



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	POOL / PISCINE
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 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.		
7:30AM - 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.		Open Swim ( All Ages)/ <i>Natation libre</i> 9:30 a.m. - 10:30 a.m.		Open Swim ( All Ages)/ <i>Natation libre</i> 9:30 a.m. - 10:30 a.m.		
10:00AM - 10:30AM			Open Adult Swim <i>Natation libre adulte</i> 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.	
10:30AM - 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.	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>	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.	Open Gym <i>Gym libre</i> 6:30 a.m. - 9:00 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	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.			
4:30PM - 5:00PM							
5:00PM - 5:30PM							
5:30PM - 6:00PM			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.		
6:00PM - 6:30PM							
6:30PM - 7:00PM							
7:00PM - 7:30PM	Aqua Fitness <i>Cours d'aquaforme</i> 7 p.m. - 7:45 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.		
7:30PM - 8:00PM							
8:00PM - 8:30PM	Open Swim (Adult) <i>Natation libre (adulte)</i> 7:45 p.m. - 8:45p.m.				Open Swim (Adult) <i>Natation libre (adulte)</i> 7:30 p.m. - 8:30 p.m.		
8:30PM - 9:00PM							

Evening Aqua Fitness is back! Call to book your spot: 705-753-0160  
Les cours d'aquaforme en soirée sont de retour ! Appelez le 705-753-0160 pour réserver votre place !