

SWIM DROP-IN SCHEDULE

Schedules are subject to changes without notice. Check for updates

**ALLANDALE R.C.
190 BAYVIEW DR
(705) 728-5141**

MONDAY

SWIMMING

Apr 06 to Jun 22	FITNESS LANE SWIMS - 3L	7:00am- 8:45am
Apr 06 to Jun 22	FITNESS LANE SWIMS - 2L	8:45am-11:00am
Apr 06 to Jun 22	60+ SWIMS widths	11:00am-12:00pm
Apr 06 to Jun 22	FITNESS LANE SWIMS - 6L	12:00pm- 1:00pm
Apr 06 to Jun 22	OPEN SWIMS - SMALL POOL ONLY	12:00pm- 1:00pm
Apr 06 to Jun 22	OPEN SWIMS \$2 - 6L	1:00pm- 3:00pm
Apr 06 to Jun 22	AFTER SCHOOL SWIM \$2- 3L	3:00pm-5:00pm

TUESDAY

SWIMMING

Apr 07 to Jun 23	FITNESS LANE SWIMS - 3L	7:00am- 9:00am
Apr 07 to Jun 23	60+ SWIMS lengths	10:00am-11:00am
Apr 07 to Jun 23	FITNESS LANE SWIMS - 6L	11:00am- 1:00pm
Apr 07 to Jun 23	OPEN SWIMS - SMALL POOL ONLY	11:00am- 1:00pm
Apr 07 to Jun 25	FITNESS LANE SWIMS - 3L	3:00pm- 4:00pm
Apr 07 to Jun 23	OPEN SWIMS - SMALL POOL ONLY	3:00pm- 4:00pm
Apr 07 to Jun 23	FITNESS LANE SWIMS - 2L	8:00pm- 9:00pm

WEDNESDAY

SWIMMING

Apr 01 to Jun 24	FITNESS LANE SWIMS - 3L	7:00am- 8:45am
Apr 01 to Jun 24	FITNESS LANE SWIMS - 2L	10:00am-11:00am
Apr 01 to Jun 24	60+ SWIMS widths	11:00am-12:00pm
Apr 01 to Jun 24	FITNESS LANE SWIMS - 6L	12:00pm- 1:00pm
Apr 01 to Jun 24	FITNESS LANE SWIMS - 3L	9:00pm-10:00pm
Apr 01 to Jun 24	OPEN SWIMS - SMALL POOL ONLY	12:00pm- 1:00pm

THURSDAY

SWIMMING

Apr 02 to Jun 25	FITNESS LANE SWIMS - 3L	7:00am- 8:30am
Apr 02 to Jun 25	60+ SWIMS lengths	10:00am-11:00am
Apr 02 to Jun 25	FITNESS LANE SWIMS - 6L	11:00am-12:30pm
Apr 02 to Jun 25	OPEN SWIMS - SMALL POOL ONLY	11:00am-12:30pm
Apr 02 to Jun 25	FITNESS LANE SWIMS - 3L	3:00pm- 4:00pm
Apr 02 to Jun 25	OPEN SWIMS - SMALL POOL ONLY	3:00pm- 4:00pm
Apr 02 to Jun 25	FITNESS LANE SWIMS - 2L	7:45pm- 8:45pm

FRIDAY

SWIMMING

Apr 03 to Jun 26	FITNESS LANE SWIMS - 3L	7:00am- 8:45am
Apr 03 to Jun 26	FITNESS LANE SWIMS - 2L	8:45am-11:00am
Apr 03 to Jun 26	60+ SWIMS widths	11:00am-11:45am
Apr 03 to Jun 26	FITNESS LANE SWIMS - 6L	11:45am- 12:30pm
Apr 03 to Jun 26	OPEN SWIMS - SMALL POOL ONLY	11:45pm- 12:30pm
Apr 03 to Jun 26	OPEN SWIMS	7:00pm- 8:30pm

