

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

Fall 2025	MONDAY LUNDI		TUESDAY MARDI		WEDNESDAY MERCREDI		THURSDAY JEUDI		FRIDAY VENDREDI		SATURDAY SAMEDI		SUNDAY DIMANCHE							
Automne 2025	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	GYM							
6:30AM- 7:00 AM		Open Gym Gym libre 6:30 a.m. - 9:00 p.m.		Open Gym Gym libre 6:30 a.m. - 9:00 p.m.		Open Gym Gym libre 6:30 a.m. - 9:00 p.m.		Open Gym Gym libre 6:30 a.m. - 9:00 p.m.		Open Gym Gym libre 6:30 a.m. - 9:00 p.m.		Open Gym Gym libre 8 a.m. - 2 p.m.	Open Gym Gym libre 8 a.m. - 2 p.m.							
7:00AM - 7:30AM	Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.		Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.		Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.		Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.		Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.		Open Lap Swim Natation en longueurs libre 7 a.m. - 9 a.m.				Open Lap Swim Natation en longueurs libre 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 Cours d'aquaforme 9:30 a.m. - 10:15 a.m.				Open Swim (All Ages)/Natation libre 9:30 a.m. - 10:30 a.m.				*New* Stretch & Mobility Étirements et mobilité 9:30 a.m. - 10:30 a.m.						Open Swim (All Ages)/Natation libre 9:30 a.m. - 10:30 a.m.		Aqua Fitness Cours d'aquaforme 9:30 a.m. - 10:15 a.m.		Open Lap Swim Natation en longueurs libre 9 a.m. - 10:30 a.m.	
10:00AM - 10:30AM																				
10:30AM - 11:00AM																				
11:00AM - 11:30AM	Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.		Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.		Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.		Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.		Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.		Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.				Adult Leisure Swim Natation récréative adulte 11 a.m. - 1 p.m.					
11:30AM-12:00PM																				
12:00PM - 12:30PM																				
12:30PM - 1:00PM																				
1:00PM - 1:30PM	Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin 1 p.m. - 2 p.m.				Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin 1 p.m. - 2 p.m.				Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin 1 p.m. - 2 p.m.						Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin 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	Private Swimming lessons Cours privés 4 p.m. - 7 p.m.		Group Swimming Lessons Cours en groupe 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 Cours en groupe 4:00 p.m. - 6:30 p.m.													
4:30PM - 5:00PM																				
5:00PM - 5:30PM																				
5:30PM - 6:00PM																				
6:00PM - 6:30PM																				
6:30PM - 7:00PM																				
7:00PM - 7:30PM	Aqua Fitness Cours d'aquaforme 7 p.m. - 7:45 p.m.		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.		6 p.m. - 7:30 p.m.		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.		6 p.m. - 7:30 p.m.											
7:30PM - 8:00PM					Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.				Open Swim (Adult) Natation libre (adulte) 7:30 p.m. - 8:30 p.m.											
8:00PM - 8:30PM	Open Swim (Adult) Natation libre (adulte) 7:45 p.m. - 8:45p.m.																			
8:30PM - 8:45PM																				

Swimming lesson registration will open Saturday, September 20th at 8am. Visit our website for more information and to register: www.westnipissing.ca

Les inscriptions aux cours de natation débuteront le samedi 20 septembre à 8 h. Pour plus d'informations et pour vous inscrire, rendez-vous sur notre site web : www.westnipissing.ca