

**Community and Recreation Centre
Centre communautaire et récréatif**

Summer 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																		
7:30AM - 8:00AM	Open Lap Swim <i>Natation en longueurs libre</i> 7:00 a.m. - 9:00 a.m.				Open Lap Swim <i>Natation en longueurs libre</i> 7:00 a.m. - 9:00 a.m.				Open Lap Swim <i>Natation en longueurs libre</i> 7:00 a.m. - 9:00 a.m.			Open Lap Swim <i>Natation en longueurs libre</i> 7:00 a.m. - 9:00 a.m.		Open Lap Swim <i>Natation en longueurs libre</i> 7:00 a.m. - 9:00 a.m.				
8:00AM - 8:30AM																		
8:30AM - 9:00AM																		
9:00AM - 9:30AM																		
9:30AM - 10:00AM	Open Swim (All Ages)/ <i>Natation libre</i> 9:30 a.m. - 10:30 a.m.				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.			Aqua Fitness <i>Cours d'aquaforme</i> 9:30 a.m. - 10:15 a.m.				Open Lap Swim <i>Natation en longueurs libre</i> 9 a.m. - 10:30 p.m.		
10:00AM - 10:30AM																		
10:30AM - 11:00AM																		
11:00AM - 11:30AM																		
11:30AM-12:00PM	Adult Leisure Swim <i>Natation récréative adulte</i> 11:00 a.m. - 1:00 p.m.				Adult Leisure Swim <i>Natation récréative adulte</i> 11:00 a.m. - 1:00 p.m.				Adult Leisure Swim <i>Natation récréative adulte</i> 11:00 a.m. - 1:00 p.m.			Adult Leisure Swim <i>Natation récréative adulte</i> 11:00 a.m. - 1:00 p.m.		Adult Leisure Swim <i>Natation récréative adulte</i> 11:00 a.m. - 1:00 p.m.				
12:00PM - 12:30PM																		
12:30PM - 1:00PM																		
1:00PM - 1:30PM	Family Swim <i>Natation familiale</i> 1:00 p.m. - 3:00 p.m.				Family Swim <i>Natation familiale</i> 1:00 p.m. - 3:00 p.m.				Family Swim <i>Natation familiale</i> 1:00 p.m. - 3:00 p.m.			Family Swim <i>Natation familiale</i> 1:00 p.m. - 3:00 p.m.		Family Swim <i>Natation familiale</i> 1:00 p.m. - 3:00 p.m.				
1:30PM - 2:00PM																		
2:00PM - 2:30PM																		
2:30PM - 3:00PM																		
3:00PM - 3:30PM	Open Lap/Parent & Tot <i>Natation en longueurs libre</i> 3 p.m. - 4:00 p.m.								Open Lap/Parent & Tot <i>Natation en longueurs libre</i> 3 p.m. - 4:00 p.m.					Open Lap/Parent & Tot <i>Natation en longueurs libre</i> 3 p.m. - 4:00 p.m.				
3:30PM - 4:00PM																		
4:00PM - 4:30PM																		
4:30PM - 5:00PM	Swimming Lessons leçons de natation		Swimming Lessons leçons de natation		Swimming Lessons leçons de natation		Swimming Lessons leçons de natation		Swimming Lessons leçons de natation									
5:00PM - 5:30PM																		
5:30PM - 6:00PM																		
6:00PM - 6:30PM	Public Swim <i>Natation publique</i> 6:00 p.m. - 7:30 p.m.				Public Swim <i>Natation publique</i> 6:00 p.m. - 7:30 p.m.				Public Swim <i>Natation publique</i> 6:00 p.m. - 7:30 p.m.									
6:30PM - 7:00PM																		
7:00PM - 7:30PM																		
7:30PM - 8:00PM	Aqua Fitness <i>Cours d'aquaforme</i> 7:30 p.m. - 8:15 p.m.				Aqua Fitness <i>Cours d'aquaforme</i> 7:30 p.m. - 8:15 p.m.				Open Swim (Adult) <i>Natation ouvert (Adulte)</i> 7:30 p.m. - 8:30 p.m.									
8:00PM - 8:30PM																		
8:30PM - 9:00PM																		

Summer Swimming Lessons / leçons de natation:

July Private Lessons
Cours privés
July/juillet 6-17
Registration: June/juin 27

Group Swimming lessons
Cours en groupe
July/juillet 20- July/juillet 31
Registration: July/juillet 11

August Private Lessons
Cours privés
August/août 10-21
Registration: July/Juillet 25