West Nipissing Ouest

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

Spring 2026 *printemps 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
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.				
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.		
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.				
10:00AM - 10:30AM													
10:30AM - 11:00AM											Public Swim *Natation publique* 10:30 a.m. - 1 p.m.	Open Gym *Gym libre* 8 a.m. - 2 p.m.	Open Gym *Gym libre* 8 a.m. - 2 p.m.
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.				
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.		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.		Swimming Lessons *Cours de natation* 4 p.m. - 6 p.m.				
4:30PM - 5:00PM													
5:00PM - 5:30PM													
5:30PM - 6:00PM													
6:00PM - 6:30PM					Family Swim *Natation familiale* 6 p.m. - 7:30 p.m.				Family Swim *Natation familiale* 6 p.m. - 7:30 p.m.				
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.		Aqua Fitness *Cours d'aquaforme* *7:45 p.m. - 8:30 p.m.*		Équipe de Natation Sturgeon Falls Swim Team 6:45 p.m. - 8:45 p.m.		Open Swim (Adult) *Natation libre (adulte)* 7:30 p.m. - 8:30 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													