

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. 1:05 p.m. - 1:50 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. 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. - 1:50 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. 12 p.m. - 1 p.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.	6:30 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.	6:30 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.	6:30 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.
Leisure Swim		12 p.m. - 1 p.m. 2 p.m. - 3 p.m.	12 p.m. - 1 p.m.	12 p.m. - 1 p.m. 2 p.m. - 3 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.	10 a.m. - 11 a.m. 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. 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.	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 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



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. 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.	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)	6:30 a.m. - 8 a.m. 8 p.m. - 10 p.m. (S)	6:30 a.m. - 8 a.m. (D) 10 a.m. - 2 p.m.	9 p.m. - 10 p.m. (S)	6:30 a.m. - 8 a.m. (S) 10 a.m. - 2 p.m. 9 p.m. - 10 p.m. (S)		1 p.m. - 3 p.m. (S)
Lane Swim (50m)		11 a.m. - 2 p.m.	8:15 p.m. - 10 p.m.	6:30 a.m. - 8 a.m. 11 a.m. - 2 p.m.		6:30 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. 8 p.m. - 10 p.m.	11 a.m. - 12 p.m.	

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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