



Municipality of
Leamington
live | play | work



RECREATION GUIDE

February 2023

Register online at leamington.ca/recreation

Register by phone: 519-322-2337

In person: 249 Sherk Street

Registration opens Tuesdays at 9:00 AM for the following week.

Aquatic Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Weekend	
Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM		Lane & Leisure Swim 6:30AM—7:15AM			
Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Lane & Leisure Swim 7:15AM—8:00AM		Saturday	
Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM—9:00AM		Lane & Leisure Swim 8:00AM-9:00AM	
AquaFit 9:00AM—9:45AM		Aqua Therapy 9:00AM-9:45AM	Lane & Leisure Swim 9:00AM-10:00AM	AquaFit 9:00AM—9:45AM		Aqua Therapy 9:00AM-9:45AM	Lane & Leisure Swim 9:00AM-10:00AM	AquaFit 9:00AM—9:45AM		Open Swim 1:00PM-2:30PM	
Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM		Lane & Leisure Swim 10:00AM—11:00AM			
Aqua Therapy Plus 11:00AM—11:45AM	Lane Swim 11:00AM-12:00PM	Lane & Leisure Swim 11:00AM—12:00PM		Aqua Therapy Plus 11:00AM—11:45AM	Lane Swim 11:00AM-12:00PM	Lane & Leisure Swim 11:00AM—12:00PM		Lane & Leisure Swim 11:00AM—12:00PM		Sunday	
Lane & Leisure Swim 12:00PM—1:00PM		Family Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM		Family Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM	Lane & Leisure Swim 12:00PM—1:00PM		Lane & Leisure Swim 9:00AM–10:00AM	
AquaFit 1:00PM—1:45PM				AquaFit 1:00PM—1:45PM				AquaFit 1:00PM—1:45PM		Open Swim 1:30PM-3:00 PM	
Lane & Leisure Swim 3:00PM-4:00PM				Lane & Leisure Swim 3:00PM-4:00PM							

Evening Schedule

		Lane & Leisure Swim 6:15PM—7:00PM				Lane & Leisure Swim 6:15PM—7:00PM					
		Lane & Leisure Swim 7:00PM—7:45PM				Lane & Leisure Swim 7:00PM—7:45PM					
AquaFit 8:15PM-9:00PM	Lane Swim 8:00PM-9:00PM	Deep Water Cardio 8:00PM-8:45PM	Lane Swim 8:00PM-9:00PM	Lane & Leisure Swim 8:00PM-9:00PM		AquaFit 8:00PM-8:45PM	Lane Swim 8:00PM-9:00PM				

Lane & Leisure Swim	Swimmers may use the lane for swimming laps or exercises. Circle swimming may be required.
Open Swim	Recreation swim for all ages. See website for age and supervision requirements.
Family Swim	Recreation swim for caregiver and child. Tot and Leisure Pools only.
AquaFit	A 45-minute moderate intensity aquatic fitness workout that will get you moving!
Deep Water Cardio	A 45-minute continuous high intensity water workout.
Aqua Therapy	A 45-minute gentle exercise with a focus on range of motion, stretching, and low impact exercises.
Aqua Therapy Plus	A 45-minute lighter intensity aquatic class. Focus is on range of motion, stretching, and low impact exercises with light cardio.

Registration required for all swims. Availability and capacity will vary to accommodate multiple uses of the pool.

For the most up-to-date information, visit our online registration site at leamington.ca/recreation

