 10 p.m. | 6:15 a.m. - 8 a.m.<br><br>11 a.m. - 2 p.m. | | 6:15 a.m. - 8 a.m.<br><br>11 a.m. - 2 p.m. | |
| **Leisure Swim** | | 11 a.m. - 12 p.m. | 10 a.m. - 11 a.m.<br><br>11 a.m. - 12 p.m.<br><br>8 p.m. - 10 p.m. | 10 a.m. - 11 a.m. | 10 a.m. - 11 a.m.<br><br>11 a.m. -1 2 p.m.<br><br>8 p.m. - 10 p.m. | 11 a.m. - 12 p.m. | |

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| **Movement Enhancement** | | 10 a.m. - 10:45 a.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** | | | | | | 7:30 p.m. - 8:30 p.m. | 5 p.m. - 6:30 p.m. |

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