

Community and Recreation Centre  
Centre communautaire et récréatif

| Summer 2025       | 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<br>Gym libre<br>6:30 a.m. - 9:00 p.m.             |                                                                            | Open Gym<br>Gym libre<br>6:30 a.m. - 9:00 p.m.             |                                                                            | Open Gym<br>Gym libre<br>6:30 a.m. - 9:00 p.m.             |                                                                            | Open Gym<br>Gym libre<br>6:30 a.m. - 9:00 p.m. |                                                                            | Open Gym<br>Gym libre<br>6:30 a.m. - 9:00 p.m. |                                                                            | Open Gym<br>Gym libre<br>8 a.m. - 2 p.m. |                                                                            |  |  |                                                                     |  |
| 7:00AM - 7:30AM   | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                                            | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                                            | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                                            | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                                | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                                | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |                                          | Open Lap Swim<br>Notation en longueurs libre<br>7:00 a.m. - 9:00 a.m.      |  |  |                                                                     |  |
| 7:30AM - 8:00AM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 8:00AM - 8:30AM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 8:30AM - 9:00AM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 9:00AM - 9:30AM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  | Open Lap Swim<br>Notation en longueurs libre<br>9 a.m. - 10:30 p.m. |  |
| 9:30AM - 10:00AM  | Open Swim ( All Ages)/Notation libre<br>9:30 a.m. - 10:30 a.m.             |                                                            | Aqua Fitness<br>Cours d'aquaforme<br>9:30 a.m. - 10:15 a.m.                |                                                            | Open Swim ( All Ages)/Notation libre<br>9:30 a.m. - 10:30 a.m.             |                                                            | Aqua Fitness<br>Cours d'aquaforme<br>9:30 a.m. - 10:15 a.m.                |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 10:00AM - 10:30AM |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 10:30AM - 11:00AM |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 11:00AM - 11:30AM | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                                            | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                                            | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                                            | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                                | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                                | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |                                          | Adult Leisure Swim<br>Notation récréative adulte<br>11:00 a.m. - 1:00 p.m. |  |  |                                                                     |  |
| 11:30AM-12:00PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 12:00PM - 12:30PM |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 12:30PM - 1:00PM  |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 1:00PM - 1:30PM   | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m.                 | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m. | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m.                 | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m. | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m.                 | Family Swim<br>Notation familiale<br>1:00 p.m. - 3:00 p.m. | Family Swim<br>Notation familiale<br>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<br>Notation en longueurs libre<br>3 p.m. - 4:00 p.m. |                                                            | Open Lap/Parent & Tot<br>Notation en longueurs libre<br>3 p.m. - 4:00 p.m. |                                                            | Open Lap/Parent & Tot<br>Notation en longueurs libre<br>3 p.m. - 4:00 p.m. |                                                            | Open Lap/Parent & Tot<br>Notation en longueurs libre<br>3 p.m. - 4:00 p.m. |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 3:30PM - 4:00PM   | Swimming Lessons<br>leçons de natation                                     | Swimming Lessons<br>leçons de natation                     | Swimming Lessons<br>leçons de natation                                     | Swimming Lessons<br>leçons de natation                     | Swimming Lessons<br>leçons de natation                                     | Swimming Lessons<br>leçons de natation                     | Swimming Lessons<br>leçons de natation                                     |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 4:00PM - 4:30PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 4:30PM - 5:00PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 5:00PM - 5:30PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 5:30PM - 6:00PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 6:00PM - 6:30PM   | Public Swim<br>Notation publique<br>6:00 p.m. - 7:30 p.m.                  |                                                            |                                                                            |                                                            | Public Swim<br>Notation publique<br>6:00 p.m. - 7:30 p.m.                  |                                                            | Public Swim<br>Notation publique<br>6:00 p.m. - 7:30 p.m.                  |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 6:30PM - 7:00PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 7:00PM - 7:30PM   |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                            |                                                                            |                                                |                                                                            |                                                |                                                                            |                                          |                                                                            |  |  |                                                                     |  |
| 7:30PM - 8:00PM   | Aqua Fitness<br>Cours d'aquaforme<br>7:30 p.m. - 8:15 p.m.                 |                                                            | Aqua Fitness<br>Cours d'aquaforme<br>7:30 p.m. - 8:15 p.m.                 |                                                            | Open Swim (Adult)<br>Notation ouvert (Adulte) 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 7-18  
Registration: June/juin 21

Group Swimming Lessons  
Cours en groupe  
July/juillet 21- August/août 1  
Registration: July/juillet 12

August Private Lessons  
Cours privés  
August/août 11-22  
Registration: July/Juillet 26