

West Nipissing Community and Recreation Centre
Centre communautaire et récréatif de Nipissing Ovest

Winter 2024 Hiver 2024	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	GYM
6:30AM - 7:00 AM							
7:00AM - 7:30AM							
7:30AM - 8:00AM	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.		Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.		
8:00AM - 8:30AM							
8:30AM - 9:00AM							
9:00AM - 9:30AM						*Open Lap Swim <i>Natation en longueurs libre</i> 9 a.m. - 10:30 a.m.	
9:30AM - 10:00AM	Aqua Fitness <i>Cours d'aquaforme</i> 9:30 a.m. - 10:15 a.m.	Parent & Tot/ Parent et bambin (4-24 months/mois) 9:30 a.m. - 10:30 a.m.	Open Adult Swim <i>Natation libre adulte</i> 9:30 a.m. - 10:30 a.m.	Parent & Tot/ Parent et bambin (4-24 months/mois) 9:30 a.m. - 10:30 a.m.	Aqua Fitness <i>Cours d'aquaforme</i> 9:30 a.m. - 10:15 p.m.		
10:00AM - 10:30AM							
10:30AM - 11:00AM							
11:00AM - 11:30AM							
11:30AM-12:00PM	Adult Leisure Swim <i>Natation récréative adulte</i> 11 a.m. - 1 p.m.	Adult Leisure Swim <i>Natation récréative adulte</i> 11 a.m. - 1 p.m.	Adult Leisure Swim <i>Natation récréative adulte</i> 11 a.m. - 1 p.m.	Adult Leisure Swim <i>Natation récréative adulte</i> 11 a.m. - 1 p.m.	Adult Leisure Swim <i>Natation récréative adulte</i> 11 a.m. - 1 p.m.	*Public Swim <i>Natation publique</i> 10:30 a.m. - 1 p.m.	Open Gym <i>Gym libre</i> 8 a.m. - 2 p.m.
12:00PM - 12:30PM							
12:30PM - 1:00PM							
1:00PM - 1:30PM	Open Lap Swim/ Parent & Tot <i>Natation en longueurs libre/Parent et bambin</i> 1 p.m. - 2 p.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim/ Parent & Tot <i>Natation en longueurs libre/Parent et bambin</i> 1 p.m. - 2 p.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim/ Parent & Tot <i>Natation en longueurs libre/Parent et bambin</i> 1 p.m. - 2 p.m.		
1:30PM - 2:00PM							
2:00PM - 2:30PM							
2:30PM - 3:00PM							
3:00PM - 3:30PM							
3:30PM - 4:00PM							
4:00PM - 4:30PM							
4:30PM - 5:00PM							
5:00PM - 5:30PM			Équipe de Natation Sturgeon Falls Swim Team 4:15 p.m. - 5:45 p.m.				
5:30PM - 6:00PM							
6:00PM - 6:30PM		Shallow Water Strength & Cardio <i>Eau peu profonde</i> 5:45 p.m. - 6:30 p.m.	Family Swim <i>Natation familiale</i> 6 p.m. - 7:30 p.m.	Shallow Water Strength & Cardio <i>Eau peu profonde</i> 5:45 p.m. - 6:30 p.m.	Family Swim* <i>Natation familiale</i> 5:30 p.m. - 7:30 p.m.		
6:30PM - 7:00PM							
7:00PM - 7:30PM							
7:30PM - 8:00PM		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.	Open Swim (Adult) <i>Natation libre (adulte)</i> 7:30 p.m. - 8:30 p.m.	Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.	Open Swim (Adult)* <i>Natation libre (adulte)</i> 7:30 p.m. - 8:30 p.m.		
8:00PM - 8:30PM							
8:30PM - 9:00PM							

*Family Swim from 5:30 p.m. - 7:30 p.m. and Open Swim from 7:30 p.m. - 8:30 p.m. will be canceled on Friday, January 12 & Friday January 19.

*All swimming will be canceled on Saturday, January 13 & Saturday January 20.