**EAST BAYFIELD C.C.
80 LIVINGSTONE ST E
(705) 739-4225**

MONDAY

SWIMMING

Apr 06 to Jun 15	FITNESS LANE SWIMS - 4L	6:00am- 8:00am
Apr 06 to Jun 15	FITNESS LANE SWIMS - 2L	8:00am-11:00am
Apr 06 to Jun 15	FITNESS LANE SWIMS - 6L	11:00am- 1:00pm
Apr 06 to Jun 15	OPEN SWIMS - SMALL POOL ONLY	11:00am- 1:00pm
Apr 06	OPEN SWIMS	1:00pm- 3:00pm
Apr 06	OPEN SWIMS	6:00pm- 8:30pm
Apr 06 to Jun 15	FITNESS LANE SWIMS - 4L	8:30pm- 9:30pm

TUESDAY

SWIMMING

Apr 07 to Jun 09	FITNESS LANE SWIMS - 4L	6:00am- 8:30am
Apr 07 to Jun 09	FITNESS LANE SWIMS - 2L	8:30am-11:00am
Apr 07 to Jun 09	60+ SWIMS	11:00am-12:00pm
Apr 07 to Jun 09	FITNESS LANE SWIMS - 6L	12:00pm- 1:00pm
Apr 07 to Jun 09	OPEN SWIMS - SMALL POOL ONLY	12:00pm- 1:00pm
Apr 07 to Jun 09	OPEN SWIMS	6:00pm- 7:30pm
Apr 07 to Jun 09	FITNESS LANE SWIMS - 4L	8:30pm- 9:30pm

WEDNESDAY

SWIMMING

Apr 01 to Jun 10	FITNESS LANE SWIMS - 4L	6:00am- 8:30am
Apr 01 to Jun 10	FITNESS LANE SWIMS - 2L	8:30am-11:00am
Apr 01 to Jun 10	FITNESS LANE SWIMS - 6L	11:00am- 1:00pm
Apr 01 to Jun 10	OPEN SWIMS - SMALL POOL ONLY	11:00am- 1:00pm
Apr 01 to Jun 10	OPEN SWIMS \$2	3:00pm- 5:00pm
Apr 08	OPEN SWIMS	6:00pm- 8:30pm
Apr 01 to Jun 10	FITNESS LANE SWIMS - 4L	8:30pm- 9:30pm

THURSDAY

SWIMMING

Apr 02 to Jun 11	FITNESS LANE SWIMS - 4L	6:00am- 8:30am
Apr 02 to Jun 11	FITNESS LANE SWIMS - 2L	8:30am-11:00am
Apr 02 to Jun 11	60+ SWIMS	11:00am-12:00pm
Apr 02 to Jun 11	FITNESS LANE SWIMS - 6L	12:00pm- 1:00pm
Apr 02 to Jun 11	OPEN SWIMS - SMALL POOL ONLY	12:00pm- 1:00pm
Apr 09	OPEN SWIMS	6:00pm- 7:30pm
Apr 02 to Jun 11	FITNESS LANE SWIMS - 4L	8:30pm- 9:30pm

FRIDAY

SWIMMING

Apr 03 to Jun 12	FITNESS LANE SWIMS - 4L	6:00am- 8:30am
Apr 03 to Jun 12	FITNESS LANE SWIMS - 2L	8:30am-11:00am
Apr 03 to Jun 12	FITNESS LANE SWIMS - 6L	11:00am- 1:00pm
Apr 03 to Jun 12	OPEN SWIMS - SMALL POOL ONLY	11:00am- 1:00pm
Apr 03	OPEN SWIMS	1:00pm- 5:00pm
Jun 05	OPEN SWIMS	1:00pm- 5:00pm
Apr 03 to Jun 12	OPEN SWIMS \$2	3:00pm- 5:00pm
Apr 03 to Jun 12	FITNESS LANE SWIMS - 2L	7:30pm- 9:00pm
Apr 03 to Jun 12	OPEN SWIMS	7:30pm- 9:00pm

