

Allandale Recreation Centre
DROP-IN SCHEDULE - SPRING 2024

April 1 - June 30
190 Bayview Drive L4N 4Y8 (705)728-5141

FITNESS CENTRE HOURS			SWIMMING POOL								
Mon-Fri 6:00AM - 9:00PM											
Sat & Sun 8:00AM - 5:00PM											
Classes and instructors can be change without notice											
FITNESS CLASSES SCHEDULE			MONDAY (April 8 - June 24)			FRIDAY (April 5 - June 28)					
MONDAY (April 8-June 24 - Excl. May 20)			FITNESS LANE SWIMS - 6L	7:00am- 8:55am	exclusion dates due to Swim to Survive	FITNESS LANE SWIMS - 6L	7:00am- 8:55am				
			OPEN SWIMS - Small Pool	9:15am- 11:55am		OPEN SWIMS - Small Pool	9:15am- 11:55am				
			FITNESS LANE SWIMS - 6L	11:00am-11:55am		FITNESS LANE SWIMS - 6L	11:00am-11:55am				
			FITNESS LANE SWIMS - 3L	12:00pm-2:55pm		FITNESS LANE SWIMS - 3L	12:00pm-2:55pm				
			OPEN SWIMS - Small Pool	12:00pm-2:55pm		OPEN SWIMS - Small Pool	12:00pm-2:55pm				
TUESDAY (April 2-June 25)			FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		OPEN SWIMS - Small Pool	3:00pm- 4:30pm				
			OPEN SWIMS - Small Pool	8:05pm- 9:00pm		FITNESS LANE SWIMS - 3L	6:05pm- 7:00pm				
			TUESDAY (April 2 - June 25)			OPEN SWIMS - Small Pool	6:05pm- 7:00pm				
			FITNESS LANE SWIMS - 6L	7:00am- 8:55am		OPEN SWIMS - Both Pools	7:05pm- 9:00pm				
			OPEN SWIMS - Small Pool	9:15am- 11:55am		SATURDAY (April 6 - June 29)					
			FITNESS LANE SWIMS - 6L	11:00am-11:55am		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm				
			FITNESS LANE SWIMS - 3L	12:00pm-12:55pm		OPEN SWIMS	1:05pm- 2:35pm				
			OPEN SWIMS - Small Pool	12:00pm-12:55pm		OPEN SWIMS	2:45pm- 4:15pm				
			FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Apr 2, 9, 16, 23; May 21, 28; Jun 4	SUNDAY (April 7 - June 30)					
			OPEN SWIMS - Small Pool	1:00pm-2:00pm	Apr 2, 9, 16, 23; May 21, 28; Jun 4						
			FITNESS LANE SWIMS - 3L	2:05pm-2:55pm		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm				
			OPEN SWIMS - Small Pool	2:05pm-2:55pm		OPEN SWIMS	1:05pm- 2:35pm				
			FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		OPEN SWIMS	2:45pm- 4:15pm				
			OPEN SWIMS - Small Pool	8:05pm- 9:00pm							
			WEDNESDAY (April 3 - June 26)								
			FITNESS LANE SWIMS - 6L	7:00am- 8:55am							
			OPEN SWIMS - Small Pool	9:15am- 10:55am							
			FITNESS LANE SWIMS - 3L	1:00pm-2:00pm							
			OPEN SWIMS - Small Pool	1:00pm-2:00pm							
			FITNESS LANE SWIMS - 3L	2:05pm-2:55pm							
			OPEN SWIMS - Small Pool	2:05pm-2:55pm							
			OPEN SWIMS - Small Pool	6:00pm-7:30pm							
			THURSDAY (April 4 - June 27)								
			FITNESS LANE SWIMS - 6L	7:00am- 8:55am							
			OPEN SWIMS - Small Pool	9:15am- 11:55am							
			FITNESS LANE SWIMS - 6L	11:00am-11:55am							
			FITNESS LANE SWIMS - 3L	12:00pm-12:55pm							
			OPEN SWIMS - Small Pool	12:00pm-12:55pm							
			FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Apr 4, 11, 18, 25; May 23, 30; Jun 6						
			OPEN SWIMS - Small Pool	1:00pm-2:00pm	Apr 4, 11, 18, 25; May 23, 30; Jun 6						
			FITNESS LANE SWIMS - 3L	2:05pm-2:55pm							
			OPEN SWIMS - Small Pool	2:05pm-2:55pm							
			FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm							
			OPEN SWIMS - Small Pool	8:05pm- 9:00pm							
						AQUA FITNESS					
SKATING											
MONDAY (APRIL 8 - MAY 13)											
PUBLIC SKATE	4:00pm-4:50pm										
WEDNESDAY (APRIL 3-10)											
PUBLIC SKATE	3:15pm-5:05pm										
THURSDAY (APRIL 4)											
STICK & PUCK	3:15pm-4:05pm										
STICK & PUCK	4:15pm-5:05pm										
FRIDAY (APRIL 5 - MAY 24)											
PUBLIC SKATE (ADULT)	1:15pm-3:05pm										
SATURDAY (APRIL 6 - MAY 11) EXCL. APR 27, MAY 4											
STICK & PUCK	5:15pm-6:05pm										
PUBLIC SKATE	6:15pm-7:05pm										