Fitness and Spin Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reboot with Julie 6:00AM-6:45AM Fitness Studio	Upper Body Fit with Candace 6:00AM-6:45AM Fitness Studio	Kettle Blast with Candace 6:00AM-6:45AM Fitness Studio	Lowerr Body Fit with Candace 6:00AM-6:45AM Fitness Studio	HIIT and Roll with Candace 6:00AM-6:45AM Fitness Studio	TRX with Judy 8:00AM-8:45AM Fitness Studio
Triple Threat with Rosie 9:15AM-10:00AM Fitness Studio	Total Body Reset with Judy 9:00AM-9:45AM Fitness Studio	Spin Fit 1 with Dan 9:30AM-10:30AM Spin Studio	Total Body Reset with Judy 9:00AM-9:45AM Fitness Studio	Triple Threat with Rosie 9:15AM-10:00AM Fitness Studio	Youth Karate Ages 6-13 9:00AM-10:00AM Gymnasium
Beginner Spin with Dan 9:30AM-10:30AM Spin Studio	Health Track with Jaye 10:00AM-11:30AM Aud B		Fusion Yoga with Liz 10:00AM-11:00AM Fitness Studio	Power Spin with Dan 9:30AM-10:30AM Spin Studio	Intermediate Pilates with Mary Ann 9:00AM-10:00AM Fitness Studio
Strengthen & Strut with Jodi 11:15AM-12:00PM Fitness Studio		Strengthen & Strut with Jodi 11:15AM-12:00PM Fitness Studio	Health Track with Jaye 10:00AM-11:30AM Aud B		Revolution Ride with Rob 9:15AM-10:00AM Spin Studio
Pilates CORE with Mary Ann 12:15PM-12:45PM Fitness Studio	Fast Fit with Rosie 12:15PM-12:45PM Fitness Studio	Pilates CORE with Mary Ann 12:15PM-12:45PM Fitness Studio	Cardio Moves With Jodi 11:15AM-12:00PM Gym B & Fitness Studio		Yoga Flow with Jesi 10:15AM-11:15AM Fitness Studio
Evening Schedule					
Reboot with Julie 5:15PM-6:00PM Fitness Studio	Strong & Fit with Lianne 5:15PM-6:00PM Fitness Studio	Revolution Full Body Ride with Rob 5:15PM-6:00PM Spin Studio	Strong & Fit with Lianne 5:15PM-6:00PM Fitness Studio		
Everyday Lifting with Scott 6:00PM-6:45PM Fitness Studio		Rhythm Fit with Rita 6:00PM-7:00PM Fitness Studio			
Yoga Flow with Jesi 7:00PM-8:00PM Fitness Studio	Pilates with Mary Ann 6:15PM-7:15PM Fitness Studio		Pilates with Mary Ann 6:15PM-7:15PM Fitness Studio		

Cardio and Strength

Cardiac/Rehab Care

Low Impact

Spin

Youth

Registration required for all Fitness and Spin classes.

For the most up-to-date information, visit our online registration site at leamington.ca/recreation



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**nature
fresh
farms**

Recreation Centre



New Year Shape-up Special

Buy a three month membership for only \$125 +tx.
On sale until February 28.
Visit the front desk for more details!

Please note: hours will vary March 14 – March 18, 2023 for March Break Day Camp.
NFFRC welcomes WECSSAA Badminton Tournaments April 17-20, 25 & 27 and May 2 & 4

Drop-In Skating Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stick Time 55+ 9AM-10AM	Parent & Tot 9AM-10AM	Stick Time 55+ 9AM-10AM	Parent & Tot 9AM-10AM		
	Senior Skate 10AM-11AM		Senior Skate 10AM-11AM			
	Family Skate 12PM-1PM				Family Skate 12PM-1PM	
Public Skating TBD	Parent & Tot 1PM-2PM		Parent & Tot 1PM-2PM			

Membership or Drop in fees apply. Public Skating sessions are for all levels of skaters. For your safety and the safety of others, no hockey sticks or pucks are allowed (except for Stick Time). No shoes or chairs are allowed on the ice at any time. It is strongly recommended that children under the age of 16 wear a helmet on the ice.

Gymnasium Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pickleball (18+) 8:00AM-12:00PM	Badminton (18+) 9:00AM-11:00AM	Pickleball (18+) 8:00AM-12:00PM	Badminton (18+) 9:00AM-11:00AM	Pickleball (18+) 8:00AM-12:00PM	Youth Karate 9:00AM-10:00AM (Ages 6-13)
Open Gym 1:00PM-5:00PM		Pickleball (18+) 12:00PM-3:00PM		Pickleball (18+) 12:00PM-3:00PM		Open Gym 1:00PM-5:00PM
	Open Gym 3:00PM-5:30PM	Open Gym 3:00PM-5:00PM	Open Gym 3:00PM-5:30PM	Open Gym 3:00PM-5:00PM	Open Gym 3:00PM-9:00PM Gym B	
					Pickleball (18+) 6:00PM-8:00PM Gym A	

Open Gymnasium allows users to shoot hoops or play court sports.
Schedules are subject to change due to Special Events and bookings.

Weight Room Hours (14+)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM-5PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-9PM	8AM-5PM

Walking Track (14+), Racquetball and Squash Court Hours

Court reservations recommended

9AM-6PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-9PM	8AM-8PM
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