**HOLLY C.C.
171 MAPLETON AVE
(705) 792-7925**

MONDAY

SWIMMING

Apr 06 to Jun 29	FITNESS LANE SWIMS - 6L	6:00am- 9:00am
Apr 06 to Jun 29	FITNESS LANE SWIMS - 2L	9:00am- 9:30am
Apr 06 to Jun 29	FITNESS LANE SWIMS - 2L	11:00am- 1:00pm
Apr 06 Only	OPEN SWIMS - SLIDE OPEN	11:00am- 1:00pm
Apr 13 to Jun 29	OPEN SWIMS - SLIDE CLOSED	11:00am- 1:00pm
Apr 06 to Jun 29	FITNESS LANE SWIMS - 2L	3:00pm- 4:00pm
Apr 06 Only	OPEN SWIMS - SLIDE OPEN	3:00pm- 5:00pm
Apr 13 to Jun 29	OPEN SWIMS - SLIDE CLOSED \$2	3:00pm- 4:00pm
Apr 06 to Jun 29	OPEN SWIM - SLIDE OPEN	6:30pm- 8:00pm
Apr 06 to Jun 29	FITNESS LANE SWIMS - 6L	8:45pm- 9:45pm

TUESDAY

SWIMMING

Apr 07 to Jun 30	FITNESS LANE SWIMS - 3L	6:00am- 7:30am
Apr 07 to Jun 30	FITNESS LANE SWIMS - 6L	7:30am- 8:30am
Apr 07 to Jun 30	FITNESS LANE SWIMS - 2L	8:30am- 9:30am
Apr 07 to Jun 30	FITNESS LANE SWIMS - 2L	11:00am- 1:00pm
Apr 07 to Jun 30	OPEN SWIMS - SLIDE CLOSED	11:00am- 1:00pm
Apr 07 to Jun 30	FITNESS LANE SWIMS - 2L	3:00pm- 5:00pm
Apr 07 to Jun 30	OPEN SWIM - SLIDE OPEN	3:00pm- 5:00pm
Apr 07 to Jun 30	FITNESS LANE SWIMS - 6L	8:45pm- 9:45pm

WEDNESDAY

SWIMMING

Apr 01 to Jun 24	FITNESS LANE SWIMS - 4L	6:00am- 7:30am
Apr 01 to Jun 24	FITNESS LANE SWIMS - 6L	7:30am- 9:00am
Apr 01 to Jun 24	FITNESS LANE SWIMS - 2L	9:00am- 9:30am
Apr 01 to Jun 24	FITNESS LANE SWIMS - 2L	11:00am- 1:00pm
Apr 01 to Jun 24	OPEN SWIMS - SLIDE CLOSED	11:00am- 1:00pm
Apr 01 to Jun 24	FITNESS LANE SWIMS - 2L	3:00pm- 5:00pm
Apr 01 to Jun 24	OPEN SWIM - SLIDE OPEN	3:00pm- 5:00pm
Apr 01 to Jun 24	FITNESS LANE SWIMS - 6L	8:45pm- 9:45pm

THURSDAY

SWIMMING

Apr 02 to Jun 25	FITNESS LANE SWIMS - 3L	6:00am- 7:30am
Apr 02 to Jun 25	FITNESS LANE SWIMS - 4L	7:30am- 8:30am
Apr 02 to Jun 25	FITNESS LANE SWIMS - 2L	8:30am- 9:30am
Apr 02 to Jun 25	FITNESS LANE SWIMS - 2L	11:00am- 1:00pm
Apr 02 to Jun 25	OPEN SWIMS - SLIDE CLOSED	11:00am- 1:00pm
Apr 02 to Jun 25	FITNESS LANE SWIMS - 2L	3:00pm- 4:00pm
Apr 02 to Jun 25	OPEN SWIMS - SLIDE CLOSED \$2	3:00pm- 4:00pm
Apr 02 to Jun 25	OPEN SWIM - SLIDE OPEN	6:30pm- 8:00pm
Apr 02 to Jun 25	FITNESS LANE SWIMS - 6L	8:45pm- 9:45pm

FRIDAY - NEXT PAGE

SWIM DROP-IN SCHEDULE

Schedules are subject to changes without notice. Check for updates

as of April 2, 2015
Apr 1 - Jun 30, 2015

ALLANDALE R.C.

