

Winter 2026 hiver 2026	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	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.									
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.	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 Gym Gym libre 8 a.m. - 2 p.m.	Open Gym Gym libre 8 a.m. - 2 p.m.	
7:30AM - 8:00AM																			
8:00AM - 8:30AM																			
8:30AM - 9:00AM																			
9:00AM - 9:30AM															Open Lap Swim Natation en longueurs libre 9 a.m. - 10:30 a.m.	Open Gym Gym libre 8 a.m. - 2 p.m.			Open Gym Gym libre 8 a.m. - 2 p.m.
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.		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.		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.					
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.	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.	Open Gym Gym libre 6:30 a.m. - 9:00 p.m.	Open Gym Gym libre 6:30 a.m. - 9:00 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.					
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.	Group Swimming Lessons Cours en groupe 4:15 p.m. - 5:45 p.m.	Group Swimming Lessons Cours en groupe 4:00 p.m. - 6:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 p.m.	Family Swim Natation familiale 6 p.m. - 7:30 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.						
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.	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.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 p.m.	Aqua Fitness Cours d'aquaforme 7:45 p.m. - 8:30 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.						
7:30PM - 8:00PM																			
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, January 10th at 8am. Visit our website for more information and to register: www.westnipissing.ca

Les inscriptions aux cours de natation débiteront le samedi 10 janvier à 8 h. Pour plus d'informations et pour vous inscrire, rendez-vous sur notre site web : www.westnipissing.ca