

2023 Fall Drop-in Swim Schedule: September 5 – December 31, 2023
Victoria Road Recreation Centre

Drop-in Swim	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	9-10 p.m. (S)	6:15-8 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.	5-7 p.m.
Leisure Swim		11 a.m.-noon	10 a.m.-11 a.m. 11 a.m.-noon 8-10 p.m.	10-11 a.m.	10-11 a.m. 11 a.m.-noon 8-10 p.m.	11 a.m.-noon	
Public Swim	3:15-4:45 p.m.						3:15-4:45 p.m.
Diaperfit (45 min)						10 a.m.-10:45a.m.	
Aquafit Shallow (45 min)		9-9:45 a.m.		9-9:45 a.m.	8:15-9 p.m.	9-9:45 a.m.	
Aquafit Deep (45 min)		8:15-9:00 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 (45 min)			8-8:45 a.m.		8:15-9:00 a.m.		
Aqua Rehab (45 min)		9-9:45 a.m.		9-9:45 a.m.		9-9:45 a.m.	
Movement Enhancement (45 min)		10-10:45 a.m.		11-11:45 a.m.		10-10:45 a.m.	



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