SATURDAY

SWIMMING

Apr 04 to Jun 27	OPEN SWIMS	1:00pm- 3:00pm
Apr 04 to Jun 27	FITNESS LANE SWIMS - 6L	3:00pm- 4:00pm

SUNDAY

SWIMMING

Apr 05 to Jun 28	OPEN SWIMS	1:00pm- 3:00pm
Apr 05 to Jun 28	FITNESS LANE SWIMS - 6L	3:00pm- 4:00pm

EAST BAYFIELD C.C.

SATURDAY

SWIMMING

Apr 04 to Jun 13	FITNESS LANE SWIMS - 6L	12:30pm- 1:30pm
Apr 04 to Jun 13	OPEN SWIMS	1:30pm- 3:00pm
Apr 04 to Jun 13	OPEN SWIMS	3:30pm- 5:00pm
Apr 04 to Jun 13	OPEN SWIMS	6:00pm- 8:00pm

SUNDAY

SWIMMING

Apr 05 to Jun 14	FITNESS LANE SWIMS - 6L	12:30pm- 1:30pm
Apr 05 to Jun 14	OPEN SWIMS	1:30pm- 3:00pm
Apr 05 to Jun 14	OPEN SWIMS	3:30pm- 5:00pm
Apr 12	OPEN SWIMS	5:05pm- 6:35pm
Apr 19	Female Only Drop In Swim	5:05pm- 6:35pm
Apr 26	OPEN SWIMS	5:05pm- 6:35pm
May 10	OPEN SWIMS	5:05pm- 6:35pm
May 24	Female Only Drop In Swim	5:05pm- 6:35pm
Jun 07	OPEN SWIMS	5:05pm- 6:35pm

HOLLY C.C.

FRIDAY

SWIMMING

Apr 03 to Jun 26	FITNESS LANE SWIMS - 6L	6:00am- 8:30am
Apr 03 to Jun 26	FITNESS LANE SWIMS - 2L	8:30am- 9:30am
Apr 10 to Jun 26	FITNESS LANE SWIMS - 2L	9:30am- 1:00pm
Apr 03 Only	OPEN SWIMS - SLIDE OPEN	9:30am- 1:00pm
Apr 10 to Jun 26	OPEN SWIMS - SLIDE CLOSED	9:30am- 1:00pm
Apr 10 to Jun 26	FITNESS LANE SWIMS - 2L	3:00pm- 4:00pm
Apr 03 Only	OPEN SWIMS - SLIDE OPEN	3:00pm- 5:00pm
Apr 10 to Jun 26	OPEN SWIMS - SLIDE CLOSED \$2	3:00pm- 4:00pm
Apr 03 to Jun 26	OPEN SWIM - SLIDE OPEN	6:30pm- 8:00pm

SATURDAY

SWIMMING

Apr 04 to Jun 27	FITNESS LANE SWIMS - 3L	7:00am- 9:00am
Apr 04 to Jun 27	FITNESS LANE SWIMS - 6L	11:30am- 12:30pm
Apr 04 to Jun 27	OPEN SWIM - SLIDE OPEN	12:30pm- 2:30pm
Apr 04 to Jun 27	OPEN SWIM - SLIDE OPEN	3:00pm- 5:00pm
Apr 04 to Jun 27	OPEN SWIM - SLIDE OPEN	6:00pm- 8:00pm

SUNDAY

SWIMMING

Apr 05 to Jun 28	FITNESS LANE SWIMS - 6L	7:15am- 8:15am
Apr 05 to Jun 28	FITNESS LANE SWIMS - 6L	11:30am- 12:30pm
Apr 05 to Jun 28	OPEN SWIM - SLIDE OPEN	12:30pm- 2:30pm
Apr 05 to Jun 28	OPEN SWIM - SLIDE OPEN	3:00pm- 5:00pm

AQUAFIT SCHEDULE

FITNESS DROP IN FEE'S APPLY TO ALL AQUA FIT PROGRAMS

ALLANDALE R.C.

