Allandale Recreation Centre DROP-IN SCHEDULE - SPRING 2024 April 1 - June 30 190 Bayview Drive L4N 4Y8 (705)728-5141

	ENTRE HOURS							
Mon-Fri 6:00AM - 9:00PM Sat & Sun 8:00AM - 5:00PM Classes and instructors can be change without notice			SWIMMING POOL					
			FITNESS CLA	SSES SCHEDUL	F	FITNESS LANE SWIMS - 6L	7:00am- 8:55am	exclusion dates due
			OPEN SWIMS - Small Pool	9:15am- 11:55am	to Swim to Survive	OPEN SWIMS - Small Pool	9:15am- 11:55am	
MONDAY (April 8-June 24 - Excl. May 20)		FITNESS LANE SWIMS - 6L	11:00am-11:55am		FITNESS LANE SWIMS - 6L	11:00am-11:55am		
OTAL BODY WORKOUT	9:00am-9:55am	Mary	FITNESS LANE SWIMS - 3L	12:00pm-2:55pm		FITNESS LANE SWIMS - 3L	12:00pm-2:55pm	
TUESDAY (April 2-June 25)		OPEN SWIMS - Small Pool	12:00pm-2:55pm		OPEN SWIMS - Small Pool	12:00pm-2:55pm		
CYCLE & STRENGTH	9:00am-9:55am	Sandy	FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		OPEN SWIMS - Small Pool	3:00pm- 4:30pm	
STRETCH OUT	10:15am-11:15am	Sandy	OPEN SWIMS - Small Pool	8:05pm- 9:00pm		FITNESS LANE SWIMS - 3L	6:05pm- 7:00pm	
PUMPED UP EXPRESS	12:00pm-12:45pm	Sandy	TUESD	DAY (April 2 - June 25)		OPEN SWIMS - Small Pool	6:05pm-7:00pm	
OTAL BODY WORKOUT	5:45pm-6:45pm	Wendy	FITNESS LANE SWIMS - 6L	7:00am- 8:55am		OPEN SWIMS - Both Pools	7:05pm- 9:00pm	
WEDNESDAY (April 3-June 26)			OPEN SWIMS - Small Pool	9:15am- 11:55am		SATURDAY	(April 6 - June 29)	
TOP GUNS/ROCK BOTTOMS	6:30am-7:15am	Mary	FITNESS LANE SWIMS - 6L	11:00am-11:55am		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm	
ZUMBA (Cond RM)	9:00am-9:55am	Cathy T	FITNESS LANE SWIMS - 3L	12:00pm-12:55pm		OPEN SWIMS	1:05pm- 2:35pm	
MOBILITY & STRETCH	10:15am-11:15am	Sandy	OPEN SWIMS - Small Pool	12:00pm-12:55pm		OPEN SWIMS	2:45pm- 4:15pm	
CYCLE & STRENGTH EXPRESS	12:00pm-12:45pm	Sandy	FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Apr 2, 9, 16, 23; May 21, 28	; Jun 4		
CIRCUIT TRAINING	5:30pm-6:30pm	Chris	OPEN SWIMS - Small Pool	1:00pm-2:00pm	Apr 2, 9, 16, 23; May 21, 28	; Jun 4		
THURSDAY (April 4-June 27)			FITNESS LANE SWIMS - 3L	2:05pm-2:55pm		SUNDAY (A	April 7 - June 30)	
CARDIO & CORE	9:00am-9:55am	Sandy	OPEN SWIMS - Small Pool	2:05pm-2:55pm		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm	
PILATES	10:15am-11:15am	Sandy	FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		OPEN SWIMS	1:05pm- 2:35pm	
BOOTCAMP EXPRESS	12:00pm-12:45pm	Sandy	OPEN SWIMS - Small Pool	8:05pm- 9:00pm		OPEN SWIMS	2:45pm- 4:15pm	
PILOGA	5:30pm-6:30pm	Nene	WEDNES	SDAY (April 3 - June 26)			
FRIDAY (April 5-June 28)			FITNESS LANE SWIMS - 6L	7:00am- 8:55am				
BOOTCAMP	6:30am-7:15am	Mary	OPEN SWIMS - Small Pool	9:15am- 10:55am				
YOGA FIT	9:00am-9:55am	Sandy	FITNESS LANE SWIMS - 3L	1:00pm-2:00pm				
SATURDAY (April 6-June 29)			OPEN SWIMS - Small Pool	1:00pm-2:00pm				
PUMPED UP	9:15am-10:15am	Sandy	FITNESS LANE SWIMS - 3L	2:05pm-2:55pm				
SUNDAY ((April 7- June 30)	•	OPEN SWIMS - Small Pool	2:05pm-2:55pm				
CARDIO DANCE (Cond RM)	10:15am-11:15am	Huguette	OPEN SWIMS - Small Pool	6:00pm-7:30pm				
				DAY (April 4 - June 27)				
e.	KATING		FITNESS LANE SWIMS - 6L	7:00am- 8:55am				
SKATING			OPEN SWIMS - Small Pool	9:15am- 11:55am				
MONDAY (APRIL 8 - MAY 13)			FITNESS LANE SWIMS - 6L	11:00am-11:55am				
PUBLIC SKATE	4:00pm-4:50pm		FITNESS LANE SWIMS - 3L	12:00pm-12:55pm				
WEDNESD	AY (APRIL 3-10)		OPEN SWIMS - Small Pool	12:00pm-12:55pm				
PUBLIC SKATE	3:15pm-5:05pm		FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Apr 4, 11, 18, 25; May 23, 3	0; Jun 6		
THURSDAY (APRIL 4)			OPEN SWIMS - Small Pool	1:00pm-2:00pm	Apr 4, 11, 18, 25; May 23, 3	0; Jun 6		
STICK & PUCK	3:15pm-4:05pm		FITNESS LANE SWIMS - 3L	2:05pm-2:55pm				
STICK & PUCK	4:15pm-5:05pm		OPEN SWIMS - Small Pool	2:05pm-2:55pm				
FRIDAY (APRIL 5 - MAY 24)			FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm				
PUBLIC SKATE (ADULT)	1:15pm-3:05pm		OPEN SWIMS - Small Pool	8:05pm- 9:00pm				
SATURDAY (APRIL 6 - M	AY 11) EXCL. APR	27, MAY 4				AQUA FITNESS		
STICK & PUCK 5:15pm-6:05pm					SUNDAY (A	April 7 - June 30)		
PUBLIC SKATE	6:15pm-7:05pm					AQUA FIT	7:45am- 8:30am as of Feb	
						MONDAY (April 8 - June 24)	

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	SUNDAY (April 7 - June 30)
AQUA FIT	7:45am- 8:30am as of Feb 25
	MONDAY (April 8 - June 24)
AQUA FIT	9:00am - 9:45am
AQUA FIT	10:00am-10:45am
	TUESDAY (April 2 - June 25)
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
	WEDNESDAY (April 3 - June 26)
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
	THURSDAY (April 4 - June 27)
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am
	FRIDAY (April 5 - June 28)
AQUA FIT	9:00am- 9:45am
AQUA FIT	10:00am-10:45am