



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

Fall 2024 automne 2024	MONDAY LUNDI		TUESDAY MARDI		WEDNESDAY MERCREDI		THURSDAY JEUDI		FRIDAY VENDREDI		SATURDAY SAMEDI		SUNDAY DIMANCHE								
	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	GYM								
6:30AM - 7:00 AM																					
7:00AM - 7:30AM	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 7 a.m. - 9 a.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.								
7:30AM - 8:00AM																					
8:00AM - 8:30AM																					
8:30AM - 9:00AM																					
9:00AM - 9:30AM																					
9:30AM - 10:00AM	Aqua Fitness <i>Cours d'aquaforme</i> 9:30 a.m. - 10:15 a.m.				Parent & Tot/ Parent et bambin 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 9:30 a.m. - 10:30 a.m.		Aqua Fitness <i>Cours d'aquaforme</i> 9:30 a.m. - 10:15 p.m.		Open Lap Swim <i>Natation en longueurs libre</i> 9 a.m. - 10:30 a.m.			
10:00AM - 10:30AM																					
10:30AM - 11:00AM																					
11:00AM - 11:30AM	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.		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.
11:30AM-12:00PM																					
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 Lap Swim/ Parent & Tot <i>Natation en longueurs libre/Parent et bambin</i> 1 p.m. - 2 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			Group Swimming Lessons <i>Cours en groupe</i> 4:00 p.m. - 6:30 p.m.		Équipe de Natation Sturgeon Falls Swim Team 4:15 p.m. - 5:45 p.m.		Group Swimming Lessons <i>Cours en groupe</i> 4:00 p.m. - 6:30 p.m.		Private Swimming lessons <i>Cours privés</i> 4 p.m. - 6 p.m.		Family Swim <i>Natation familiale</i> 6 p.m. - 7:30 p.m.										
5:00PM - 5:30PM																					
5:30PM - 6:00PM																					
6:00PM - 6:30PM	Family Swim <i>Natation familiale</i> 6 p.m. - 7:30 p.m.																				
6:30PM - 7:00PM																					
7:00PM - 7:30PM																					
7:30PM - 8:00PM	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.				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																					

Swimming Lessons start the week of October 1st.
Registration opens Saturday, September 21st at 8am
Visit www.westnipissing.ca for more information.

Les cours de natation commencent la semaine du 1er octobre.
L'inscription ouvrent le samedi 21 septembre à 8h.
Visitez www.westnipissing.ca pour plus d'informations.