MONDAY

Apr 06 to Jun 22	AQUA FIT	8:45am- 9:30am
Apr 06 to Jun 22	AQUA FIT 55+	10:00am- 10:45am

TUESDAY

Apr 07 to Jun 23	AQUA FIT	9:00am- 9:45am
Apr 07 to Jun 30	AQUA FIT-BOOT CAMP	10:00am- 10:45am
Apr 07 to Jun 30	AQUA FIT-BOOT CAMP	8:15pm- 9:00pm

WEDNESDAY

Apr 01 to Jun 24	AQUA FIT	8:45am- 9:30am
Apr 01 to Jun 24	AQUA FIT 55+	10:15am- 11:00am
Apr 01 to Jun 17	AQUA FINNING	9:00pm- 9:45pm

THURSDAY

Apr 02 to Jun 25	AQUA FIT	9:00am- 9:45am
Apr 02 to Jun 18	AQUA FIT-BOOT CAMP	10:00am- 10:45am
Apr 02 to Jun 18	AQUA FIT	7:45pm- 8:30pm

FRIDAY

Apr 03 to Jun 26	AQUA FIT	8:45am- 9:30am
Apr 03 to Jun 26	AQUA FIT 55+	10:00am- 10:45am

EAST BAYFIELD C.C.

MONDAY

Apr 06 to Jun 15	AQUA FIT	8:00am- 8:45am
Apr 06 to Jun 15	AQUA FIT	9:00am- 9:45am
Apr 06 to Jun 15	AQUA FIT	10:00am- 10:45am
Apr 06 to Jun 15	AQUA FINNING	12:00pm- 12:45pm

TUESDAY

Apr 07 to Jun 09	AQUA FIT	8:45am- 9:30am
Apr 07 to Jun 09	AQUA FIT-GENTLE	9:45am- 10:30am
Apr 07 to Jun 09	AQUA FINNING	12:00pm- 12:45pm
Apr 07 to Jun 09	AQUA FIT	7:35pm- 8:20pm
Apr 07 to Jun 09	AQUA YOGA	8:25pm- 8:55pm

WEDNESDAY

Apr 01 to Jun 10	AQUA FIT	9:00am- 9:45am
Apr 01 to Jun 10	AQUA FIT	10:00am- 10:45am
Apr 01 to Jun 10	AQUA FINNING	12:00pm- 12:45pm

THURSDAY

Apr 02 to Jun 11	AQUA FIT	8:45am- 9:30am
Apr 02 to Jun 11	AQUA FIT-GENTLE	9:45am- 10:30am
Apr 02 to Jun 11	AQUA FINNING	12:00pm- 12:45pm
Apr 02 to Jun 11	AQUA FIT	7:35pm- 8:20pm

FRIDAY

Apr 03 to Jun 12	AQUA FIT	8:00am- 8:45am
Apr 03 to Jun 12	AQUA FIT	9:00am- 9:45am
Apr 03 to Jun 12	AQUA FINNING	12:00pm- 12:45pm

HOLLY C.C.

MONDAY

Apr 06 to Jun 29	AQUA FIT	9:15am- 10:00am
Apr 06 to Jun 29	AQUA FIT-GENTLE	10:15am- 11:00am
Apr 06 to Jun 29	AQUA FIT	8:00pm- 8:45pm

TUESDAY

Apr 07 to Jun 30	AQUA FIT	6:30am- 7:15am
Apr 07 to Jun 30	AQUA FIT-BOOT CAMP	8:45am- 9:30am
Apr 07 to Jun 30	AQUA FIT-GENTLE	1:45pm- 2:25pm

WEDNESDAY

Apr 02 to Jun 25	AQUA FINNING	6:30am- 7:15am
Apr 01 to Jun 24	AQUA FIT	9:15am- 10:00am
Apr 01 to Jun 24	AQUA FIT-GENTLE	10:15am- 11:00am
Apr 01 to Jun 24	AQUA FIT	8:00pm- 8:45pm

THURSDAY

Apr 02 to Jun 25	AQUA FIT	6:30am- 7:15am
Apr 02 to Jun 25	AQUA FINNING	7:45am- 8:30am
Apr 02 to Jun 25	AQUA FIT-BOOT CAMP	8:45am- 9:30am

FRIDAY

Apr 03 to Jun 26	AQUA FIT	8:45am- 9:30am
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SUNDAY

Apr 05 to Jun 28	AQUA FINNING- FAMILY	8:15am- 9:00am
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