



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

Fall 2026 <i>Automne 2025</i>	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				
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.		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.		<i>Open Swim (All Ages)/Natation libre</i> 9:30 a.m. - 10:30 a.m.		Stretch & Mobility <i>Étirements et mobilité</i> 9:30 a.m. - 10:30 a.m.		<i>Open Swim (All Ages)/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 a.m.					
10:00AM - 10:30AM																
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.		Adult Leisure Swim <i>Natation récréative adulte</i> 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 <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.	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	Private Swimming lessons <i>Cours privés</i> 4 p.m. - 7 p.m.															
2:30PM - 3:00PM																
3:00PM - 3:30PM																
3:30PM - 4:00PM																
4:00PM - 4:30PM							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																
6:00PM - 6:30PM								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.						
6:30PM - 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	Aqua Fitness <i>Cours d'aquaforme</i> 7:45 p.m. - 8:30 p.m.	Équipe de Natation Sturgeon Falls Swim Team	Open Swim (Adult) <i>Natation libre (adulte)</i> 7:30 p.m. - 8:30 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.															
8:30PM - 8:45PM																

Swimming lesson registration will open Saturday, September 12th at 8am. Visit our website for more information and to register: www.westnipissing.ca

Les inscriptions aux cours de natation débuteront le samedi 12 septembre à 8 h. Pour plus d'informations et pour vous inscrire, rendez-vous sur notre site web : www.westnipissing.ca