



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

Winter 2025 Hiver 2025	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUN DIM
	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	GYM
6:30-7:00 AM							
7:00-7:30AM	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.		
7:30-8:00AM							
8:00-8:30AM							
8:30-9:00AM							
9:00-9:30AM		Open Swim (All/Tous Ages) <i>Natation libre</i> 9:30 am - 10:30 am	Open Swim (Adult) <i>Natation libre</i> 9:30 am - 10:30 am	Open Swim (All/Tous Ages) <i>Natation libre</i> 9:30 am - 10:30 am	Aqua Fitness <i>Aquaforme</i> 9:30 a.m. - 10:15 p.m.	Open Lap Swim <i>Natation en longueurs libre</i> 9 am - 10:30 am	
9:30-10:00AM							
10:00-10:30AM							
10:30-11:00AM						Public Swim <i>Natation publique</i> 10:30 am - 1 pm	Open Gym <i>Gym libre</i> 8 am - 2 pm
11:00-11:30AM	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.		
11:30AM-12:00PM							
12:00-12:30PM							
12:30-1:00PM							
1:00-1:30PM	Open Lap Swim/ Parent & Tot <i>Natation libre/ Parent et bambins</i> 1 p.m. - 2 p.m.	Open Gym <i>Gym libre</i> 6:30 am-9:00 pm	Open Lap Swim/ Parent & Tot <i>Natation libre/ Parent et bambins</i> 1 p.m. - 2 p.m.	Open Gym <i>Gym libre</i> 6:30 am-9:00 pm	Open Lap Swim/ Parent & Tot <i>Natation libre/ Parent et bambins</i> 1 p.m. - 2 p.m.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 p.m.	
1:30-2:00PM							
2:00-2:30PM							
2:30-3:00PM							
3:00-3:30PM							
3:30-4:00PM							
4:00-4:30PM	Private Swimming lessons <i>Cours privés</i> 4 p.m. - 7 p.m.	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.			
4:30-5:00PM							
5:00-5:30PM							
5:30-6:00PM							
6:00-6:30PM			Family Swim <i>Natation familiale</i> 6 p.m. - 7:30 p.m.		Family Swim <i>Natation familiale</i> 6 p.m. - 7:30 p.m.		
6:30-7:00PM							
7:00-7:30PM		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.					
7:30-8:00PM	Open Swim (Adult) <i>Natation libre</i> 7:30 pm - 8:30 pm		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.	Open Swim (Adult) <i>Natation libre</i> 7:30 pm - 8:30 pm			
8:00-8:30PM							

Swimming Lessons start the week of January 20.
Registration opens Saturday, January 11th at 8am
Visit www.westnipissing.ca for more information.

Les cours de natation commencent la semaine du 20 janvier.
Les inscriptions ouvrent le samedi 11 janvier à 8h.
Visitez www.westnipissing.ca pour plus d'informations.

*More Aqua Fitness classes coming soon!