



**Skating is
back!**



RECREATION GUIDE

Begins September 6

Register online at
leamington.ca/recreation
Register by phone: 519-322-2337
In person: 249 Sherk Street



Municipality of
Leamington
live | play | work

**nature
fresh
farms**
Recreation Centre

Aquatic Schedule | Begins September 12

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--|------------------------------|--|---------------------------------------|--|------------------------------|--|---------------------------------------|--|--|--|--|
| 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 | | | |
| 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 | | | |
| 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 | | | |
| 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 | | | |
| AquaFit 1:00PM—1:45PM | Lane Swim 1:00PM-2:00PM | | | AquaFit 1:00PM—1:45PM | Lane Swim 1:00PM-2:00PM | | | Lane & Leisure Swim 1:00PM—2:00PM | | Open Swim 1:00PM—2:30PM +2 Lanes | |
| EVENING | | | | | | | | | | | |
| | | Lane Swim 6:15PM—7:00PM | | AquaFit 7:30PM—8:30PM | Lane Swim 7:30PM- | Lane Swim 6:15PM—7:00PM | | | | | |
| AquaMats 8:00PM—9:00PM | | | | | | | | | | | |

Registration Required for ALL Swims. Availability and capacity will vary to accommodate multiple uses of the pool.

| | |
|--------------------------------|---|
| 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/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! |
| AquaMats | Utilizing aqua mats, this class will use classic exercises in an all new way! Participants must be able to swim in deep water. |
| 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. |

Fitness and Spin Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|
| | Upper Body Fit with Candace 6:00AM-6:45AM | Kettlebell Blast with Candace 6:00AM-6:45AM | Lower Body Fit with Candace 6:00AM-6:45AM | | TRX with Judy 8:00AM-8:45AM |
| Triple Threat with Rosie 9:15AM-10:00AM | Total Body Reset with Judy 9:00AM-9:45AM | Spin Fit 1 with Dan 9:30AM-10:30AM Spin Studio | Total Body Reset with Judy 9:00AM-9:45AM | Triple Threat with Rosie 9:15AM-10:00AM | Intermediate Pilates with Mary Ann 9:00AM-10:00AM |
| 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 | Power Spin with Dan 9:30AM-10:30AM Spin Studio | |
| Strengthen & Strut with Jodi 11:00AM-11:45AM | | Strengthen & Strut with Jodi 11:00AM-11:45AM | Health Track with Jaye 10:00AM-11:30AM Aud B | | Yoga Flow with Jesi 10:15AM-11:15AM |
| Pilates CORE with Mary Ann 12:15PM-12:45PM | Fast Fit with Rosie 12:15PM-12:45PM | Pilates CORE with Mary Ann 12:15PM-12:45PM | Cardio Moves With Jodi 11:15AM-12:00PM Track & Fitness Studio | | |
| Teens in Motion with Julie 5:00PM-5:45PM | Strong & Fit with Lianne 5:15PM-6:00PM | Revolution Full Body Ride with Rob 5:15PM-6:00PM Spin Studio | Strong & Fit with Lianne 5:15PM-6:00PM | | |
| Everyday Lifting with Scott 6:00PM-6:45PM | | | | | |
| Yoga Flow with Jesi 7:00PM-8:00PM | Pilates with Mary Ann 6:15PM-7:15PM | Rhythm Fit with Rita 6:00PM-7:00PM | Pilates with Mary Ann 6:15PM-7:15PM | | |

| | | | |
|-------------------|------------|-------------|------|
| Cardio & Strength | Low Impact | Mind & Body | Spin |
|-------------------|------------|-------------|------|

All classes located in the Fitness Studio unless noted (Spin Studio/Gymnasium).

Updates and Reminders

We continue to add programming to bring back the activities you love and the hours that fit your schedule!

| 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+) 9:00AM-12:00PM | Badminton (18+) 9:00AM-11:00AM | Pickleball (18+) 9:00AM-12:00PM | Badminton (18+) 9:00AM-11:00AM | Pickleball (18+) 9:00AM-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-9:00PM | Open Gym 3:00PM-5:30PM | 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 | | | | | | |
|---|----------|----------|-----------|----------|---------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9AM-6PM | 6AM-10PM | 6AM-10PM | 6AM-10PM | 6AM-10PM | 6AM-9PM | 8AM-8PM |

Online registration www.learmington.ca/recreation

Phone registration 519-322-2337

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

**MEMBERSHIP
QUESTIONS?
GIVE US A
CALL OR
VISIT THE
FRONT DESK!**