

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

Fall 2025 Automne 2025	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
	POOL / PISCINE	GYM	POOL / PISCINE	GYM	POOL / PISCINE	GYM	GYM
6:30AM - 7:00 AM							
7:00AM - 7:30AM							
7:30AM - 8:00AM	Open Lap Swim Natation en longueurs libre		Open Lap Swim Natation en longueurs libre		Open Lap Swim Natation en longueurs libre		
8:00AM - 8:30AM	7 a.m. - 9 a.m.		7 a.m. - 9 a.m.		7 a.m. - 9 a.m.		
8:30AM - 9:00AM							
9:00AM - 9:30AM							
9:30AM - 10:00AM	Aqua Fitness Cours d'aquaforme		*New* Stretch & Mobility Étirements et mobilité		Aqua Fitness Cours d'aquaforme	Open Lap Swim Natation en longueurs libre	
10:00AM - 10:30AM	9:30 a.m. - 10:15 a.m.		9:30 a.m. - 10:30 a.m.		9:30 a.m. - 10:15 p.m.	9 a.m. - 10:30 a.m.	
10:30AM - 11:00AM							
11:00AM - 11:30AM							
11:30AM-12:00PM	Adult Leisure Swim Natation récréative adulte		Adult Leisure Swim Natation récréative adulte		Adult Leisure Swim Natation récréative adulte	Public Swim Natation publique	Open Gym Gym libre
12:00PM - 12:30PM	11 a.m. - 1 p.m.		11 a.m. - 1 p.m.		11 a.m. - 1 p.m.	10:30 a.m. - 1 p.m.	8 a.m. - 2 p.m.
12:30PM - 1:00PM							
1:00PM - 1:30PM	Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin	Open Gym Gym libre	Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin	Open Gym Gym libre	Open Lap Swim/ Parent & Tot Natation en longueurs libre/Parent et bambin		
1:30PM - 2:00PM	1 p.m. - 2 p.m.	6:30 a.m. - 9:00 p.m.	1 p.m. - 2 p.m.	6:30 a.m. - 9:00 p.m.	1 p.m. - 2 p.m.		
2:00PM - 2:30PM							
2:30PM - 3:00PM							
3:00PM - 3:30PM							
3:30PM - 4:00PM							
4:00PM - 4:30PM							
4:30PM - 5:00PM	Private Swimming lessons Cours privés						
5:00PM - 5:30PM							
5:30PM - 6:00PM	4 p.m. - 7 p.m.						
6:00PM - 6:30PM							
6:30PM - 7:00PM							
7:00PM - 7:30PM	Aqua Fitness Cours d'aquaforme						
7:30PM - 8:00PM	7 p.m. - 7:45 p.m.						
8:00PM - 8:30PM	Open Swim (Adult) Natation libre (adulte)						
8:30PM - 8:45PM	7:45 p.m. - 8:45p.m.						

Swimming lesson registration will open Saturday, September 20th at 8am. Visit our website for more information and to register: www.westnipissing.ca

Les inscriptions aux cours de natation débuteront le samedi 20 septembre à 8 h. Pour plus d'informations et pour vous inscrire, rendez-vous sur notre site web : www.westnipissing.ca