

2024 Summer Drop-in Swim Schedule: July 2 – August 31, 2024
West End Community Centre

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit		8-8:45 a.m. 1-1:45 p.m.	7-7:45 a.m. 1-1:45 p.m. 8-8:45 p.m.	8am-8:45am 1-1:45 p.m. 8-8:45 p.m.	7-7:45 a.m. 1-1:45 p.m.	8-8:45 a.m. 1-1:45 p.m.	
Aquatic Rehab			11-11:45 a.m.		11-11:45 a.m. 12-12:45 p.m.		
Lane Swim	11 a.m.-3 p.m.	6:15-8 a.m. 12-1 p.m. 8-9 p.m.	8-9 a.m. 12-1 p.m.	6:15- 8 a.m. 12-1 p.m.	12-1 p.m. 8-9 p.m.	6:15- 8 a.m. 12-1 p.m.	11 a.m.-3 p.m.
Leisure Swim	11 a.m.- 12 p.m. 12-1 p.m. 1-2 p.m. 2-3 p.m.	11:30 a.m. - 12:30 p.m.		11:30 a.m. - 12:30 p.m.	11:30 a.m. - 12:30 p.m.	11:30 a.m. - 12:30 p.m.	11 a.m.- 12 p.m. 12-1 p.m. 1-2 p.m. 2-3 p.m.
Leisure Warm Waters Swim		8-9 p.m.	12-1 p.m. 8-9 p.m.	8-9 p.m.	8-9 p.m.	1-2 p.m. 5-6 p.m. 6-7 p.m. 7-8 p.m.	
Movement Enhancement		11:15 a.m. - 12:00 p.m. 12-12:45 p.m.	9:30-10:15 a.m.	11-11:45 a.m. 12-12:45 p.m.	9:30-10:15 a.m.	11-11:45 a.m. 12-12:45 p.m.	
Public Swim		2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	2-4 p.m.	
Warm Waters Swim		7-8 a.m. 8-9 a.m. 1-2 p.m.	7-8 a.m. 8-9 a.m.	7-8 a.m. 8-9 a.m. 1-2 p.m.	7-8 a.m. 8-9 a.m.	7-8 a.m. 8-9 a.m.	

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

Updated July 8/24



2024 Summer Drop-in Swim Schedule: July 1 – August 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.	8:45-9:30 a.m.	8-8:45 a.m. 9-9:45 p.m.	8:45-9:30 a.m.	8-8:45 a.m.	
Aquafit HIIT			8-8:45 a.m.		8-8:45 a.m.		
Aquatic Rehab		8-8:45 a.m.				8-8:45 a.m.	
Aquafit Shallow		8:45-9:30 a.m.		8:45-9:30 a.m.	8-8:45 p.m.	8:45-9:30 a.m.	
Lane Swim (25m)	12-2 p.m.	6:15- 8 a.m. 12pm-2pm 8-10 p.m. (S)	6:15- 8 a.m. 12pm-2pm 8-10 p.m.	8-10 p.m. (S)	6:15- 8 a.m. 12pm-2pm 9-10 p.m.	6:15- 8 a.m. 12pm-2pm 5-7 p.m. (S)	12-2 p.m.
Lane Swim (50m)				12p.m-2p.m			
Leisure Swim		3:30-4:30 p.m. 8-9 p.m. 9-10 p.m.	3:30-4:30 p.m. 8-9 p.m. 9-10 p.m.	8-9 a.m. 3:30-4:30 p.m. 8-9 p.m. 9-10 p.m.	3:30-4:30 p.m. 8-9 p.m. 9-10 p.m.	3:30-4:30 p.m. 5-6 p.m. 6-7 p.m.	
Movement Enhancement		8:45-9:30 a.m.				8:45-9:30 a.m.	
Public Swim	2-4 p.m.						2-4 p.m.

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Updated July 8/24



2024 Summer Drop-in Swim Schedule: June 28 – August 31, 2024
Lyon Leisure Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim	12-1 p.m.	9-10 a.m. 12-1 p.m.	12-1 p.m.	9-10 a.m. 12-1 p.m.	12-1 p.m.	9-10 a.m. 12-1 p.m.	12-1 p.m.
Public Swim	1-4 p.m. 4:45-7:30 p.m.	10 a.m. -12 p.m. 1-4 p.m. 4:45-7:30 p.m.	10 a.m. -12 p.m. 1-4 p.m. 4:45-7:30 p.m.	10 a.m. -12 p.m. 1-4 p.m. 4:45-7:30 p.m.	10 a.m. -12 p.m. 1-4 p.m. 4:45-7:30 p.m.	10 a.m. -12 p.m. 1-4 p.m. 4:45-7:30 p.m.	1-4 p.m. 4:45-7:30 p.m.

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